

Audit of Frequency of Weight Measurements On An Assessment and Treatment Ward For Adults With a Learning Disability



Dr Grace Pike (CT1)¹, Dr Rifat Binte Radwan (CT1)², Dr Claire Reynolds (Consultant Psychiatrist in Intellectual Disability)³

AIMS

To determine if:

- (a) weights are being recorded at least weekly;
- (b) weights are being recorded at least at baseline and annually if on maintenance antipsychotic.

To improve awareness that weights should be recorded more frequently.

HYPOTHESIS

Weights are not being recorded weekly.

BACKGROUND

Those with mental illness are at increased risk of medical disorders with a reduced life expectancy by up to 20 years. Those with schizophrenia have

increased rates of abdominal obesity, other cardiovascular risk factors and impaired glucose tolerance. Significant metabolic health issues are associated with antipsychotics. Those with learning disabilities experience a lack of screening of physical illness and quality of care.

At least weekly weights should be recorded with a regular review of physical health needs and weight management support provided.

METHODS

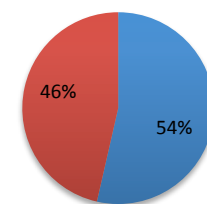
Retrospective data collection of 28 electronic patient records from admissions from July 2020 to July 2021 occurred. Records were anonymised. Data was recorded and analysed on excel.

RESULTS

54% of the sample were male. Age range was 18-63 years old.

Percentage of male and female patients

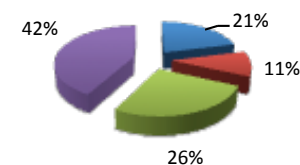
■ Male 15/28 ■ Female 13/28



22 out of 28 were prescribed an antipsychotic: 36% had hypercholesterolaemia; 68% required a dietitian; 18% had weekly weights; 64% had baseline weights.

Percentage of those prescribed an antipsychotic with endocrine and metabolic disorders

■ Diabetes ■ Thyroid disorder
■ Hyperprolactinaemia ■ Hypercholesterolaemia



Of those not on antipsychotics (21%), 100% had baseline weights. As a percentage from the total sample, 4% had weekly weights before discharge; 4% had weights measured at 6 weeks and 1 year; 4% had their weight at 6 months measured before discharge.

CONCLUSIONS

Weights were not being recorded at least weekly. The most common metabolic disorder was hypercholesterolaemia with most patients requiring a dietitian. Due to the Covid-19 pandemic, weights may have not been recorded as frequently due to social distancing and streamlining of care provision. However, weekly recording is essential to enable better physical and mental health in these uncertain times.

REFERENCES

NICE CG 178: Psychosis & schizophrenia in adults: treatment and management, February 2014

HPFT Policy: Physical Health Policy; Procedure for the Assessment, Examination and Physical Wellbeing Support of Service Users, October 2021

AFFILIATIONS

¹Oxford Health NHS Foundation Trust, The Whiteleaf Centre, Berton Road, Aylesbury, Buckinghamshire, HP20 1EG

²Essex Partnership University NHS Foundation Trust, The Crystal Centre, Puddings Wood Drive, Broomfield, Chelmsford, CM1 7LF

³Hertfordshire Partnership University NHS Foundation Trust, Kingfisher Court Kingsley Green, Harper Lane, Radlett, WD7 9HQ