

Metabolic Monitoring and Interventions for Mental Health Consumers on Antipsychotics in the Inpatient Setting

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Background

The average life expectancy of a consumer with severe mental illness is up to 30% less than the general population¹. Identification and management of risk factors can reduce premature morbidity and mortality.

Aim

To audit adherence to the Metro North Hospital and Health Service Mental Health guideline, 'Metabolic Interventions for Consumers on Antipsychotic Medication'².

Method

Results

Cohort

Inpatients discharged from mental health on a regular antipsychotic over a 3 month period.

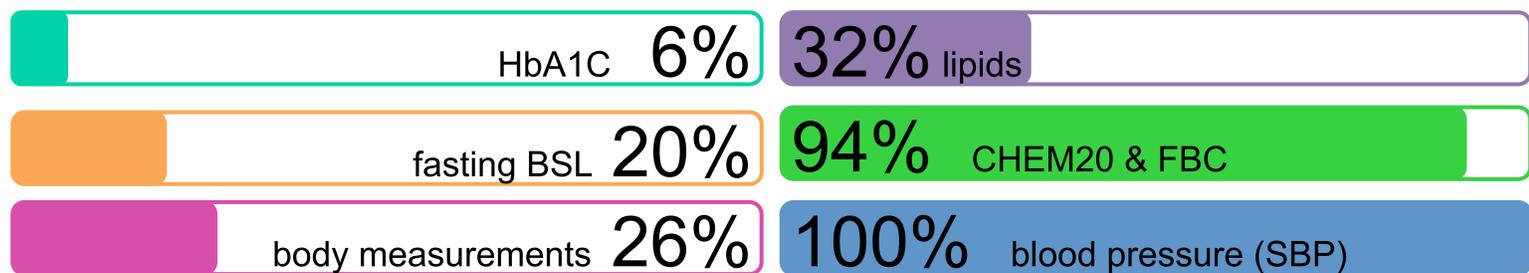


206
consumers

41 average age (years)
7% indigenous
43% female

Screening

Physical and biochemical parameters required to assess cardiovascular risk².



Absolute cardiovascular risk assessment

Assessed using the Australian Absolute Cardiovascular Risk Calculator^{2,3}.

8% low risk **2%** medium risk **12%** high risk **78%** unable to assess

Intervention

Management of modifiable cardiovascular risk factors, stratified according to individual cardiovascular risk assessment².

Overall cardiovascular risk

Moderate to high risk: commence statin, if not prescribed prior to admission² **16** patients required intervention **13%** received intervention

Blood pressure

If SBP >140mmHg:
Moderate risk: *consider* anti-hypertensive
High risk: *commence* anti-hypertensive +/- adjust dose² **3** patients required intervention **0%** received intervention

Diabetes

If fasting BSLs ≥ 7 and HbA1c ≥ 6.5:
High risk: commence Metformin +/- adjust dose² **3** patients required intervention **67%** received intervention

Conclusion

Increased adherence to the guideline could facilitate assessment of cardiovascular risk and enable timely metabolic interventions.

Contact Us

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References

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