

BMI Documentation in Discharge Letters of Patients Discharged on Anti-Psychotics in the University Hospital of Hairmyres

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Introduction

Anti-psychotic use is associated with metabolic syndrome due to causing weight gain, BMI increase, blood glucose impairment and an increase in total cholesterol ⁽¹⁾.

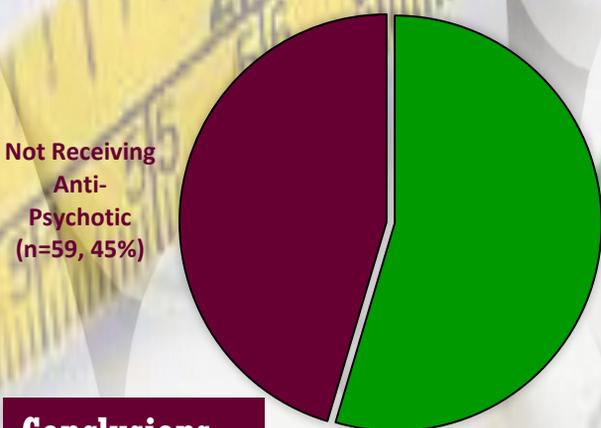
Patients with severe mental health illness “show a 53% higher risk of having cardiovascular disease”⁽²⁾ with a subsequent 85% higher risk of dying from it compared with the general population⁽²⁾. Anti-psychotic use is identified as an “actionable moderator” of cardiovascular disease ⁽²⁾.

According to NICE guidelines, patient monitoring for those on anti-psychotics should include “weight weekly for the first 6 weeks, then at 12 weeks, at 1 year and then annually”⁽³⁾.

Results

- Total number of patients = 130
- Patients discharged on anti-psychotics = 71
- Patients with BMI documented in discharge letter = 1
- Patients with BMI documented on admission = 56 (79%)
- Patients with BMI documented throughout admission = 52 (73%)

Discharge Medications



Conclusions

- Anti-psychotic prescription is common in the University Hospital of Hairmyres.
- Olanzapine and Quetiapine are the most commonly prescribed anti-psychotics in patients’ discharge medications.
- Documentation of BMI in discharge letters is very poor.
- Documentation of BMI on and throughout admission is good.

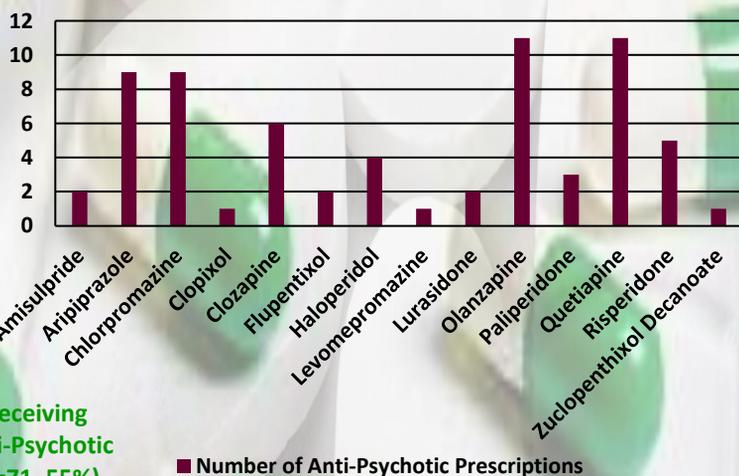
Aims

- Primary aim: assess level of BMI documentation in the discharge letters of patients discharged on anti-psychotics.
- Secondary aims: assess BMI documentation on and throughout a patient’s admission, as well as gain information about anti-psychotic prescribing patterns.

Methods

- Patients discharged on anti-psychotics from the two general adult psychiatry wards throughout January, February and March 2020 were identified.
- These patients’ medical notes were checked to identify whether BMI was documented on admission and throughout admission.
- Patients’ discharge letters were read to discover if a BMI was included in them or not.
- Patients admitted under the Addictions Team and out of area patients were excluded due to their discharge letters being inaccessible.

Variety of Anti-Psychotics Prescribed



Discussion

- The lack of BMI documentation in discharge letters suggests that clinicians may not be bearing the metabolic dysfunction effects of anti-psychotics in mind.
- Clozapine and Olanzapine are associated with the worst metabolic side effects ⁽¹⁾. Monitoring BMI is therefore particularly important due to the popularity of Olanzapine prescription in Hairmyres Hospital.
- High rates of BMI documentation on and throughout a patient’s admission means the information is readily available. Poor documentation in discharge letters is therefore less excusable.
- A suggestion to improve BMI documentation is to include it in the discharge letter template.

⁽¹⁾ T. Pillinger, R. McCutcheon et al. (2019) ‘Comparative effects of 18 antipsychotics on metabolic function in patients with schizophrenia, predictors of metabolic dysregulation, and association with psychopathology: a systematic review and network meta-analysis.’ *Lancet Psychiatry*, volume 7, issue 1, pages 64-77.

⁽²⁾ C.U. Correll, M. Solmi and N. Veronese et al. (2017) ‘Prevalence, incidence and mortality from cardiovascular disease in patients with pooled and specific severe mental illness: a large-scale meta-analysis of 3,211,768 patients and 113,383,368 controls.’ *World Psychiatry*, volume 16, issue 2, pages 163-180.

⁽³⁾ NICE 2014, *Psychosis and schizophrenia in adults: prevention and management*. [online]. (Last updated 1st March 2014). Available at: <https://www.nice.org.uk/guidance/cg178/chapter/recommendations#how-to-use-antipsychotic-medication> [Accessed 4th June 2020]