

## Recommended Monitoring for Patients Taking Second Generation Antipsychotics (SGAs)

Antipsychotic medications are an important component in the management of many psychiatric conditions. However, their use has been associated with reports of dramatic weight gain, diabetes, and an atherogenic lipid profile.

**Baseline monitoring** measures should be obtained before or, as soon as clinically feasible, after the initiation of any antipsychotic medication:

- Personal and family history of obesity, diabetes, dyslipidemia, hypertension, or cardiovascular disease
- Height and weight
- BMI calculation (Weight in pounds/(Height in inches x Height in inches )) x 703
- Waist circumference (at umbilicus)
- Blood pressure
- Fasting plasma glucose
- Fasting lipid profile

Referral and/or coordination of care with appropriate health care professionals can include:

- Nutrition and physical activity counseling for overweight or obese patients
- If appropriate, a weight management program addressing psychosocial needs
- Patient/family/caregiver education regarding treatment with SGAs and potential risks

### Ongoing Monitoring

	Baseline	4 Weeks	8 Weeks	12 Weeks	Quarterly	Annually	Every 5 Years
<b>Personal/ Family History</b>	X					X	
<b>BMI</b>	X	X	X	X	X		
<b>Height</b>	X	X	X	X	X		
<b>Weight</b>	X	X	X	X	X		
<b>Waist circumference (at umbilicus)</b>	X	X	X	X	X		
<b>Blood Pressure*</b>	X			X		X	
<b>Fasting plasma glucose*</b>	X			X		X	
<b>Fasting lipid profile*</b>	X			X			X

**\*Increased monitoring based on individual clinical status**

**Disclaimer:**

This is a guideline for monitoring of metabolic syndrome and is not intended to provide specific medical advice for individual patients. We encourage providers to review this information and apply as clinically appropriate to each individual patient.

**References:**

American Psychiatric Association (APA) Guideline Watch (September 2009) Practice Guideline for the Treatment of Patients with Schizophrenia. Retrieved from <http://psychiatry.org/guidelines.aspx>

Consensus Development Conference on Antipsychotic Drugs and Obesity and Diabetes, *Diabetes Care*, Volume 27, Number 2, February 2004. pps. 596-601

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**Summary of Recommendations:**

- Baseline screening and regular monitoring for metabolic syndrome
- Consideration of metabolic risks when starting second generation antipsychotic medication
- Patient, family, and caregiver education
- Referral to specialized services when appropriate
- Discuss medication changes with patient and family

To download a copy of the attached Metabolic Monitoring form, visit the link below:

<https://www.beaconhealthoptions.com/providers/beacon/network/ncoc-state-government-and-healthplans/>

To view the Centers for Disease Control and Prevention (BMI) Calculator, visit:

<http://www.cdc.gov/healthyweight/assessing/bmi/index.html>

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