Implementation of Metabolic Screening Tool to Improve Metabolic Monitoring and Reduce Metabolic Syndrome in Psychiatric Patients taking Second-Generation Antipsychotic Medications
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Introduction

- Metabolic syndrome (MetS) is a progressive, chronic condition that affects the individual's physical, mental, sexual, and social functions while increasing mortality and morbidity rates (Padmavati, 2016).
- Providers give less importance to metabolic screening and less preference for metabolic syndromes in psychiatric patients (Agaba et al., 2019).

Background and Significance

- Recently, the increased use of antipsychotic medications to control psychosis, increases the risk of metabolic syndrome.
- Around 50% of individuals with serious mental illnesses taking second generation antipsychotic medications were undiagnosed with metabolic syndrome (Konz et al., 2014).
- In the United States, 49.2% of the psychiatric patients are affected by metabolic syndrome and the annual health care cost for treating chronic and mental conditions is $3.8 trillion (Howard et al., 2020).

Needs Assessment

- The CDC recommends that health care professionals, to take action to promote mental health.
- Project site: explored the gaps in current practices as well as the effects of metabolic screening through an evidence-based screening tool. Clinicians were lax with regard to metabolic screening and demonstrated a lack of essential knowledge about screening and monitoring for metabolic syndrome.

Purpose

- To improve clinicians knowledge about metabolic syndrome, screen patients with an evidence based screening tool, and refer patients to primary care for metabolic syndrome treatment.

Aim and Objectives

AIM: Reduce Metabolic Syndrome in psychiatric patients in New Jersey out patient clinic.

OBJECTIVES:
- Educate clinicians about metabolic syndrome and the importance of metabolic monitoring.
- Audit charts for metabolic parameters and demographic data.
- Screen patients at baseline and monitor every four weeks for two months with an evidence based screening tool.

Methodology

DESIGN:
- Retrospective chart audit and a pre-and post-survey.

SETTING:
- Out patient behavioral health clinic in New Jersey.

POPULATION:
- Patient Population – Diagnosis of severe mental illness, taking second generation antipsychotic medications, 18 years older.
- Clinicians – All staff working in the clinic.

SAMPLE:
- 40 patients and 25 clinicians

INTERVENTION:
- Chart audit - demographic data and metabolic parameters.
- Educated clinicians.
- Clinicians - pre and post survey completed.

Pre & Post Tests

- Results show a statistically significant improvement in clinicians’ knowledge after two months, incorporating the evidence based metabolic screening tool in their clinical practice and collaborating with other physicians.

Implications

Clinical Practice
- Educate clinicians and patients.
- Regular metabolic monitoring.
- Evidence based screening tool.
- Interdepartmental collaboration.

Healthcare Policy
- Update hospital policy.
- Limited quantity of published studies.

Quality/Safety
- Decreased morbidity.
- Decreased financial loss.
- Standardized screening tool.
- Metabolic syndrome prevention.
- Ongoing staff education.
- Good health outcomes.

Contact information, Reference list and Screening tool

Please scan QR code.