Bipolar Disorder in Children and Adolescents

Presented by:
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Children and adolescents with severe episodic irritability and severe behavior symptoms.
Diagnosing Mania in Youth

- Clinicians should focus on the presence of episodes that consist of distinct change in mood accompanied by concurrent changes in cognition and behavior.
Types of Bipolar Disorders

- Bipolar I Disorder
  - Manic
  - Hypomanic
  - Depressed
  - Mixed
- Bipolar II Disorder
- Cyclothymic Disorder
Types of Bipolar Disorders

- Unspecified Bipolar and related disorders
- Other Specified bipolar and related disorders
- Substance/Medication induced Bipolar and Related disorders
Conditions that frequently co-occur with Bipolar Disorder

1. ADHD*
2. ODD*
3. PTSD*
4. Trauma related to Disorder
5. Anxiety *
6. OCD*
7. Autism, RAD*
8. Mental Disability
9. Intermittent Explosive Disorder
10. Disruptive Mood Deregulation? Disorder*

11. Sleep Wake Disorders
12. Substance Related Disorder
13. Psychotic Disorder (schizophrenia like disorders)
14. Sleep Disorders
15. Personality Disorder
Diagnostic Pearl

- 30%-40%
- 70% Family Psychiatric History:
  1. Positive for Bipolar Disorder
  2. Genetic Loading
     - Mom + (√)
     - Dad –

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     - Mom –
     - Dad -

- But…Aunt, Uncle, Grandpa, Grandmother etc.
Social History Pearls

- Successful Family Member:
  - Realtors
  - Car Sales Person
  - Business Owners
  - Employees that become quickly successful
  - Multiple Educational Degrees
  - Persons with multiple jobs
  - Legal, problems
Social History Pearls

- Negative Social Pearls
  - Divorce
  - Custody
  - Single Parenting
  - 2+ siblings with single parents
  - Step Parents
  - Ignorance of Mental Illness
  - Religion
  - Domestic Violence
Medical History Pearls

- Thyroid Illness
- Diabetes
- Asthma
- Nutritional Disorders
- Diet: Caffeine, Sugar, Etc.
- Toxic Chemicals
- Medications: Steroids, Carbidopa, & Levodopa
- Vitamin D deficiency
Seasons of the Year:
Sun Cycle in Bipolar Disorder and Geography

1. Seasons
   - Oct. – Fall  [Depression]
   - March – Winter
   - April – Spring  [Hypomania, Mania]
   - Sept. – Summer
   - Case 5 Year old male
DSM V Diagnostic Criteria for Bipolar Disorder

Referencing: DSM V text.
Bipolar I Disorder: DSM V Criteria

- Manic episode: elevated, expansive, irritable mood for at least 1 week plus at least 3 symptoms (at least 4 symptoms if irritability is only symptom)
  1. Inflated self-esteem or grandiosity
  2. Decreased need for sleep
  3. More talkative than usual or pressured speech
  4. Flight of ideas/racing thoughts
Bipolar I Disorder: DSM V Criteria

Manic episode

5. Distractibility

6. Increased goal directed activity or psychomotor agitation

7. Involvement in high risk activity
Bipolar I Disorder: DSM V Criteria

- **Hypomaniac** – Same symptoms but lasting for 4 consecutive days
- **Depressed**
  1. Depressed or irritable mood for 2 weeks plus at least 4 symptoms.
  2. Loss of interests
  3. Weight loss/weight gain
Bipolar I Disorder: DSM V Criteria

- **Depressed**
  4. Insomnia/hypersomnia
  5. Psychomotor agitation/retardation
  6. Fatigue/loss of energy
  7. Worthlessness/guilt
  8. Poor concentration/indecisiveness
  9. Suicidal thoughts/plans
Bipolar I Disorder DSM V Criteria

- Mixed episode: manic episode with major depressive episode for 1 week.
Treatments

- **Lithium**
  - Children 15-60 mg/kg/day in 3-4 doses/24hrs.
  - Adolescents 600-1800 mg/day in 3-4 doses/24hrs.
  - Blood Levels 05-1mEq/L
Treatments

- Divalproex Sodium-
  - Children ≥ 7 years of age and adolescents
  - Blood Level 60-90

- Carbamazepine –
  - Chewable 100 g
  - Susp 100g 5 ml

- Oxcarbazepine
  - Tab 150 g 300 g 600 6
  - Susp 300 g per 5 ml
Treatments

- Guanfacine:
  - 0.5 mg QHS for 3 weeks. Then 0.5g BID thereafter.
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