

Online supplement

Case vignette for successfully increasing physical monitoring of patients taking antipsychotic medication

A patient in his early 50s is a regular attendee at out-patient appointments and additionally attends day centre and drop-in, as they help him to structure his daily routine. He has been stable on a typical antipsychotic for more than 10 years.

The patient has complained in the past 6 months of increased fatigue; he finds it difficult to attend the social activities and feels increasingly worried about a relapse of his mental state and getting depressed. The last time he attended an appointment with his general practitioner (GP) was more than 5 years ago. In the past 5 years he has put on 3 stones which did not worry him that much. His main diet consists of ready-made meals and fizzy drinks.

We arranged for a routine blood test to be performed in the local hospital 3 miles from the surgery, which the patient attended; the test was explained to him in detail and he was informed of what to expect and why we believed it was important. The test revealed an increased random blood sugar, which was confirmed by a fasting blood sugar. After the test results were revealed to the patient, it was explained why it is important to attend the GP practice and consult the dietician; he did so and got started on an oral anti-diabetic treatment.

After a short time he started losing weight and attending the social activities again. There are no longer complaints about fatigue and he is no longer worried about a relapse of his mental state or a depressive episode.

Monitoring table for antipsychotic medication

NAME:
DATE OF BIRTH:
MEDICATION:
DATE OF BASELINE INVESTIGATIONS:

INVESTIGATIONS	BASELINE	6 MONTHS	12 MONTHS	18 MONTHS
FBC	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
U&E	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LFT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TFT's	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LIPIDS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GLUCOSE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ECG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEIGHT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TO BE FILED UNDER INVESTIGATIONS IN CASENOTES