

Te Whatu Ora Health New Zealand Hauora a Toi Bay of Plenty	METABOLIC MONITORING COMMUNITY MENTAL HEALTH, MENTAL HEALTH & ADDICTION SERVICES	Protocol CPM.M7.2
CLINICAL PRACTICE MANUAL		

PURPOSE

To ensure tāngata whai ora / service users who are receiving treatment are routinely screened for metabolic abnormalities before commencing antipsychotic, mood stabilising and antidepressant medication.

To ensure tāngata whai ora / service users are monitored for metabolic abnormalities (obesity, diabetes, dyslipidaemia, and metabolic syndrome) and other atypical antipsychotic-related physical effects during treatment.

To provide for metabolic monitoring by Case Managers / Registered Nurses (RNs) to monitor and identify risk factors for tāngata whai ora / service users and to refer for appropriate treatment.

To provide an access pathway to a range of holistic health initiatives such as green prescriptions, health education programmes, dietary advice and exercise / fitness programmes for tāngata whai ora / service users whose health may benefit.

To ensure that general practitioners (GPs) are informed of the long term monitoring requirements of their patients.

SCOPE

Te Whatu Ora – Health New Zealand Hauora a Toi Bay of Plenty Mental Health and Addiction Services (MH&AS) tāngata whai ora / service users with a mental illness who are receiving treatment with antipsychotic, mood stabilising and antidepressant medication.

STANDARDS TO BE MET

Step	Action	Rationale
1	Initial Screening <ul style="list-style-type: none"> • Tāngata whai ora / service users receiving treatment with antipsychotic, mood stabilising, and antidepressant medication will have metabolic risk factors monitored. • Baseline bloods and observations will be taken on commencement of treatment. This can begin on the inpatient unit to gather baseline observations and should initiation of treatment commence. • MH&AS Case Managers will engage with tāngata whai ora / service users to register with a GP if they are not currently enrolled with a primary health care provider. • Tāngata whai ora / service users being initiated on treatment with psychiatric medication will be referred for metabolic monitoring to either their: <ul style="list-style-type: none"> – GP; or – Case Manager / RN 	<ul style="list-style-type: none"> • Education regarding healthy living when receiving treatment with antipsychotic, mood stabilising and antidepressant medication will be provided (antipsychotic medication may increase the risk of weight gain, diabetes, high cholesterol and cardiovascular risk). • Enrolment of tāngata whai ora / service users with a GP so that metabolic monitoring occurs. This is also a target in the knowing the people planning (KPP) initiative.

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Protocol Steward: Clinical Co-ordinator ACMHS	Authorised by: Chief Medical Officer	

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Step	Action	Rationale
2	Metabolic Monitoring <ul style="list-style-type: none"> • Tāngata whai ora / service users who are currently on antipsychotic medication require evidenced metabolic monitoring • The Metabolic Monitoring Form is completed. • BP / weight, girth measurement, lifestyle screen, ECG and bloods taken as required and reviewed annually and more often if changes are noted. • Provide referral to allied health practitioners and provide education to tāngata whai ora / service user, family, whānau / carers. • An access pathway to a range of holistic health initiatives such as green prescriptions, health education programmes, dietary advice and exercise / fitness programmes is provided for tāngata whai ora / service users whose health may benefit. 	<ul style="list-style-type: none"> • Early recognition and management of metabolic and other complications in patients treated with antipsychotic medications • To ensure tāngata whai ora / service users with risk factors will be identified and referred to appropriate treatment teams. • Education provided to reduce risk factors and promote healthy lifestyle.
3	Risk management protocol <ul style="list-style-type: none"> • Discuss medication with Psychiatrist as required • Healthy living plan - exercise, weight, BP and metabolic monitoring. • Liaison with GP to manage any complications detected in tāngata whai ora / service user's health status. 	<ul style="list-style-type: none"> • To ensure that tāngata whai ora / service users identified with risk factors have a healthy living plan to monitor and decrease risk factors. • To look at options for treatment if risk factors remain. • To ensure GPs are involved with management of metabolic and other complications in tāngata whai ora / service users treated with antipsychotic medications.
4	Discharge from service <ul style="list-style-type: none"> • Tāngata whai ora / service users will receive monitoring for metabolic risk factors and be referred to their GP for ongoing monitoring on discharge from MH&AS. 	<ul style="list-style-type: none"> • Physical health status monitored and GP advised of long term health monitoring requirements.

