

ANTIPSYCHOTIC MONITORING TOOL

Monitoring for patients taking antipsychotics long term

Patients with mental illness often experience poor physical health. Systematic monitoring and prompt management of adverse drug reactions can assist in patients' adherence to antipsychotics and optimising the physical health of patients.

Regular review of a mental health patient's physical health is recommended at intervals specified in Table 1. More frequent review may be necessary based on the patient's clinical status. Additional tests or monitoring agreed between the GP and psychiatrist or mental health team may also be required.

Preventive health screening programs are best assessed opportunistically by the general practitioner although details are not included in this tool.

Go to www.nps.org.au/antipsychotics for more information and resources.

Table 1. Suggested frequency of review and ongoing monitoring for community-dwelling people taking antipsychotics long term*

Parameter	Frequency
Weight and waist circumference	Every visit
Blood pressure	Olanzapine – 6 monthly All others – annually
Fasting serum lipids	Olanzapine – 6 monthly All others – annually
Fasting blood glucose	Olanzapine – 6 monthly All others – annually
Electrocardiogram	Annually
Ask about extrapyramidal symptoms and examine for rigidity, tremor and abnormal involuntary movements (i.e. tardive dyskinesia)	Every 6 months
Ask about menstrual and sexual problems, gynaecomastia and galactorrhoea. Test prolactin levels if symptoms suggest hyperprolactinaemia.	Annually
Ask about any other adverse events e.g. sedation, anticholinergic effects	Every visit
Ask about smoking status	Every visit
Ask about alcohol and illicit drug consumption	Every visit

* Additional monitoring is recommended when treatment is started, or for people with risk factors for adverse events (e.g. hepatic impairment). Patients receiving clozapine have specific, mandatory monitoring requirements that are not described in this publication.

.....

This information is intended for health professionals. Reasonable care is taken to ensure that this information is accurate at the date of creation. Health professionals must rely on their own expertise and inquiries taking into account the individual circumstances of each patient when providing medical advice or treatment. Where permitted by law, NPS disclaims all liability (including for negligence) for any loss, damage or injury resulting from reliance on or use of this information.

August 2011

Level 7/418A Elizabeth St
Surry Hills NSW 2010
PO Box 1147
Strawberry Hills NSW 2012

P. 02 8217 8700
F. 02 9211 7578
E. info@nps.org.au
www.nps.org.au

