

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⁾.

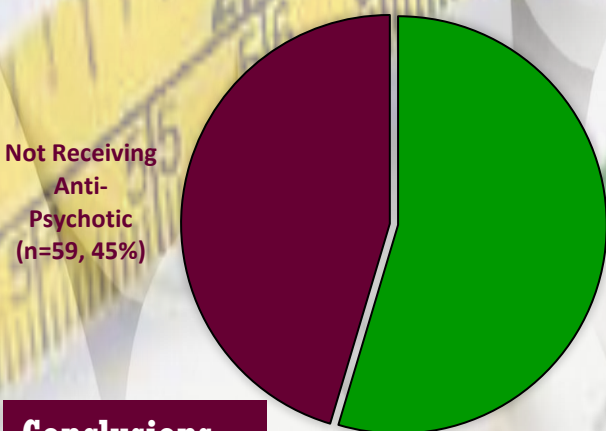
Patients with severe mental health illness “show a 53% higher risk of having cardiovascular disease”⁽²⁾ with a subsequent 85% higher risk of dying from it compared with the general population⁽²⁾. Anti-psychotic use is identified as an “actionable moderator” of cardiovascular disease⁽²⁾.

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.

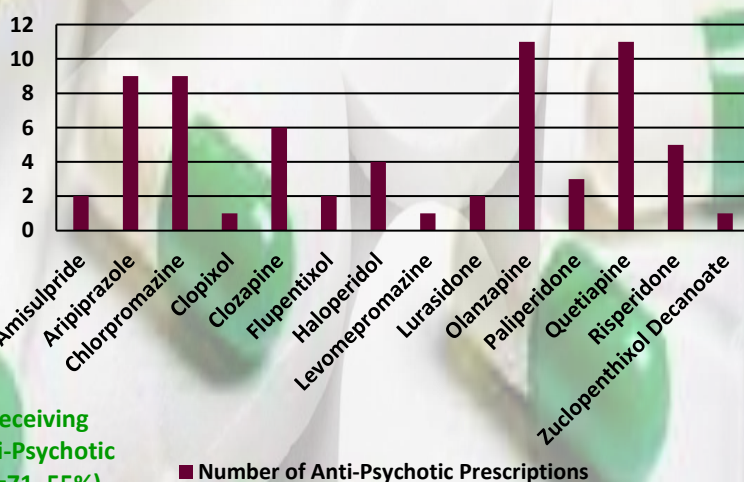
Aims

- 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]