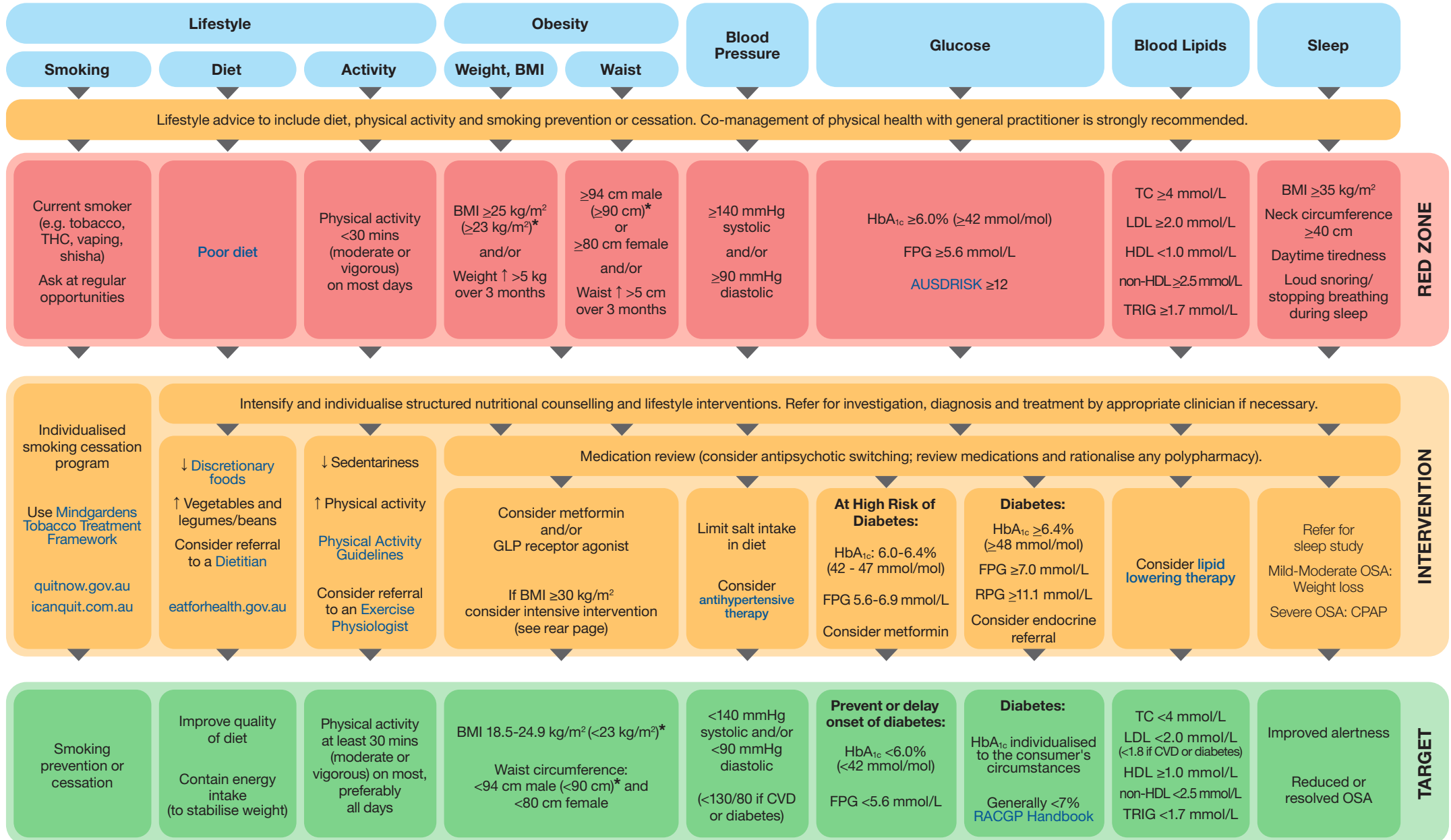


Positive Cardiometabolic Health Resource

An early intervention framework for people on psychotropic medication



*For South Asian, Chinese, Japanese, Ethnic South and Central Americans. | BMI = Body Mass Index | CVD = Cardiovascular disease | FPG = Fasting Plasma Glucose | GLP = Glucagon-like Peptide | HbA_{1c} = Glycated Haemoglobin | HDL = High Density Lipoprotein | LDL = Low Density Lipoprotein | OSA = Obstructive Sleep Apnoea | RPG = Random Plasma Glucose | TC = Total Cholesterol | TRIG = Triglycerides



History and examination following initiation or change of psychotropic medications

History: Seek history of smoking, poor diet (e.g. high calorie, high fat/sugar), physical activity and sedentariness (e.g. screen time), sleep, and polycystic ovary syndrome. Ask about family history (diabetes, obesity, early CVD), gestational diabetes. Note ethnicity.

