METABOLIC DISORDERS IN PATIENTS TREATED WITH SECOND-GENERATION ANTIPSYCHOTICS: AN OPPORTUNITY FOR PHARMACEUTICAL INTERVENTION

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OBJECTIVES

Second generation antipsychotics (SGAs) have improved the treatment of psychiatric disorders. Nevertheless, their use is associated to the development of metabolic disorders, which increase the premature cardiovascular mortality.

OBJECTIVE: To describe the prevalence of metabolic disorders in patients treated with SGAs and analyse if these comorbidities are properly monitored.

METHODS

A prospective, observational study was conducted in a tertiary hospital from March-April 2018.

Inclusion criteria

✓ Age ≥18 years
✓ Psychiatric patients with chronic treatment with SGAs
✓ SGAs: clozapine, olanzapine, quetiapine, ziprasidone, paliperidone and risperidone
✓ Admission in a psychiatric ward.

Metabolic variables altered when: GL > 126 mg/dL, TC > 200 mg/dL, LDL > 100 mg/dL, HDL < 40 mg/dL, TG > 150 mg/dL and PL > 25 ng/mL in women and > 20 ng/mL in men

RESULTS

<table>
<thead>
<tr>
<th>Patients with altered parameters n (%)</th>
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<tbody>
<tr>
<td>IMC</td>
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<tr>
<td>TAS/TAD</td>
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<tr>
<td>Cholesterol total</td>
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<tr>
<td>Cholesterol LDL</td>
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<tr>
<td>Triglicéridos</td>
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<tr>
<td>PRL</td>
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<tr>
<td>Glucemia</td>
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</tbody>
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78.4% presented some altered metabolic parameter.

Patients treated with LLD
52% had some altered lipid parameter
Altered parameter: 14% TC, 52% LDL and 25% TG

Patients without LLD
82% had some altered lipid parameter
Altered parameter: 36% TC, 82% LDL and 45% TG

23.5% were treated with AD and/or LLD

CONCLUSIONS

A high prevalence of metabolic disorders in patients treated with SGAs was observed and a large percentage of patients were not being properly monitored. Therefore, pharmaceutical care could help to achieve improved health outcomes in psychiatric patients.