

Improving physical health in mental health: a pharmacist's impact

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Background

People with severe mental illness have an average life expectancy of up to 30% less than the general population.¹ Identifying and managing cardiovascular (CV) risk factors can reduce premature morbidity and mortality.²

Description

Baseline audit in 2017 showed only 1.5% of mental health in-patients prescribed antipsychotics had complete CV screening and highlighted low level of interventions when CV risks were identified.³

Action

Mental health pharmacy implemented calculating CV risk for all in-patients receiving antipsychotics using the Australian absolute cardiovascular disease risk calculator² and recommending interventions as per local guideline.⁴ If CV risks were unable to be calculated due to incomplete metabolic monitoring, medical officers were prompted to complete them. The results were then compared with the original audit.

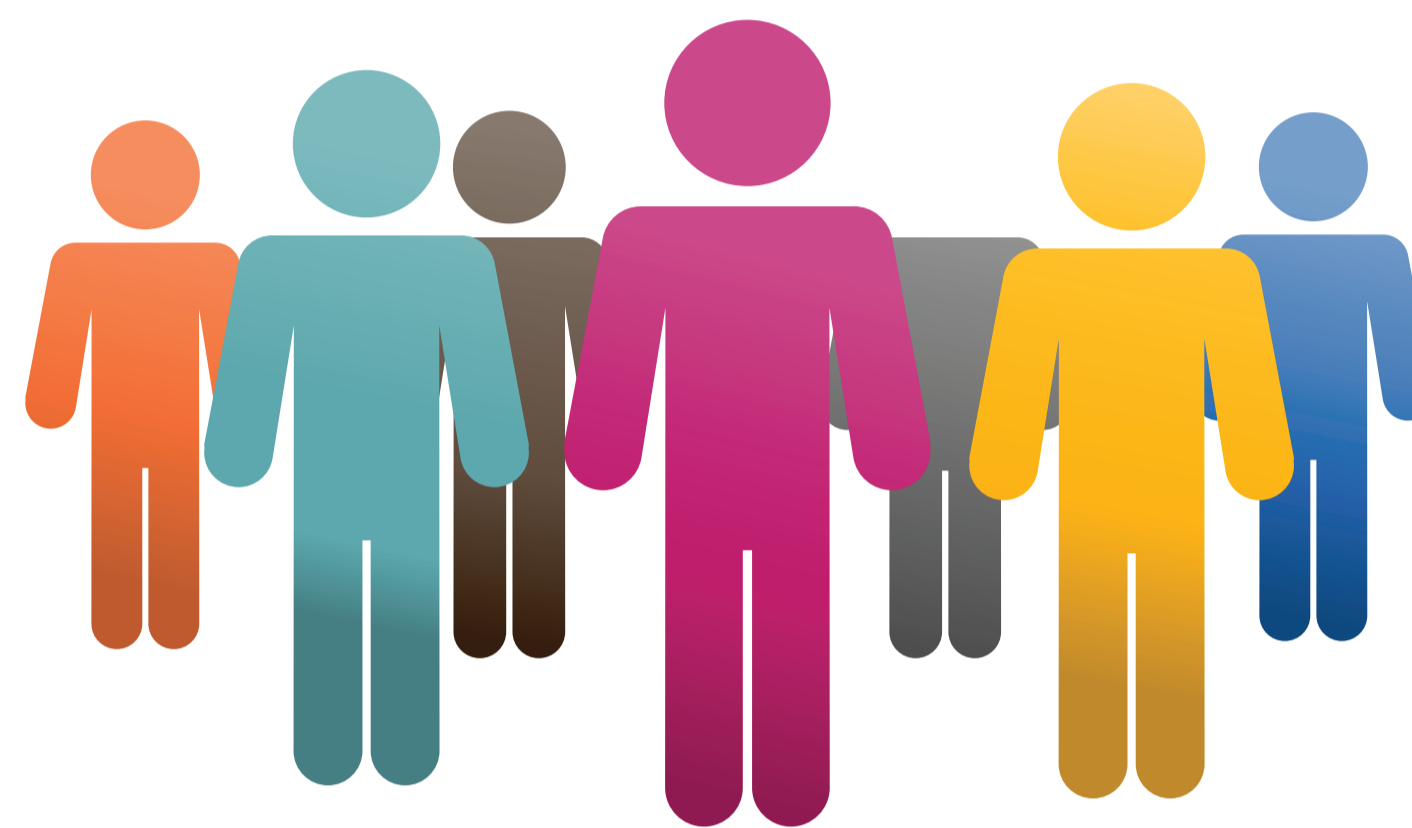
2017 Audit

2019 Audit

Cohort

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

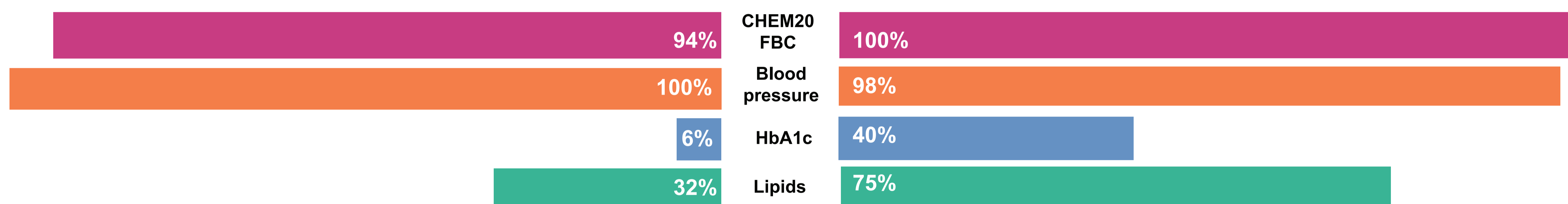
> Average age in years 41
> Indigenous 7%
> Female 43%



> Average age in years 41
> Indigenous 12.7%
> Female 31%

Screening

Pharmacists prompt medical officers when screening incomplete



Absolute cardiovascular risk assessment

Pharmacists calculate CV risk and document on Medication Action Plan (MAP) of all consumers on antipsychotics



Intervention

Pharmacists recommend intervention as per local Metabolic Interventions for consumers on AP Medication Guideline: stratified according to CV risk assessment⁴

Absolute cardiovascular risk

