

Second-generation antipsychotic metabolic monitoring:

All second generation antipsychotics can have metabolic side effects; thus patients need to be systematically monitored as follows:

Baseline information before prescribing:

- Personal and family history of metabolic concerns (cardiac disease, diabetes, hypertension, etc.)
- BMI
- Waist circumference (a more sensitive measure of metabolic health than weight or BMI alone).
- Blood pressure
- Fasting plasma glucose or hemoglobin A1C
- Fasting lipid profile
- Consider an EKG if the patient has a known or family history of QTc prolongation, a known cardiac history, is at high risk for heart disease, or when using an antipsychotic that is particularly notorious for QTc prolongation.

After initiation:

At 4 weeks:

- BMI
- Fasting lipid profile for patients taking quetiapine, olanzapine, clozapine

At 8 weeks:

- BMI

At 12 weeks:

- BMI
- Waist circumference
- Blood pressure
- Fasting plasma glucose or hemoglobin A1C
- Fasting lipid profile

Ongoing prescribing:

Quarterly:

- BMI

Annually:

- Personal and family history of metabolic concerns
- Waist circumference
- Blood pressure
- Fasting plasma glucose or hemoglobin A1C

At least every 5 years:

- Fasting lipid profile

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