

AN AUDIT OF ANNUAL CLOZAPINE MONITORING WITHIN THE REHABILITATION SERVICE OF NHS GRAMPYAN



01 Introduction

Clozapine is effective for treatment-resistant schizophrenia but poses serious side effects including agranulocytosis and myocarditis^{1, 2}. NHS Grampian mandates strict annual monitoring: smoking & contraceptive status, side effects and metabolic parameters. 100% of patients on clozapine should have documented annual monitoring of several parameters. However, an internal 2019 audit concluded that only 16% achieved the standard – a concern for patient safety and quality of care.

Authors: Dr Karishma Hurry, Dr Mercy Omosigho & Dr Irene Atuobi

Affiliation: Royal Cornhill Hospital, Aberdeen, Scotland North

Acknowledgements: Dr Sam Wilson, Dr Jumoke Ojo & Fiona Raeburn

02 Methodology

- 1st January 2024 - 31st December 2024
- Retrospective review of electronic records.
- 20 patients on clozapine.
- 10 parameters: full blood count, urea & electrolytes, liver function, BMI/weight, pulse, BP, ECG, GASS, smoking & contraceptive status (as per NHS Grampian & NHS Scotland National Standard).

03 Results

50%

04 Discussion

Problem areas were identified and targeted interventions outlined:

- Documentation lapses- automated prompts with checklist.
- Staffing limitations - focused training on scoring tools (e.g GASS).
- Lack of automated reminders- auditing for accountability & progress.
- Patient-related barriers (e.g non-engagement)- MDT approach with shared decision making.

05 Conclusion

While compliance has improved, further efforts are required to meet standards to safeguard patients on clozapine.

Only **10** out of **20** patients met the standard in 2024 compared to 16% in 2019 (4 of 24 patients) as shown below. **ECG** and **Glasgow Antipsychotic Side Effect Scale (GASS)** being the most frequently missed parameters (both in 2019 & 2024).

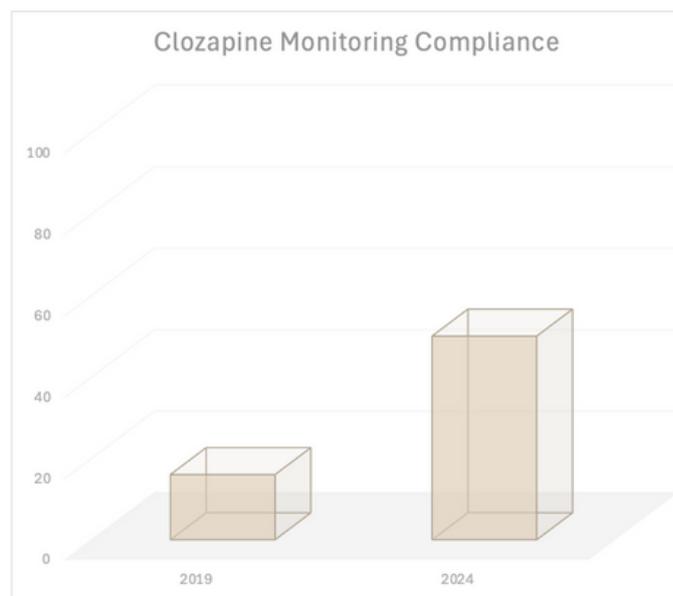


Figure 1: Comparison of compliance in 2019 vs 2024 (16% vs 50% respectively).

References

1. British National Formulary (BNF). (2024). Clozapine -Drug monograph. London: BMJ Group and Pharmaceutical Press.
2. Kane, J.M., Honigfeld, G., Singer, J., & Meltzer, H. (1988). Clozapine for treatment-resistant schizophrenic: A double-blind comparison with chlorpromazine. Archives of General Psychiatry, 45 (9) 789-796.