Recommended Monitoring for Patients Taking Second Generation Antipsychotics (SGAs)

Antipsychotic medications are an important component in the management of many psychiatric conditions. However, their use has been associated with reports of dramatic weight gain, diabetes and an atherogenic lipid profile.

**Baseline monitoring** measures should be obtained before or, as soon as clinically feasible, after the initiation of any antipsychotic medication:

- Personal and family history of obesity, diabetes, dyslipidemia, hypertension or cardiovascular disease
- Height and weight
- BMI calculation (Weight in pounds/(Height in inches x Height in inches )) x 703
- Waist circumference (at umbilicus)
- Blood pressure
- Fasting plasma glucose
- Fasting lipid profile

Referral to/coordination with appropriate health care professional/specialist

- Nutrition and physical activity counseling recommended for overweight or obese patients.
- Referral to/coordination with a professional or psychosocial program addressing weight management may also be appropriate.
- Patient/family/caregiver education regarding treatment with SGAs and potential risks.

**Ongoing Monitoring**

<table>
<thead>
<tr>
<th></th>
<th>Baseline</th>
<th>4 Weeks</th>
<th>8 Weeks</th>
<th>12 Weeks</th>
<th>Quarterly</th>
<th>Annually</th>
<th>Every 5 Years</th>
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<tbody>
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<td>Personal/ Family History</td>
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<td>BMI</td>
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<tr>
<td>Waist circumference (at umbilicus)</td>
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</table>

*Increased monitoring based on individual clinical status

**Summary of Recommendations:**

- Baseline screening and regular monitoring for metabolic syndrome
- Consideration of metabolic risks when starting second generation antipsychotic medication
- Patient, family and caregiver education
- Referral to specialized services when appropriate
- Discuss medication changes with patient and family


Disclaimer:

This is a guideline for monitoring of metabolic syndrome and is not intended to provide specific medical advice for individual patients. We encourage providers to review this information and apply as clinically appropriate to each individual patient.

References:

- Consensus Development Conference on Antipsychotic Drugs and Obesity and Diabetes, *Diabetes Care*, Volume 27, Number 2, February 2004. pps. 596-601

Reviewed: 4/19/13, 4/22/14