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## LOW RATES OF TREATMENT OF CARDIOVASCULAR RISK FACTORS IN PATIENTS TREATED WITH ANTIPSYCHOTICS

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**Introduction:** Cardiovascular disease is the most common cause of death in patients with severe mental illness (SMI). Patients are more likely to be overweight and to have hypertension, dyslipidemia, hyperglycemia and diabetes mellitus. Antipsychotic medication can induce or worsen these cardiovascular risk factors.

**Objectives:** Accessibility to healthcare and adequate somatic treatment is limited in patients with SMI.

**Aims:** Prevalence of inadequate treatment for metabolic cardiovascular risk factors in patients treated with antipsychotic medication.

**Methods:** A health monitor was introduced as a screening instrument in a schizophrenia treatment and recovery program (so called F-ACT) at the outpatient departments.

Assesment included physical and laboratory examination, demographics, DSM-IV diagnoses, remission-criteria, social functioning, use of medication and drugs.

**Results:** Over a period of 18 months (2009-2010), 520 of the 600 patients included in the F-ACT were evaluated. Preliminary analysis shows that 452 patients met DSM-IV criteria of schizophrenia and other psychotic disorders. All patients were treated with at least one antipsychotic agent. Metabolic syndrome according to ATP-III was present in 50% of patients (60% abdominal obesity, 58% hypertension, 24% hyperglycemia, 52% high triglycerides, 49% low HDL-cholesterol). Rates of non-treatment ranged from 78% for hypertension, 85% for dyslipidemia and 48% for diabetes mellitus. Rates of inadequate treatment ranged from 69% for hypertension and 83% for dyslipidemia.

**Conclusions:**

1. Metabolic cardiovascular risk factors are highly prevalent in patients treated with antipsychotics
2. Inadequate treatment of metabolic cardiovascular risk factors is common
3. There is a need to improve the cooperation between psychiatrists and general practitioners