

## What was done?

A liaison pharmacist was assigned to the psychiatric intensive care unit (PICU) at Saint John of God Hospital to provide both a clinical pharmacy service including regular medication chart review and development of patient-centred clinical guidelines, and to provide medicines information and support directly to patients.



ST. PETERS SUITE WEEKLY GROUP TIMETABLE						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
8.30-9.30	MUSIC (11.00-11.45) (11.00-11.45)					
9.30-11.00	ART (11.00-11.45) (11.00-11.45)					
THERAPY...	11.30 Music/Walk					
11.30-1.00	11.30 Music/Walk					
THERAPY...	2.30-3.30 Occupational Therapy Group					
RECREATION...	4.00-4.45 Garden					
5.30	11.45 Medication and Ward Space					

## How was it done?

The main obstacle to the introduction of this initiative was establishing a relationship with patients, as visible pharmacist interventions were new to patients on the PICU. In order to overcome this obstacle, the pharmacist was required to be present on the unit and regularly meet patients to enquire about their mental health and provide information as required.

- The pharmacist hosts a weekly medicines information group on the unit where, medicines are discussed openly, patients are provided with medicines information leaflets and medication charts detailing all of their current medicines and what they are for, and those taking antipsychotics are systematically assessed for side-effects using validated rating scales

Glasgow Antipsychotic Side-effect Scale (GAS)	
Item	Score
1. Weight loss	0-4
2. Dry mouth	0-4
3. Constipation	0-4
4. Blurred vision	0-4
5. Dizziness	0-4
6. Tiredness	0-4
7. Headache	0-4
8. Nausea	0-4
9. Stomach pain	0-4
10. Sweating	0-4
11. Tremor	0-4
12. Slurred speech	0-4
13. Difficulty swallowing	0-4
14. Difficulty breathing	0-4
15. Difficulty walking	0-4
16. Difficulty sitting	0-4
17. Difficulty standing	0-4
18. Difficulty moving	0-4
19. Difficulty talking	0-4
20. Difficulty hearing	0-4
21. Difficulty seeing	0-4
22. Difficulty smelling	0-4
23. Difficulty tasting	0-4
24. Difficulty feeling	0-4
25. Difficulty thinking	0-4
26. Difficulty remembering	0-4
27. Difficulty concentrating	0-4
28. Difficulty sleeping	0-4
29. Difficulty waking	0-4
30. Difficulty staying awake	0-4
31. Difficulty staying asleep	0-4
32. Difficulty falling asleep	0-4
33. Difficulty getting up	0-4
34. Difficulty getting down	0-4
35. Difficulty getting in and out of bed	0-4
36. Difficulty getting on and off the toilet	0-4
37. Difficulty getting on and off the chair	0-4
38. Difficulty getting on and off the car	0-4
39. Difficulty getting on and off the bus	0-4
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- The pharmacist develops new patient-centred guidelines for use on the PICU, such as the guidelines on the pharmacological prevention and management of violence or aggressive behaviour

- The pharmacist carries out a regular clinical pharmacy review where medication charts are clinically assessed and any interventions are relayed to the relevant consultant psychiatrist and registrar

# Patient-centred clinical pharmacy and medicines information service on a psychiatric intensive care unit

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## Why was it done?

Psychiatric intensive care is for patients who are in an acutely disturbed phase of a serious mental disorder. Psychotropic medicines play a pivotal role in the treatment of these disorders which is why the pharmacist is a key part of the patient care team. The introduction of a designated pharmacist to address not only the clinical needs of the PICU team but also the medicines information needs of the patient was essential to optimise patient outcomes. As positive experience with psychotropic medicine has implications for adherence and outcome, the role of the pharmacist in maintaining or improving this experience is of high importance.

- 3.2.26. All patients should have access to independent education and advice about medicines, preferably from a specialist mental health pharmacist in the PICU.
- 3.2.23. All prescriptions for medicines should be 'clinically screened' by a pharmacist to ensure suitability, safety, and that the relevant legal requirements are followed.



## What next....

Now that the pharmacist is a well-established member of the patient-care team on the psychiatric intensive care unit, future research will look at the impact this has on patient experience with psychotropic medicine and whether patient-centred pharmacist interventions improve attitude, adherence and ultimately outcome.



## What was achieved?

A liaison pharmacist was assigned to the psychiatric intensive care unit (PICU) at Saint John of God Hospital to provide both a clinical pharmacy service including regular medication chart review and development of patient-centred clinical guidelines, and to provide medicines information and support directly to patients.

## REFERENCES

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