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Topic: EPV04 - e-Poster 04: Child and Adolescent Psychiatry

Assessing the Current Practice of Physical Health Monitoring for Children and Young Adults On Antipsychotic Medications in St Helens and Knowsley Mental Health Services

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Introduction

Extensive evidence that people with severe mental illness have higher rates of morbidity and mortality for common physical illness than general population. Therefore it is very important to monitor the physical health in children and adolescent who are on antipsychotics which can cause significant physical side effects

Objectives

To assess physical health monitoring in children and young people who are on antipsychotic medications within CAMHS Knowsley and St Helens

Aim

To improve the monitoring of physical health on initiation and throughout treatment with antipsychotic medications

Audit standard

5 Boroughs Partnership NHS trust recommendation, Sept 2012:

FBC, U&E, LFT, Prolactin: Baseline, 6 weeks, 6 months, yearly

Lipid, glucose, weight: Baseline, 6 weeks, 3 months, 6 months and yearly

ECG: Baseline, 6 weeks, yearly

Pulse, BP: Baseline, regularly

Target: 100% compliance

Methods:

In March 2014, using a comprehensive audit tool approved by local Research and Audit Governance Group, data collection was completed by retrospective case analysis

All patients (n=9) within CAMHS Knowsley and St Helens who are on antipsychotics since September 2012 were included

Results

Pulse and BP was monitored in 60% cases at baseline which dropped subsequently. Baseline blood test was done in 20% cases with some improvement at the end of one year to 33%. Again only 15% had baseline ECG with no further follow up

Conclusions

The study demonstrates that the standards set by the trust is not met in current practice. Recommendation is to promote greater awareness of the importance of monitoring of physical health within the service