Moderate to high risk: commence statin, if not prescribed prior to admission⁴
Of patients requiring intervention due to moderate to high CV risk:

13% received intervention

33% received intervention

Blood pressure

If SBP >140mmHg: Moderate risk: consider anti-hypertensive High risk: commence anti-hypertensive +/- adjust dose⁴

Of patients requiring intervention due to moderate to high blood pressure:
0% received intervention

0% received intervention

Diabetes

If fasting BGL >7 and HbA1c > 6.5: High risk: commence Metformin +/- adjust dose⁴

Of patients requiring intervention due to diabetes:
67% received intervention

100% received intervention

Limitations:

CV risk could not be calculated for majority of our consumers as the Australian absolute cardiovascular risk calculator is only validated for consumers 45 years or older (or >35 years, if Aboriginal/ Torres Strait Islander).

Conclusion:

Pharmacists are well positioned to recommend appropriate monitoring, assessment, and management of cardiovascular factors.

References

- Royal Australian and New Zealand College of Psychiatrist (RANZCP). Keeping Body and Mind Together: improving the physical health and life expectancy of consumers with serious mental illness, RANZCP, 2015. Available from: <https://www.ranzcp.org/Files/Publications/RANZCP-Keeping-body-and-mind-together.aspx>
- National Vascular Disease Prevention Alliance (NVDPA). Australian Absolute Cardiovascular Disease Risk Calculator, NVDPA, 2012. Available from: <http://www.cvdcheck.org.au/>
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- Metabolic interventions for consumers on antipsychotic medication (Version 1.0), MNHHS, 2016.