

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

Variables

- 1 Sociodemographic** (gender, age, alcohol, tobacco, diagnosis)
- 2 Pharmacotherapeutic** (treatment with SGAs, antihypertensive drugs (AD) and lipid lowering drugs (LLD))
- 3 Metabolic variables** (body mass index, glucose level (GL), total cholesterol (TC), triglyceride (TG), low-density lipoprotein (LDL), high-density lipoprotein (HDL) and prolactin levels (PL)).

RESULTS

Gender

- N = 51
- 26 (50,9%) Women
- 25 (49,1%) Men

Age

- Average age 39 (IQR 25)

Alcohol (n; %)

- 16; 31,4% (11M y 5W)

Tobacco (n; %)

- 24; 47,1% (12M y 12W)

PATIENTS WITH ALTERED PARAMETERS n (%)

IMC	30 (58,8 %)
TAS/TAD	10 (19,6 %)
Cholesterol total	9 (17,6 %)
Cholesterol LDL	26 (51 %)
Triglicéridos	15 (30 %)
PRL	23 (45 %)
Glucemia	15 (30 %)

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

PRL levels (ng/mL)

- N = 22
- Median in W 31,5 (IQR 4,6) → 50 % altered
- Median in M 18,5 (IQR 2,2) → 40 % altered

→ 57% of patients did not have their PL checked during treatment.

Weight (Kg)
Median 74 (IQR 23,2)
IMC (Kg/m²)
Median 26,7 (IQR 9)

- 58,8% with IMC > 25 Kg/m²
- 30,0 % with IMC > 30 Kg/m²

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.

