

Mental health prescribing for athletes

Workshop: 1400-1500. Tuesday 18th August (day 2)

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There are several important considerations when prescribing medication for athletes in the treatment of mental health disorders. The evidence base to guide prescribing in these circumstances is sparse. In most cases clinicians will use existing general population guidelines but with consideration for some sports specific issues. These issues include consideration of the performance impact of medication and any safety issues related to taking medication whilst participating in sport. Primarily, however, prescribers will be concerned to ensure that athletes are receiving effective treatment for their condition.

Ensuring the best treatment and care is more than a matter of choosing suitable medication. Support and monitoring are necessary, especially in the early stages whilst treatment is established. Adherence to medication regimens can be impacted by factors including the athlete's expectations of treatment and their understanding of their condition.

Throughout this workshop, these issues will be illustrated with reference to a fictional case and participants will be invited to discuss how and what to consider prescribing for an athlete. First- and second-line medication options will be reviewed along with the importance of incorporating medication into a broad package of treatment and care.