

MRD30 Antipsychotic Metabolic Monitoring Form – Procedures

Who: Medication support services providers complete this form. The prescriber’s designee may enter data onto the form; however, the prescriber has the ultimate responsibility for monitoring and assessment of the data.

When: This form is intended to help prescribers track laboratory and other values used in monitoring atypical antipsychotics in adults. It should be initiated to record initial values, and used to monitor trends over time, in accordance with 2006 DPH Guidelines on the Use of Atypical Antipsychotics in Adults.

(<http://www.sfdph.org/PHP/MHPdocs/AtypicalAntipsychoticGuidelines102006.pdf/pg.10>)

What:

1. Record the client’s height (in inches) in the designated space.
2. Enter the date when a measurement is taken, at the top of the first empty column.
3. Measure Waist Circumference at the level of the client’s umbilicus (belly button). Note: Clients may prefer to do this measurement themselves.
4. Record each office measurement result in the appropriate box below the date.
5. Calculate BMI (use formula or see chart below)
6. Record each laboratory test result in the appropriate box below the date.
7. For values meeting or exceeding risk criteria, cite this observation in the progress notes and indicate follow up plan(s).
8. A client is considered positive for **Metabolic Syndrome**¹ if three or more of the following measurements meet or exceed the risk criteria: Waist Circumference, BP, HDL Cholesterol, Triglycerides, Fasting Plasma Glucose. Please note: Waist Circumference, BP, HDL Cholesterol, Triglycerides, Fasting Plasma Glucose results are considered positive if a person is under specific treatment even though the numbers are within normal range.
9. If a client is unable or unwilling to have laboratory tests or measurements taken, include an explanation in the progress note.
10. A client with values meeting or exceeding risk criteria may require more frequent monitoring as recommended in the Guidelines.

BMI	Normal						Overweight						Obese						Extreme Obesity						
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
Height (inches)													Body Weight (pounds)												
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353

¹**Metabolic Syndrome:** Executive Summary of the 3rd Report, National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (ATPIII).JAMA 2001; 285: 2486-97