

Physical Health Monitoring of patients treated with Clozapine in East –Specialist Psychosis Team



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Aims

- To ascertain performance against the standards set by The Prescribing Observatory for Mental Health (POMH – UK) guidelines on physical health monitoring of patients prescribed Clozapine in E- Specialist Psychosis Team.
- To identify areas of improvement in practice.

Methods

One audit tool for one patient. Information collected via review of recorded documentation on the electronic record system.

Inclusion criteria: any patient, 16+, currently undergoing monthly haematological monitoring (i.e. the current episode of clozapine treatment is more than 1 year).

Sample size 125 patients: 67+ 8 LD/SMHT in Colchester and 47+ 3LD in Clacton.

Results

Good practice:

Yearly recording of general physical examination was completed in 98.4 % of subjects.

The overall score for documented measure of blood pressure was 98.7 %.

Yearly body weight, glycaemic control and plasma lipids measure were documented in all three parameters in 87% of subjects.

100% of patients were reviewed by medical staff.

Areas of improvement:

Almost 50 % of ECG was not repeated during last year. It was noted that during Covid -19 restrictions, ECG was not carried out for patients who were shielding.

Standards

(QIP's) Topic 18a: The use of Clozapine. *Identified areas of good practice.*

➤ **Patients established on clozapine treatment for more than a year should have an annual medication review, taking account of therapeutic response and recognised side effects.”**

Yearly monitoring of blood pressure, body weight/BMI/waist circumference, general physical examinations, blood glucose (or HbA1c), plasma lipids.

Yearly monitoring of discretionary parameters: ECG, Echocardiogram, blood tests (CRP, troponin).

➤ **“Patients established on clozapine treatment for more than a year should be reviewed at least annually by senior clinicians”.**

Conclusion

The overall audit results demonstrated compliance with guidelines on physical health monitoring in service users prescribed Clozapine.

The routine physical examination performed within medical review is primarily an evaluation of risk of metabolic syndrome and lifestyle related physical issues. It does not constitute a full physical health screen and service users/carers and their GPs should be aware of this.

Recommendations

Clinic letters format must include the relevant headlines such as: physical health check, plasma level result and indication, annual blood tests, ECG, smoking status, alcohol and illicit drug use, side effects, relevant health promotion advice.

The consultant/trainee to ensure that results of the annual health check and any relevant results from routine monitoring are communicated to the GP with areas of concern highlighted.

