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PHYSICAL HEALTH MONITORING OF PATIENTS ON ANTIPSYCHOTIC MEDICATION IN COMMUNITY - FINDINGS OF AN AUDIT

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Introduction: Patients with severe mental illness are at increased risk of cardiovascular disease because of lifestyle, co-morbidity and medication effects.

Aim/objectives: The aim of this audit is to ascertain the regularity of blood tests (u&e's, fasting blood glucose, lipid profile) among patients on Antipsychotic medication under North Durham Psychosis team.

Method: According to audit standards (based on NICE guidelines-Schizophrenia and Maudsley guidelines), All patients on antipsychotic medication should have Urea & Electorates, Fasting blood glucose and Fasting Lipid profile done at least once a year. All 67 patients in North Durham Psychosis Team were included. We searched for these readings between 1st September 2008 to 30th August 2009 in patient records. Of the 67 patients, notes were retrieved for 50. Of the 50, 46 were on antipsychotic medications.

Results: Of 46 patients, 58% had urea & electorates, 58% had Fasting blood glucose and 46% had fasting lipid profile recorded.

Conclusion: Because of lifestyle, co-morbidity and medication effects, patients with severe mental illness are at increased risk of cardiovascular disease. Our audit identified a need for systemic assessment of physical health with appropriate blood investigations and follow up with appropriate management plan (lifestyle education, lipid modification therapy) which are critical to minimising risks and preventing long term adverse health consequences. This results may also reflect a lack of communication between primary care and secondary care as the physical health for these clients are primarily managed by General Practitioners. It may be that these investigations are conducted but not communicated to secondary care.