

It's Hard to go Hungry – Pharmacist Led Metabolic Monitoring

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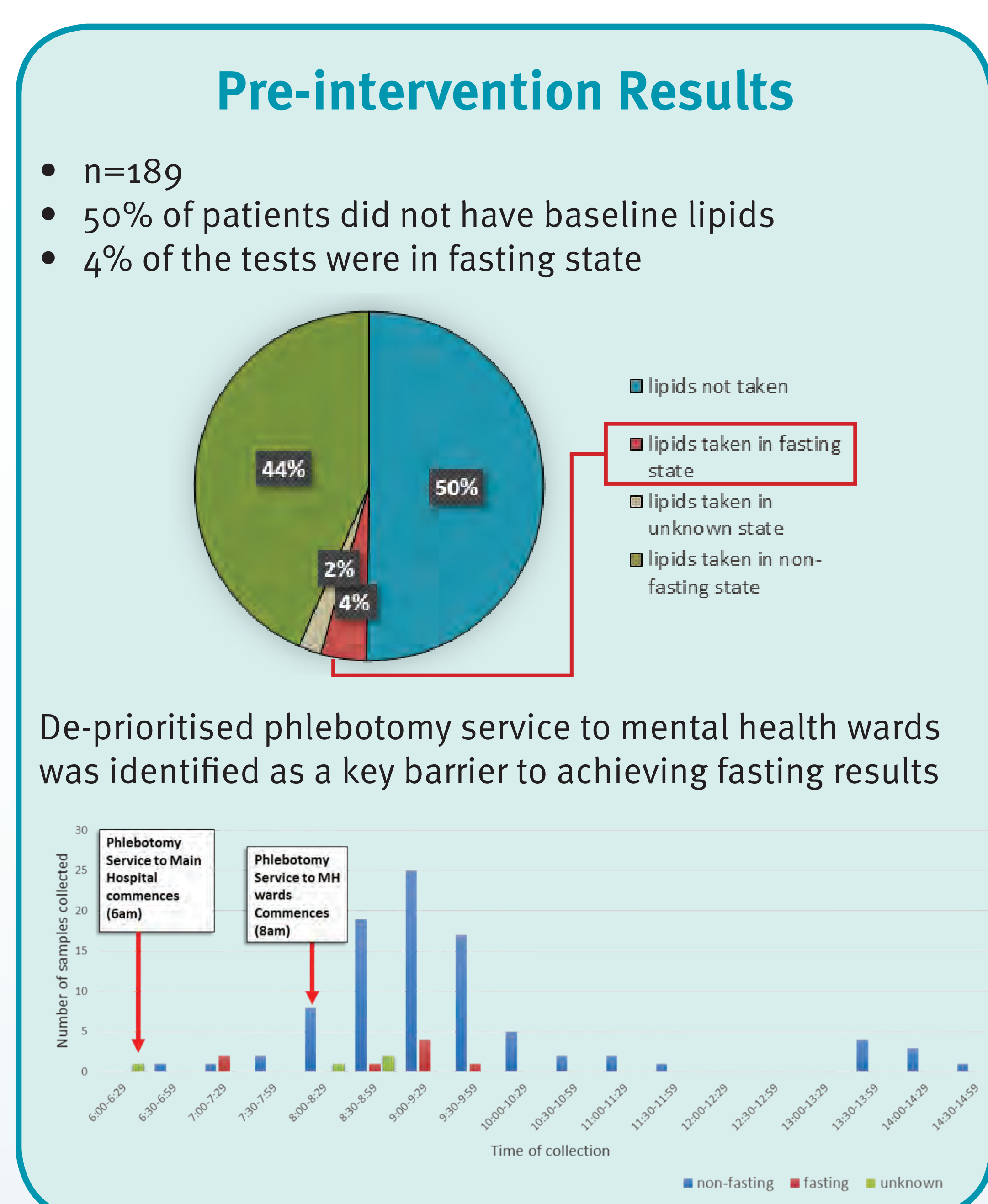
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Accurate baseline metabolic monitoring is vital for correct diagnosis of antipsychotic-induced metabolic syndrome. Fasting status is required for triglyceride and blood glucose levels, both important diagnostic markers. Despite this, metabolic monitoring is poorly done, and rarely in fasting state. This project audits rates of baseline metabolic monitoring, noting fasting status.

