

# Not just mental health: Metabolic syndrome screening and monitoring in an acute mental health unit



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## Background:

The association between antipsychotic use and development of metabolic syndrome is well established. Acute mental health unit (AHMU) staff recently developed a metabolic screening and monitoring form. However, there is no formalised procedure on its use, nor has its use ever been reviewed.

## Aim:

To assess if patients received appropriate monitoring for metabolic syndrome as an inpatient using the metabolic screening and monitoring form, and if there were documented plans for ongoing monitoring on discharge.

## Methods:

Patients discharged from the acute mental health unit in January and February 2019 who had taken antipsychotics during admission were identified.

Patient records retrospectively reviewed for appropriate monitoring and plans for discharge.

## Results:

Of the thirty patients discharged, twenty patients' records were eligible for review. 40% of patients' records included a metabolic screening and monitoring form. All eight forms that were reviewed were incomplete.



10% of patients' received appropriate monitoring for the development of metabolic side effects.

88%

of patients' forms had no interventions, nor plan for ongoing monitoring documented.

METABOLIC SCREENING AND MONITORING FORM

Height	Ethnicity	Aboriginal/TSI	Hx diabetes	FHx diabetes
Baseline		3 Months	6 Months	12 Months
Date				
Anti-Psychotic prescribed				
Waist circumference (cm) < 94 cm male < 80 cm female				
Blood pressure < 130 mmHg/< 85 mmHg				
Fasting blood glucose < 5.6 mmol/L				
HDL cholesterol 1.03 mmol/L male 1.29 mmol/L female				
Triglycerides < 1.7 mmol/L				
Weight (kg)				
Physical Activity				
Cigarette/alcohol/caffeine				
Meets criteria (see reverse)	Y/N	Y/N	Y/N	Y/N
Interventions				

  

METABOLIC SYNDROME CRITERIA	
Waist Circumference (abdominal obesity)	Male ≥ 94cm Female ≥ 80cm
Plus 2 or more of the following:	
Raised triglycerides	≥ 1.7mmol/l
Reduced HDL cholesterol	Male ≤ 1.03mmol/l Female ≤ 1.29mmol/l
Raised blood pressure	≥130/85mmHg
Fasting blood glucose	≥5.6mmol/l

International Diabetic Federation 2005 [www.idf.org](http://www.idf.org)

## Where to from here?

If the metabolic screening and monitoring form and accompanying procedure were reviewed prior use by nursing staff, this process failure may have been avoided. A procedure is being written for the form and reviewed to clarify appropriate use on the AMHU ward and the responsibilities of various staff. A multidisciplinary team has been meeting to share ideas and create structured interventions to improve screening and monitoring for metabolic syndrome. Our pharmacy team, in addition to the clinical service we currently provide, are aiming to deliver a regular face-to-face presentation to inpatients and develop written information to provide to patients about the risk of metabolic syndrome and non-pharmacological strategies for reducing their risk.