

Introduction

- Patients with Intellectual disability (ID) are prescribed antipsychotics either for mental disorder or behaviour that challenges. As antipsychotics pose numerous side effects, annual health checks should be carried out regularly as per the NICE and Trust guidelines to ascertain the safety of the patients.
- Of all the health checks, blood monitoring is a challenge due to various reasons in patients with ID. Hence this audit is conducted to evaluate the practice against the set standard

Aim

- To assess, if all the patients under community adult ID service, Chorley and South Ribble who are prescribed Antipsychotics had undergone an annual blood monitoring as per the standards (NICE and Trust policy)

Standards

NICE Guidelines (NG54) - Mental health problems in people with learning disabilities: prevention, assessment and management

- 1.6.1 GPs should offer an annual health check using NHS England's learning disability annual health check electronic clinical template to all adults with learning disabilities.
- 1.6.3 - It should include a physical health review, including assessment for the conditions and impairments which are common in people with learning disabilities along with other reviews

NICE Guidelines (NG11) - Challenging behaviour and learning disabilities: prevention and interventions for people with learning disabilities whose behaviour challenges

- 1.2.1 GPs should offer an annual physical health check to children, young people and adults with a learning disability in all settings, using a standardised template

Trust policy - Physical health care policy CL067

- The monitoring of physical health, including blood tests and side effects, for those patients prescribed certain psychotropic medications, in particular antipsychotics should be done as per trust guidelines

Trust SOP for monitoring of psychotropic medication PHA068

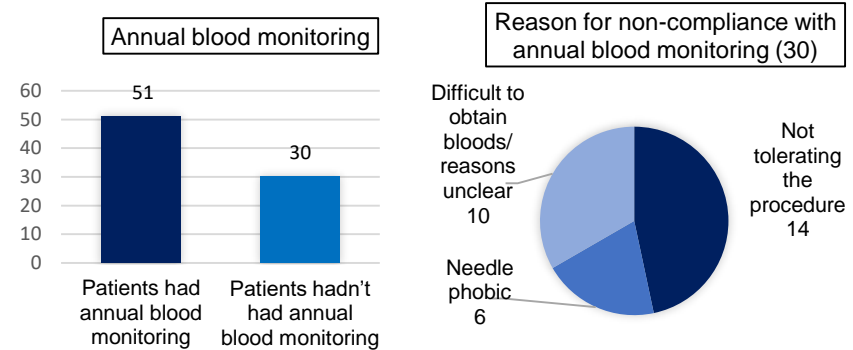
- Annual monitoring of bloods especially Glucose, HbA1c, Lipids, LFT, TFT and prolactin to be carried out

Method

- An audit tool was developed, data was collected from 12 months prior to October 2021 by thoroughly reviewing electronic records, clinic letters, LPRES GP record of all the cases which comes under community adult ID services.

Results

Total number of cases prescribed antipsychotics is 81, out of which 51 cases had their annual blood check-up as per the standards. Remaining 30 cases were not compliant with monitoring due to the reasons mentioned in pie chart.



Conclusion

- The service is managing reasonably well (63%) in complying with the standard practice in blood monitoring. However, 37% of the case load is non-complaint which can affect the health / safety / QOL of patients in the community settings due to unidentified side effects of antipsychotics.
- Some patients have a GA planned which will help facilitate blood taking. For other patients it has been recognised that bloods may need to be taken opportunistically when they have a GA in future due to non-compliance with venepuncture

Recommendation

- There need to be some robust plan put in place to tackle this issue. Desensitisation programme is one such way which can be experimented where by the specialist team can educate the care providers in desensitising the non-complaint patients to the phlebotomy procedure and when they are reasonably ready procedure can be tried. It may avoid the need to wait for the procedure under GA to obtain bloods. Pilot programme is in place which will be re-audited in a few months' time
- Clear documentation of reasons why routine blood monitoring has not been done is required which will further assist in referring the patients to desensitisation programme