

Korean Medication Algorithm Project for Bipolar Disorder 2018

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Objectives: The Korean Medication Algorithm Project for Bipolar Disorder (KMAP-BP) was first published in 2002 through an expert consensus of opinion, and updated in 2006, 2010 and 2014. This study constitutes the fourth revision of the KMAP-BP.

Methods: A 50-item questionnaire was used to obtain the consensus of experts regarding pharmacological treatment strategies for various phases of adult bipolar disorder and six items for pediatric bipolar disorder. The review committee included 84 Korean psychiatrists and 43 child and adolescent psychiatry experts.

Results: The preferred first-step strategies for acute mania were the combination of a mood stabilizer (MS) and an atypical antipsychotic (AAP), MS monotherapy, and AAP monotherapy. A combination of a MS and an AAP, and AAP monotherapy were preferred for psychotic mania. The first-step strategies for mild to moderate bipolar depression were monotherapy with MS, AAP, or lamotrigine (LMT), and the combination of a MS and an AAP or LMT, or a combination of an AAP and LMT. The combination of two among a MS, AAP, and LMT were preferred for non-psychotic severe depression. A combination of a MS and an AAP or the combination of an AAP with an antidepressant or LMT were the first-line options for psychotic severe depression.

Conclusion: The recommendations of the KMAP-BP 2018 have changed from the previous version by reflecting recent developments in pharmacotherapy for bipolar disorder

Biography:

Dr. Won-Myong Bahk is Head and Professor of Department of Psychiatry, Yeouido St. Mary's Hospital, Catholic University of Korea, and also Senior Advisor of Korean Society for Affective Disorders and Korean College of Neuropsychopharmacology, President of Korean Bipolar Disorders Forum. He has been published 136 SCI articles in such respected journals as the American Journal of Psychiatry, Journal of Affective Disorders, Journal of Clinical Psychiatry, International Journal of Clinical Psychopharmacology, and Human Psychopharmacology Clinical Experience, and 370 Korean articles, 29 medical books.