REFERENCES

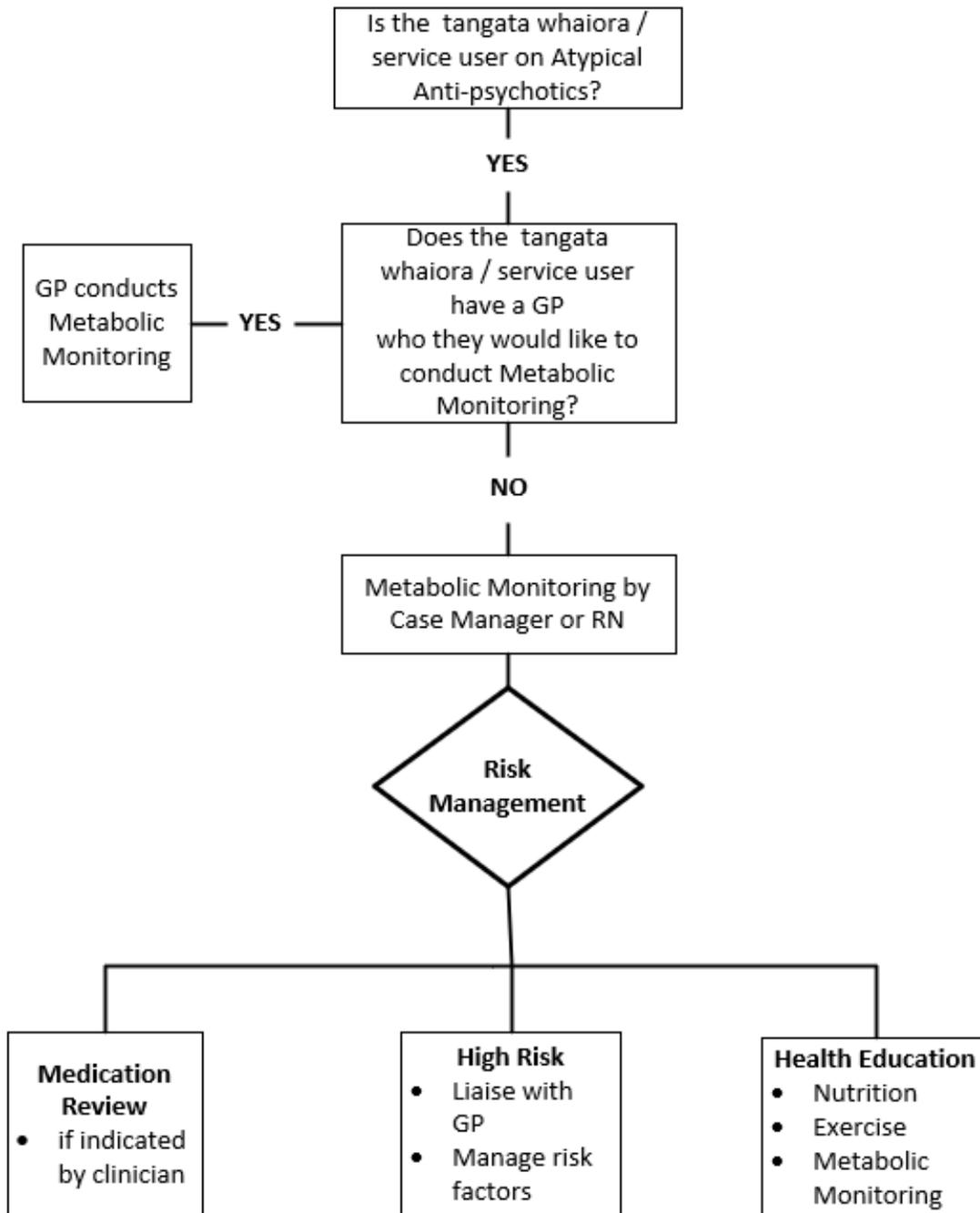
- "A New Zealand Mental Health Metabolic Working Group Initiative 2nd Edition 2008". NZ Mental Health Metabolic Working Group Initiative & Janssen- Cilag Ltd
- [The Physical Health Of People With A Serious Mental Illness And/Or Addiction: An Evidence Review. Te Pou June 2014](#)
- Liverpool University Neuroleptic Side Effect Rating Scale (LUNSERS)

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ASSOCIATED DOCUMENTS

- [Metabolic Monitoring Form](#)
- [Mental Health and Addiction Services, Metabolic Monitoring Template](#)



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