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A new era in psychiatry: ECT and/or plasmapheresis? A new case of anti-NMDA antibodies with isolated psychiatric symptoms and review of previous cases

Brunda Girish Chandra

A 71 year old previously healthy female presented to her GP in October 2013 with malaise and bilateral shoulder pain. Her Erythrocyte Sedimentation Rate (ESR) (45) and C-Reactive Protein (CRP) levels were noted to be raised and she was therefore commenced on treatment for presumed Polymyalgia Rheumatica with Prednisolone at 15mg OD for 3 weeks and continued on a reducing dose. She started to show signs of low mood at the start of her course of steroids, accompanied by obsessional thoughts about her boiler exploding and paranoid thoughts about her husband wanting to harm her. She presented to her GP following completion of her steroids and was prescribed Fluoxetine, Buspirone and Diazepam to alleviate these symptoms following advice from a psychiatrist.

brundashine@yahoo.co.in