

## Monitoring Adult Patients with Severe Mental Illnesses:

# Recommended Frequency of Assessments <sup>1,2,3</sup>

Family History						
Recommended Frequency of Assessment <sup>1,2</sup>	Baseline	Each Visit	At 6 Weeks	At 3 Months	At 12 Months	Annually After First 12 Months
Personal and Family History	✓	—	—	—	✓	✓
Lifestyle Behaviors (smoking, exercise, dietary habits)	✓	✓	✓	✓	✓	✓

Physical Assessment								
Recommended Frequency of Assessment <sup>1,2,3</sup>	Baseline	During Titration/At Target Dose	Each Visit	At 6 Weeks	At 3 Months	Every 3 Months	At 12 Months	Annually After First 12 Months
Height (in)	✓	—	✓	✓	✓	—	✓	✓
Weight (lbs.)	✓	—	✓	✓	✓	—	✓	✓
BMI	✓	—	✓	✓	✓	—	✓	✓
BMI Percentile	✓	—	✓	✓	✓	—	✓	✓
Waist Circumference*	✓	—	—	✓	✓	—	✓	✓
Blood Pressure (Systolic/Diastolic)	✓	✓ (During titration with Clozapine and Quetiapine)	✓	✓	✓	—	✓	✓
Pulse	✓	✓ (During titration with Clozapine and Quetiapine)	✓	✓	✓	—	✓	✓
ECG† Parameters	✓	—	—	—	—	—	✓	✓
Dental Health	✓	—	—	—	—	—	✓	✓

Quality care is a team effort.  
Thank you for playing a starring role!



Side Effect(s) Assessment								
Recommended Frequency of Assessment <sup>1, 2, 3</sup>	Baseline	During Titration/ At Target Dose	Each Visit	At 6 Weeks	At 3 Months	Every 3 Months	At 12 Months	Annually After First 12 Months
Sedation/ Somnolence	✓	—	✓	✓	✓	—	✓	✓
Sexual/ Reproductive Dysfunction	✓	✓	—	✓	✓	✓	—	—
Parkinsonism (SAS or ESRS), Akathisia (AIMS or ESRS) <sup>†</sup>	✓	✓	—	—	✓	—	—	✓
Tardive Dyskinesia	✓	—	—	—	—	—	✓	✓

Laboratory Assessment								
Recommended Frequency of Assessment <sup>1, 2, 3</sup>	Baseline	During Titration/ At Target Dose	Each Visit	At 6 Weeks	At 3 Months	Every 3 Months	At 12 Months	Annually After First 12 Months
Prolactin	✓ <sup>a</sup>	—	—	—	✓ <sup>b</sup>	—	✓ <sup>b</sup>	✓ <sup>b</sup>
Fasting Blood Glucose or HbA1c for Diabetic Symptoms	✓	—	—	✓	✓	—	✓ (more frequent blood counts if on Clozapine)	✓ (more frequent blood counts if on Clozapine)
Electrolytes, Full Blood Count, Renal Function	✓	—	—	—	—	—	✓	✓
Fasting Liver Function Tests (AST, ALT)	✓	—	—	—	—	—	✓	✓
Fasting HDL-C, LDL-C, Total Cholesterol	✓	—	—	—	✓	—	✓	✓

Drug-Specific Monitoring <sup>4</sup>	
EEG	Clozapine Only
Ophthalmologic Exam	Quetiapine Only
ECG	Ziprasidone Only or with family history of cardiac/cardiovascular abnormalities

This tool is provided as a resource and is not a substitute for the professional medical judgment of treating physicians or other health care practitioners. This guideline reflects the current state of knowledge at the time of development on effect and appropriate care. Proper use, adaptation, modifications or decisions to disregard this summary in whole or in part are entirely the responsibility of the clinician who uses this guideline.

\*Studies have shown that waist circumference is a better predictor of cardiovascular risk compared to Body Mass Index (BMI)

<sup>a</sup>Recommended to obtain baseline values; if too expensive, obtain only in cases where sexual or reproductive system abnormalities are reported

<sup>b</sup>Obtain in cases where sexual dysfunction coincides with antipsychotic treatment or dose change

<sup>†</sup>ECG=electrocardiogram; perform EKG at baseline then only if symptomatic

<sup>‡</sup>Abbreviations: SAS=Simpson-Angus Scale; ERS=Extrapyramidal Symptom Rating Scale; AIMS=Abnormal Involuntary Movement Scale

## References

- 1 Adapted from Hert, M. D., Cohen, D., Bobes, J., Cetkovich-Bakmas, M., Leucht, S., Ndeti, D., Newcomer, J., Uwakwe, R., Asai, I., Moller, H., Gautam, S., Detraux, J., & Correll, C. (2011). Physical illness in patients with severe mental disorders, II., Barriers to care, monitoring, and treatment guidelines, plus recommendations at the system and individual level. *World Psychiatry, 10(1)*, 138-151.
- 2 Adapted from *A Summary for Monitoring Physical Health and Side-Effects of Psychiatric Medications in the Severely Mentally Ill Population* (2014). The University of South Florida, Florida Medicaid Drug Therapy Management Program for Behavioral Health sponsored by the Florida Agency for Health Care Administration.
- 3 Adapted from *2015 Florida Best Practice Psychotherapeutic Medication Guidelines for Adults* (2015). The University of South Florida, Florida Medicaid Drug Therapy Management Program for Behavioral Health sponsored by the Florida Agency for Health Care Administration.
- 4 American Academy of Child and Adolescent Psychiatry (2011). Practice parameter for the use of atypical antipsychotic medication in children and adolescents. Retrieved from [http://www.aacap.org/APP\\_Themes/AACA/docs/practice\\_parameters/Atypical\\_Antipsychotic\\_Medications\\_Web.pdf](http://www.aacap.org/APP_Themes/AACA/docs/practice_parameters/Atypical_Antipsychotic_Medications_Web.pdf)