

Improving antipsychotic monitoring in adults with intellectual disabilities: A Two-Cycle Audit in South Glasgow

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Introduction

- Antipsychotics are widely used in adults with intellectual disabilities (ID)
- These medications carry **significant metabolic, cardiovascular and neurological risks**
- People with severe mental illness have a **15-20 year reduced life expectancy**, largely due to preventable physical health conditions.
- NHS GG&C policy (V3, 2024) recommends regular physical health and side-effect monitoring for individuals prescribed antipsychotics

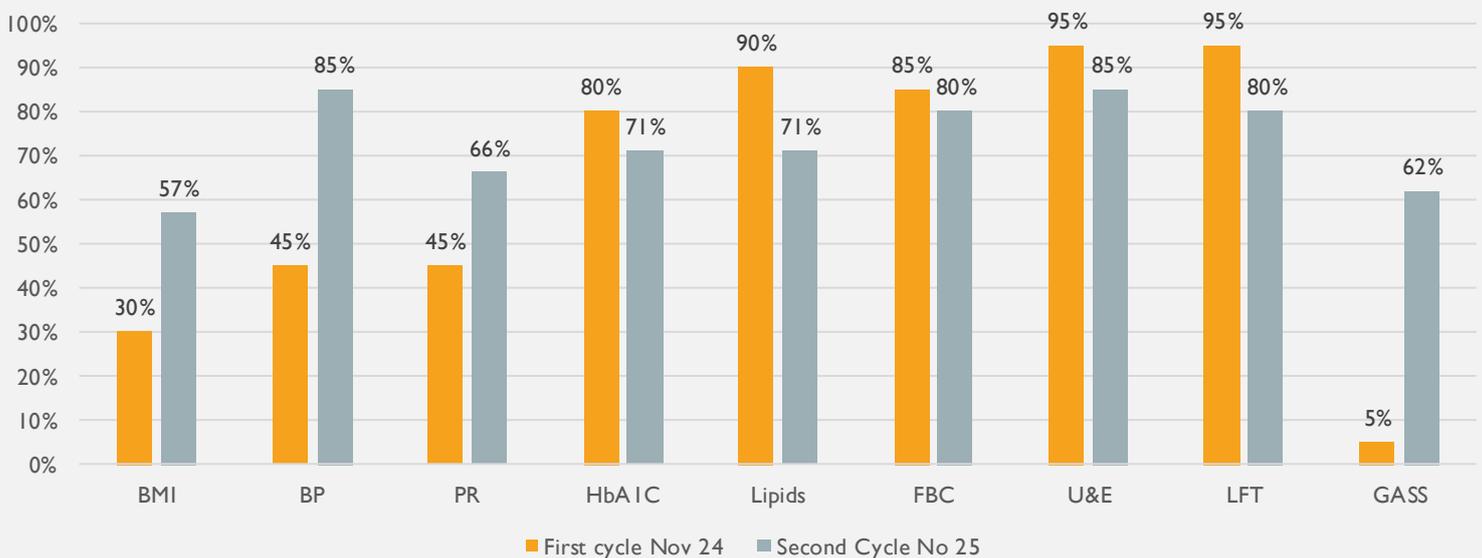
Aims & Standards

To assess and improve the quality of antipsychotic monitoring in adults with ID

Audit Standards

- BMI recorded
- Blood pressure recorded
- Pulse recorded
- GASS completed
- Annual blood tests completed: FBC, U&E, LFT, HbA1C, Lipids

Comparison between First and Second cycle



Methods

Design: Retrospective two-cycle audit

Data sources: Clinical Portal and EMIS

Cycle 1:

November 2024

20 adults prescribed antipsychotics for >1 year

Cycle 2:

November 2025

21 adults prescribed antipsychotics for >1 year

Intervention

Introduction of a **structured antipsychotic monitoring clinic** using a **standardised monitoring template**

Conclusion

Structured monitoring clinics improve the **safety and quality** of antipsychotic prescribing in adults with ID

The greatest gains were seen in:

- **BMI**
- **Cardiovascular observations**
- **GASS documentation**

Standardised pathways support consistent, high-quality, and sustainable care