

Behavioral Health Clinical Practice Guidelines for:

Monitoring the Metabolic Status in Patients Who Are Prescribed Atypical Anti-Psychotic and Anti-Psychotic Medication

OBJECTIVE

To prevent and treat metabolic disorders that may develop as a result of the use of atypical anti-psychotic and anti-psychotic medication.

RATIONALE

Due to the risk of drug related weight gain and the risk of diabetes in patients who are prescribed anti-psychotic and atypical anti-psychotic medications, it is important to monitor metabolic functioning. The American Diabetes Association, the American Psychiatric Association, the American Association of Clinical Endocrinologists and the North American Association for the Study of Obesity have recommended stringent monitoring of metabolic status. Additionally, the American Psychiatric Association in its guidelines for treatment of Bipolar Disorders and Schizophrenia recommends the monitoring of metabolic status in those who are prescribed these types of medications.

RECOMMENDED TREATMENT

1. A patient who is prescribed an anti-psychotic or atypical anti-psychotic should have fasting blood glucose testing and a lipid profile at baseline.
2. After 12 weeks of treatment, a fasting blood glucose test and a lipid profile should be completed.
3. For those in on-going treatment, fasting blood glucose testing and a lipid profile should be completed annually.
4. More frequent monitoring is suggested for children and adolescents.
5. Monitor BMI and waist circumference at baseline, 4, 8 and 12 weeks and then quarterly.
6. Monitor blood pressure at each visit.

Disclaimer: Recommendation of treatment does not guarantee coverage of services.

REFERENCES

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