

Attachment A

Physical Health Monitoring

The following guidelines should be used for monitoring physical health risk factors for all clients over the age of 18 taking a second generation antipsychotic (SGA), or with schizophrenia, schizoaffective, or bipolar disorder:

Baseline screening should be conducted initially when prescribing an atypical antipsychotic medication:

- Assess personal and family health history
- Weight and height
- Waist circumference
- Blood Pressure
- Fasting plasma glucose
- Fasting lipid profile

Follow up monitoring of risk factors should occur more frequently based on determined risk:

1. Obesity

For clients with BMI>25, weight should be reassessed at 4, 8, and 12 weeks after initiating or changed SGA, and quarterly thereafter. If upon reassessment, the client gains more than 5% of his or her initial weight, consider switching to another SGA. At any point, consider referral to PCP and to nutrition and physical activity groups or counseling.

2. Diabetes

Fasting glucose should be assessed at 3 months. If fasting glucose is greater than or equal to 100mg/dl upon reassessment, consider switching to another SGA, and following up on referral to PCP. If fasting glucose levels are normal, reassess annually.

3. Dyslipidemia

Lipid levels should be evaluated 3 months after initiation of SGA, and quarterly if risk remains high. A referral to PCP should be considered. If dyslipidemia remits, reassess every five years.

4. Hypertension

Blood pressure should be assessed after 3 months. For those with BP greater than 140/90 continue to assess quarterly, consider switching SGA and provide referral to PCP.