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The Physical Aspect of Maltese Patients Treated with Antipsychotics

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Title:

The physical aspect of Maltese patients treated with antipsychotics

Introduction:

Patients with mental health problems are known to have more physical comorbidities resulting in reduced life expectancy when compared to the general population. The NICE guidelines (2014) has directed clinicians to monitor the physical health of patients with psychosis.

Objectives:

This study sets to determine whether management of physical health comorbidities of Maltese patients treated with antipsychotics is optimal.

Aims:

The aim of this study is to screen for risk factors of poor physical health, features of the metabolic syndrome and other physical comorbidities amongst Maltese patients treated with antipsychotics.

Methods:

Patients treated with antipsychotics were randomly enrolled in the study. Parameters measured included weight and waist circumference. Blood pressure and blood glucose monitoring was reviewed. Lipid profiles were checked for dyslipidaemia. Patients were questioned about physical comorbidities (particularly diabetes, cardiovascular diseases and respiratory problems), their smoking status, diet and level of physical activity.

Results:

Preliminary results indicate that the physical health of patients treated with antipsychotics in Malta is suboptimal and may be improved.

Conclusions:

Patients treated with antipsychotics in Malta need better identification and management of their poor lifestyle choices and physical comorbidities. Simple interventions such as offering suitable advice, education and referring to appropriate specialists to treat identified physical problems may greatly improve patient's quality of life.