

# PARKINSONISM INDUCED BY TAKING TRAZODONE AS A HYPNOTIC: A CASE REPORT

M. CALVO ARBELOA<sup>1</sup>, A. EGÜES LUCEA<sup>1</sup>, M.P. ANGUIANO BAQUERO<sup>2</sup>, M.M. NOCEDA URARTE<sup>1</sup>, M. SAROBE CARRICAS<sup>1</sup>.

<sup>1</sup>HOSPITAL UNIVERSITARIO DE NAVARRA, PHARMACY DEPARTMENT, PAMPLONA, SPAIN  
<sup>2</sup>HOSPITAL UNIVERSITARIO DE NAVARRA, INTENSIVE CARE DEPARTMENT, PAMPLONA, SPAIN



## BACKGROUND AND IMPORTANCE

**Sleep disturbance** is very prevalent in critically ill patients.

**Trazodone** is an atypical antidepressant used with high frequency as hypnotic.

**Main side effects** → self-injurious thoughts, anaemia, seizures, paraesthesia, confusion or dyspnoea

Inhibition dopaminergic neurotransmission in the midbrain → cause **extrapyramidal effects**



## AIM AND OBJECTIVES

To describe a case of parkinsonism induced by taking trazodone as hypnotic in a patient admitted in a Critical Care Unit (CCU)

## MATERIALS AND METHODS

A 57-year old man with no relevant medical history was **admitted to CCU** in May 2021 with pneumonia caused by Covid-19 disease. The patient was agitated and suffered from **insomnia**. The physician **prescribed trazodone** starting with a dose of 50 mg and then 100 mg.

## RESULTS

**After taking trazodone** → the nurse described **slight tremor intensified with movement in upper extremities**.

The physician on duty → notified but he did not find any explanation.

Next day, **the official physician checked the medication with the critical care pharmacist**.



The syndrome was not explained by analytics or other tests. The pharmacist checked all patient's medications searching information in different databases: **the official labels and the clinical trials, Pubmed® and UpToDate®**.

In addition, she checked possible **interactions** in Lexicomp® database but she did not find nothing.



**Trazodone was the unique drug associated with the syndrome**

The physician and the pharmacist agreed to **discontinue the medication** to check if the syndrome disappeared.

The following days, the patient continued with tremble on movement. The pattern of the movement was similar each day. It started at afternoons and disappear during nights. The intensity of the movement was reduced each day.

**The syndrome disappeared completely one week later**



Causality assessment of adverse drug reactions by **Naranjo et al. [1]** → Event **probable/likely**

The pharmacist **notified** this adverse effect to **pharmacovigilance**



## CONCLUSION AND RELEVANCE

- Trazodone is considered **safe** and used frequently in our medical system, so the knowledge of effects like that is important.
- The parkinsonism induced was **reverse and disappear** one week later once the treatment was stopped.

## BIBLIOGRAPHY

1. Naranjo et al, Clin Pharmacol Ther 1981. 30:239-4

Abstract number : 5PSQ-051

ATC-code: N06- PSYCHOANALEPTICS

