

STRATEGIES TO IMPROVE METABOLIC MONITORING OF ANTIPSYCHOTICS

Issue	What Works	Attachments
Tracking results and when labs are due	Use the Metabolic Monitoring Form. Based on our November 2008 chart review, using the form helped to keep monitoring on track.	http://www.sfdph.org/dph/files/CBHSdocs/MetabolicMonitorForm.pdf http://www.sfdph.org/dph/files/CBHSdocs/MetabolicMonitorFormInstruct.pdf
Care coordination with Primary Care Provider (PCP)	Fax PCP Coordination Form to provide and request information. Template forms can be tailored to include your name/clinic/contact information. Clients can take a copy of your request with them for their next PCP appointment.	http://www.sfdph.org/dph/files/CBHSdocs/PCPCoordFormTemplate.doc
Lab results from primary care via LCR.	Use the LCR to look-up labwork from primary care. The LCR also has SFGH discharge summaries and may have PCP clinic notes. To print LCR labwork, your PC needs to be setup to print from the LCR. To have printing capability from the LCR at your clinic, make a request to the CBHS Help Desk by email or call 255-3438.	
Getting labwork drawn	Clients can have labwork done at primary care – this decreases redundant labwork and enhances care coordination. This is easier to setup in clinics which are integrated/partnered with primary care. Also see above fax form which can be used to request labwork from PCP.	
Looking up Labcorp results	Set-up on-line access for Labcorp lab results at your clinic. Contact Herb Leung to request an account at Herb.Leung@sfdph.org or call 401-2737. If you are missing a specific lab report, call Labcorp directly at 800-888-1113 and request the results to be faxed to you. Labcorp website: www.labcorp.com .	
Measuring weight, waist circumference, and blood pressure	Teach your clients how to measure their own weight and waist circumference at the clinic. This may enhance buy-in and adherence by involving the client in their own health care. Encourage your clients to check their own blood pressure at the free check stations at community pharmacies. Use the Patient Education Form to teach clients about the importance of metabolic monitoring.	http://www.sfdph.org/dph/files/CBHSdocs/MetabolicMonitorAtypicalAntipsychoticHandout.pdf

Frequently Asked Questions

1. What if the client refuses monitoring?

Document your client education about the benefits of monitoring, and do not give up. Continue in your education and bring up monitoring in future appointments. Include education about the benefits of healthy food choices and exercise.

Weight and waist circumference may be roughly assessed by inquiring about how clothing fits. The attached form

(<http://www.sfdph.org/dph/files/CBHSdocs/MetabolicMonitorAtypicalAntipsychoticHandout.pdf>) is a patient education tool which explains the benefits and need for metabolic monitoring.

2. What if the patient loses their form for labwork?

Lab forms can be faxed to the designated Labcorp. Of course, the client still has to show up to have the labs drawn.

3. What else can we do besides monitoring?

Encourage healthy lifestyle changes: exercise, a healthy diet, smoking cessation, decreased substance and alcohol use, and stress reduction. Consider starting a client Nutrition Group to promote healthy habits or incorporate this information in medication groups. Activities can include discussion about food choices, individual and cultural food preferences, and field trips to local food markets.

4. How do we follow the guidelines for monitoring if a client already has metabolic syndrome? What if the client already has diabetes, hyperlipidemia, or hypertension?

Clients with metabolic syndrome or a contributory disorder (diabetes mellitus, dyslipidemia, hypertension, obesity) need to be monitored more frequently and more intensive collaboration with the PCP may be indicated.

Assess client's entire medication regimen keeping in mind the client's response to medications and risk factors for metabolic disease.

Consult a CBHS Clinical Pharmacist for a review of the client's medications by calling James J. Gasper, Pharm.D. at 255-3705 or via email at james.gasper@sfdph.org.