Investigations: Fasting estimates of plasma glucose (FPG), HbA1c, and lipids (total cholesterol, LDL, HDL, non-HDL, triglycerides). If fasting samples are impractical then non-fasting samples are satisfactory for most measurements except for triglycerides.

Frequency: At a minimum, those starting or changing antipsychotics should be monitored as below. After 12 months, continue to monitor at 6-month intervals, with increased frequency if abnormalities emerge, which should then prompt appropriate action and/or continuing review at least every 3 months.

	Monitoring Intervals						
	Baseline	Weekly*	3 months	6 months	9 months	12 months	Continue 6 monthly
Personal/Family History	✓					✓	✓
Lifestyle Review	✓	✓	✓	✓	✓	✓	✓
Weight	✓	✓	✓	✓	✓	✓	✓
Waist	✓		✓	✓	✓	✓	✓
Blood pressure	✓		✓	✓		✓	✓
FPG, RPG, HbA_{1c}	✓		✓	✓		✓	✓
Lipid profile	✓		✓	✓		✓	✓
Vitamin D	✓			✓		✓	✓

*Weight should be assessed weekly to fortnightly in the first 6 – 8 weeks following initiation or change of medication. Commencing antipsychotics is a time of particular risk of rapid weight gain and this may predict severe weight gain in the longer term.

Other Considerations:

Other baseline investigations are not included here and need to be performed as clinically required (e.g. TFTs, UECs, FBC, ECHO). Additional monitoring requirements apply for those on mood stabilisers and clozapine (e.g. medication plasma levels). Prolactin measurement is only recommended if symptomatic. Consider ECG/cardiology review if concern regarding QT prolongation or cardiovascular risk factors present.

Screen for polycystic ovary syndrome in all women: No menstrual cycle for 3 months, acne, hirsutism. Check prolactin, consider metformin and endocrine referral. Treatment may restore fertility, ensure contraception is discussed. Some medications used to treat metabolic disorder are contraindicated in pregnancy (e.g. some antihypertensives and lipid lowering drugs).

Other issues such as sexual health, blood borne virus screening, oral health, vaccination status, and substance use have not been included in this resource though are important to discuss with all consumers.

DON'T JUST SCREEN INTERVENE for all people in the 'red zone'

Decision making surrounding screening and agreed interventions should be made with the consumer and include consultation with carers, families, and key stakeholders (e.g. general practitioner, mental health clinicians, and community providers).

Review of antipsychotic and mood stabiliser medications

- Choose lower metabolic liability medication first line where possible
- Review diagnosis and ensure ongoing need for all psychotropic medications
- Consider switching to a more weight neutral medication where possible
- Avoid antipsychotic polypharmacy
- Avoid off-label use of antipsychotic medications
- Changing antipsychotic medication requires careful clinical judgement to weigh any benefits against the risk of relapse of psychosis

Review should be a priority if there is:

- Rapid weight gain (e.g. 5 kg < 3 months) following antipsychotic initiation or change
- Rapid development (< 3 months) of abnormal lipids, BP, or glucose

If consumer has not successfully reached targets after 3 months, then consider specific pharmacological interventions

Intensive Interventions

Intensive interventions to support weight loss may be considered with a BMI of ≥ 30 kg/m² or if unsuccessful in reducing weight or has regained weight using lifestyle approaches. Intensive interventions may include:

- Metformin and/or GLP receptor agonist
- Very low energy diets for 8-16 weeks under medical supervision, replacing one or more meals per day with food or formulas that provide a specified number of kilojoules (e.g. 1675-3350 kJ/day)
- Referral to obesity clinic
- Consider referral for assessment for bariatric surgery

Specific pharmacological interventions

Consider metformin trial for:

- Impaired fasting glucose
- Obesity or rapid weight gain
- Polycystic ovary syndrome

Note that **off-label use** requires documented informed consent

Metformin therapy:

Start at 250 mg before dinner for two weeks, then increase to 250 mg bd. Dose can be increased by 500 mg per week to a maximum of 3 grams daily (taken in split doses with meals). If side-effects of nausea or abdominal cramping shift to after meal (or the XR preparation)

Lipid lowering therapy:

Co-management with GP recommended. Consider lipid lowering therapy (use PBS guidelines). If severe hyperlipidaemia or other risk factors, consider specialist referral

Antihypertensive therapy:

Refer to general practitioner or specialist

Vitamin D:

- <50 nmol/L: **Cholecalciferol treatment** 3000–5000 IU daily for 6–12 weeks to replenish stores followed by a maintenance dose of 1000–2000 IU daily
- Target: >80 nmol/L