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LIPID MONITORING OF PATIENTS TAKING CLOZAPINE IN A HIGH SECURE FORENSIC HOSPITAL

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Aims: To review current practice of lipid monitoring for patients prescribed clozapine and to improve the health of patients taking clozapine.

Methodology: This was a retrospective audit targeting all patients who were taking Clozapine from May 2008 to April 2009 inclusive. Data was collected from pharmacy records, the health centre records and patients' personal care records. Current practice within the hospital was then compared with the standards proposed by the Maudsley Guidelines.

Results: The total number of patients who were prescribed clozapine between May 2008 to April 2009 was 65. Of these patients 54 met the identified standards. We identified two patient groups; 56 patients were taking clozapine for more than one year and nine patients were taking clozapine for less than one year. Out of those patients who were taking clozapine for more than one year, standards were met for 89% of patient (n=50) compared to only 44% (n=9) of those patients who were taking it for less than 1 year. Also, of those patients who had been taking clozapine for less than one year and do not meet the standard, none of them had lipid monitoring at three monthly intervals.

Conclusion: Although the vast majority of patients in the hospital who were prescribed Clozapine had their lipids monitored appropriately, a small percentage did not. Monitoring of lipid levels was particularly lacking in the first year of treatment.