

Metabolic Screening Protocol for Patients on Second Generation Antipsychotic Medications

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Abstract

Background: Metabolic syndrome was first described in 1999 by The World Health Organization as a group of indices including abdominal obesity, insulin resistance, dyslipidemia, and hypertension that often occur together with or promote type 2 diabetes and cardiovascular disease. Reeves, Tamburello, & DeBilio (as cited Alberti et al., 2009; National Cholesterol Education Program [NCEP], 2001) state that the presence of metabolic syndrome must meet three or more diagnostic criteria which include abdominal obesity, elevated cholesterol, elevated blood pressure, or elevated fasting glucose. In recent years, metabolic syndrome has been found to be a prevalent problem among inmates in the correctional facility. **Aim:** The aims of the MSP were to decrease rates of inmates developing metabolic syndrome as well as initiate early intervention when this occurs. **Results:** A group of 11 providers names were identified to participate in the educational intervention, but only two of 11 providers received the educational intervention. The Fisher's *t*-test could not be completed due to the limited time given for comparison post intervention and the one sample *t*-test was utilized for the analysis of the data. The SPSS software was used for the analysis of the data, which comprised the 30 records selected May 11 for the pre-educational intervention and June 11 for the post educational intervention There were no significant statistical relationship found with pre and post educational intervention (P-value of >0.05). **Discussion and Findings:** The objectives of this quality improvement project were met through project implementation and include designing and implementing an evidenced-based MSP aimed at inmates taking second-generation antipsychotic

medications and to providing the appropriate education for correctional facility staff and clinic staff administering the protocol.