Bipolar Disorder Treatment Guideline – Maintenance Episodes

Continued from Acute Phase

Number of prior episodes

First Episode - Mania

Second Episode – One with Mania

Third or more episodes – at least one hypomania

1st degree family history and/or severe episode?

NO

1st degree family history and/or severe episode?

NO

YES

YES

Maintenance treatment may not be needed

Consider maintenance treatment

Maintenance indicated

Educate the individual and family about warning signs indicating the need for re-assessment. Low frequency periodic follow up may be useful.

Maintenance initiated

% Reduction of pre-maintenance episodes

100%

>50%

<50%

<10%

Continue with preventive agent (PA)

Continue with PA and consider combination therapy

Consider new PA and combination therapy

Switch to new PA

Based on medications used, follow recommended health screenings and monitoring, such as blood glucose with SGA antipsychotics, kidney and thyroid function for Lithium.
