

Last Name			First Name		
NHS No.		Date of Birth		Unit / Ward	

**Form 3.2 (Part 1 of 2)**

**PHYSICAL HEALTH MONITORING TOOL FOR PATIENTS ON PSYCHOTROPIC MEDICATION**

- Weight gain  $\leq 5\%$  of baseline, consider referral to Weight Management Services, or switching the antipsychotic if clinically appropriate.
- Metabolic Syndrome is defined as the presence of any three of the following:
 

<b>Triglycerides:</b>	$\geq 1.7$ mmol/L	<b>Blood Pressure</b>	$\leq 130/\geq 85$ mm HG
<b>HDL Cholesterol</b>	Men $\leq 1.0$ mmol/L	<b>Fasting Plasma Glucose</b>	$\geq 6.1$ mmol/L
	Women $\leq 1.3$ mmol/L	<b>Waistline</b>	Men $\geq 102$ cm (40ins)
			Women $\geq 88$ cm (35ins)
- If Metabolic Syndrome is suspected:
  - Review the medications
  - Refer to Healthy Lifestyle Group
  - Inform the patients GP or Specialist for further advice and management.
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(Waist circumference is recommended for detecting presence of Metabolic Syndrome, but this is not included in the Tool due to practical difficulties)

Height - cms	
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**Current Treatment**

Date Started	Medication & Dosage

Date Started	Medication & Dosage

Signature:		Date Completed	
Print Name:		Designation:	

*December 2012*

<b>Last Name</b>				<b>First Name</b>			
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**Form 3.2 (Part 2 of 2)**

**Monitoring Needed**

Date Due											
Weight (Kg) monthly											
Date Due											
Blood Pressure Baseline 3&6 monthly											
Date Due											
Plasma Glucose* monthly											
Date Due											
Total Cholesterol* (baseline, 3 months & yearly)											
Date Due											
HDL Cholesterol* Baseline, 3 months & Yearly)											
Date Due											
LDL Cholesterol Baseline, 3 months & yearly)											
Date Due											
Triglycerides * (Baseline, 3 months & yearly)											
Date Due											
ECG QTc (Baseline & yearly)											
Date Due											
Serum Prolactin (If on prolactin, raising drug) (Baseline & yearly)											

\*Fasting Plasma levels needed.

<b>Signature:</b>		<b>Date Completed</b>	
<b>Print Name:</b>		<b>Designation:</b>	

*December 2012*