

APPA 2021 Spring Meeting Medical Student/Resident Poster Presentation

Abstract 21-1-08

Title: Psychogenic Polydipsia in a Patient with a Mood Disorder and Borderline Intellectual Functioning – A case series.

Authors: Hannah Tramontano OMS3; Mohamed Jasser, DO; Lori Lowthert, MD

Summary: A 42 year old Caucasian female presented for inpatient psychiatric hospitalization with reported altered mental status, paranoia and bizarre behaviors possibly secondary to persistent hyponatremia due to psychogenic polydipsia. Patient was a previously high functioning, intelligent student who had been suffering from a slow decline in functioning since her early 20s. Previous treatments revolved around depressive episodes, a personality disorder, and PTSD. Of note patient underwent Neuropsychiatric testing that revealed patient had borderline intellectual functioning which stood out due to her history as an honor student and even completing college courses prior to her decline in functioning. It was concluded that the patient likely had been suffering from episodes of mania and hypomania that led to her having delusional thought content with concurrent episodes of hyponatremia and psychogenic polydipsia. Because this had been occurring chronically for over 20 years she likely suffered a subsequent brain injury which led to her decline in intellectual functioning. We present this series as a study of the multifactorial etiology that needs to be considered when a patient presents with psychogenic polydipsia and mood symptoms.

References:

1. Kohli A, Verma S, Sharma A. Psychogenic polydipsia. *Indian J Psychiatry* 2011;53:166-7
2. Dundas, B., Harris, M. & Narasimhan, M. Psychogenic polydipsia review: Etiology, differential, and treatment. *Curr Psychiatry Rep* **9**, 236–241 (2007). <https://doi.org/10.1007/s11920-007-0025-7>
3. Melissa Gill, MacDara McCauley, "Psychogenic Polydipsia: The Result, or Cause of, Deteriorating Psychotic Symptoms? A Case Report of the Consequences of Water Intoxication", *Case Reports in Psychiatry*, vol. 2015, Article ID 846459, 3 pages, 2015. <https://doi.org/10.1155/2015/846459>
4. Sailer C, Winzeler B, Christ-Crain M. Primary polydipsia in the medical and psychiatric patient: characteristics, complications and therapy. *Swiss Med Wkly*. 2017;147:w14514. Published 2017 Nov 1. doi:10.4414/smw.2017.14514
5. Williams ST, Kores RC. Psychogenic polydipsia: comparison of a community sample with an institutionalized population. *Psychiatry Res*. 2011 May 15;187(1-2):310-1. doi: 10.1016/j.psychres.2010.10.035. Epub 2010 Nov 30. PMID: 21122924.