P-289 - PHYSICAL HEALTH MONITORING OF YOUNG PEOPLE ON ANTIPSYCHOTIC MEDICATION IN THE NEWCASTLE EARLY INTERVENTIONS (EIP) SERVICE

D.George[1], D.Ward[2]

[1]Newberry Centre, West Lane Hospital, Tees Esk and Wear Valley NHS Trust, County Durham, [2]Newcastle CYPS, Northumberland Tyne and Wear Trust, Newcastle Upon Tyne, UK

Introduction: Elevated rates of metabolic disturbances and shorter life expectancy due to cardiovascular complications are well known in individuals on antipsychotic medication. Recent literature highlights the use of prompts and educational interventions to improve physical health monitoring.

Aims and objectives: This audit aimed to review whether young people in the EIP Service receiving antipsychotic medication had regular physical monitoring in accordance with the Trust's recommendations and suggested ways to improve it.

Methods: The Physical Health Monitoring Record developed by the Medicines Management Committee recommends that patients on antipsychotic medication should have a full Physical Examination at Baseline and every 6 months thereafter. Blood tests, drug screens and ECGs should also be done at baseline and repeated on an annual basis. Electronic Patient Records of young people known to the Newcastle EIP Service over a 12-month period were reviewed to complete the audit tool captured data on type and duration of treatment, baseline and follow-up monitoring.

Results: Only 55% (N=11) received baseline monitoring. During the treatment continuation phase, 82% adhered to the recommended annual blood tests, but physical examinations, drug screens and ECGs were not done. At the annual psychiatric reviews, only 64% of young people had physical monitoring requests sent to primary care.

Conclusions: Young people receiving antipsychotic medication were not being monitored in accordance with Trust's recommendations. Wider circulation of the recommendations and improved communication with primary care physicians could improve monitoring. Incorporating a prompt within the Electronic Records with annual reminders would be a useful way forward.