

## Abstract

**Introduction:** Second-generation antipsychotics are frequently used to treat severely mentally ill because they are more effective than first-generation antipsychotics. The usage of SGA for a long time has been associated to metabolic syndrome. Metabolic syndrome is defined by higher glucose levels, insulin resistance, elevated triglycerides, decreased high density lipoprotein, elevated blood pressure, and central obesity. Many psychiatric prescribers perform insufficient screening for metabolic syndrome or none at all. The actual implementation of metabolic syndrome screening guidelines has been unsatisfactory since they were established in 2004.

**Purpose:** The goal is to implement screening standards that prescribers can follow when initiating or modifying SGA in an outpatient psychiatry clinic to identify metabolic and manage metabolic disorder syndrome.

**Objectives:** To introduce a screening protocol for an outpatient psychiatric clinic that did not have a policy or protocol in place to detect metabolic syndrome in patients prescribed SGAs.

**Methods:** A quality improvement project that followed a pre and posttest design, administered before and after educational training of participants. The protocol was implemented over a five-week period. Data collection included the participants knowledge acquisition after educational training measuring the compared pre and post test scores. Statistical analysis was completed by performing a paired t-test. Participant compliance to the protocol was measured through a chart audit. The compliance was statistically measured by using a percentage of the mean with a 95% confidence interval.

**Results:** There was a statistically significant improvement in participants' knowledge regarding evidence-based metabolic syndrome screening when the pre and post test were compared. The screening rate was 72.0% (n = 72) of the patients after implementing metabolic screening

guidelines, indicating that the protocol was followed correctly 72% of the time.

**Conclusion:** The project outcomes were met and in line with the project's goal and question.

This project can be expanded to additional areas of nursing by looking at the impact of metabolic screening criteria for patients of various ages, as well as other psychotropics such Depakote, Clozapine, and Lithium that require therapeutic monitoring.

**Keywords:** metabolic screening; nurse practitioner; second generation antipsychotic; guidelines

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