Method

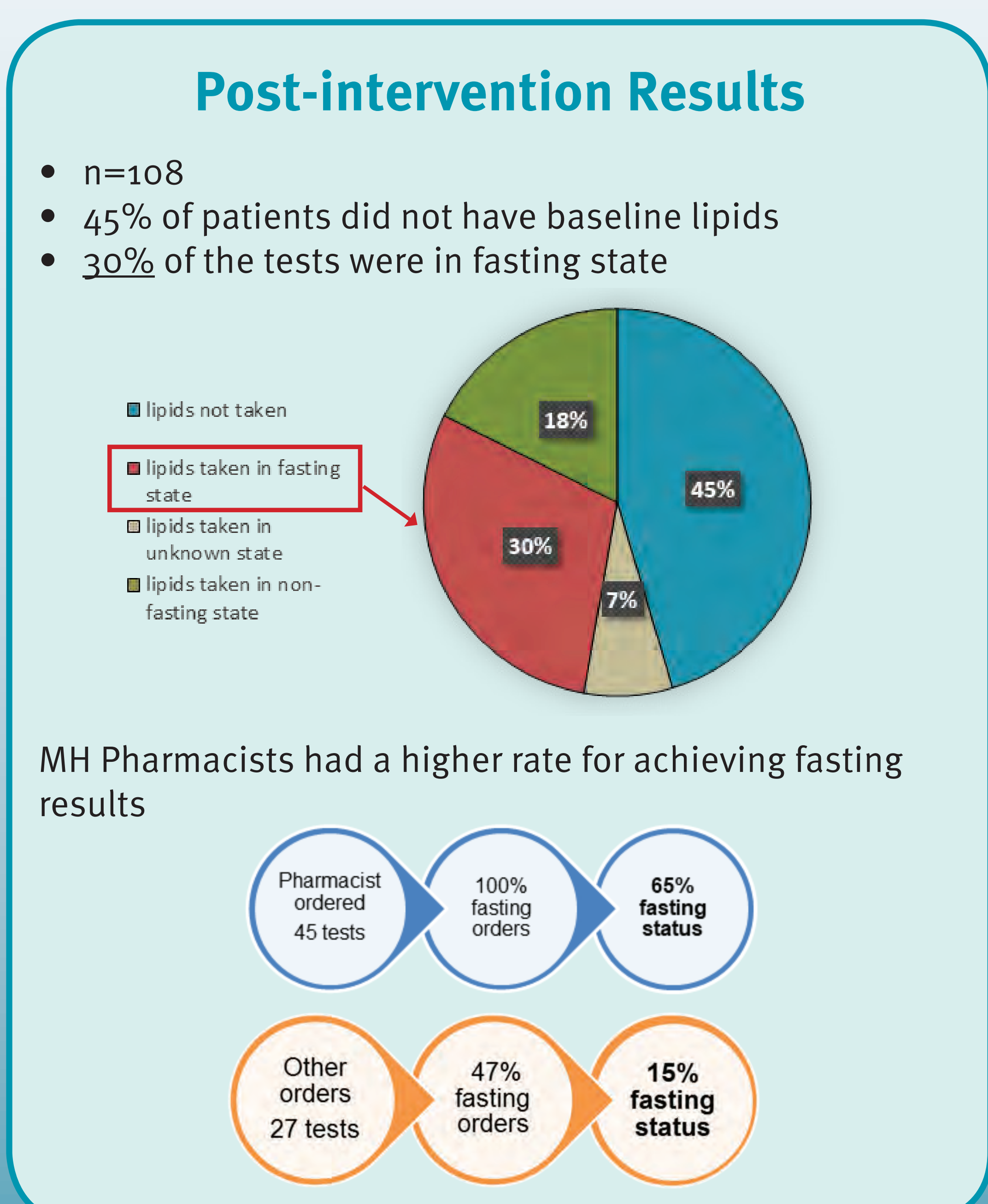
- Two consecutive retrospective audits were conducted before and after a targeted intervention designed to improve fasting results
- Each audit identified:
 1. Number of patients commenced on a Second-Generation Antipsychotic
 2. Baseline metabolic monitoring performed and fasting status



Intervention

1. Earlier Phlebotomy visits were negotiated for each Tuesday
2. Mental Health (MH) pharmacists became approved to order lipid and glucose pathology
3. MH pharmacists coordinated communication of patient lists

Pharmacist ordering pathology



Conclusion

Fasting metabolic monitoring rates improved with the interventions made and collaborative approach.

Pharmacist-ordered metabolic monitoring was done consistently and associated with increased fasting results.

Improvement is still required for capturing baseline lipid profiles but patient refusal and ongoing delays with collection times remain a challenge.