

Prevalence of Third Line Treatment Quetiapine and Overweight/Obesity in Hospitalized Psychiatric Patients: A Cross-Sectional Study

K.P. Lyngbæk, C.F. Bech, T.R.H. Andersen. Region Zealand Hospital Pharmacy, Clinical Pharmacy, Roskilde, Denmark

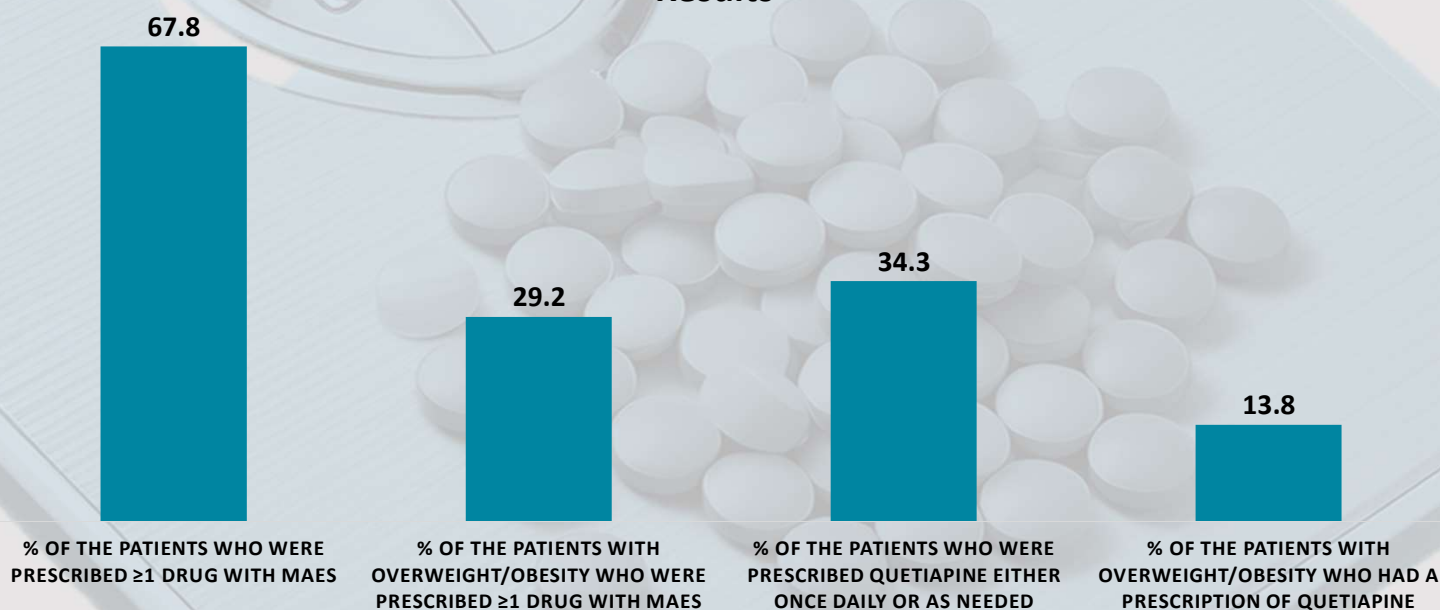
Background and Aim

- Patients with psychiatric conditions have higher mortality partly explained by metabolic risk factors.
- In the year 2020 quetiapine became the third line treatment because of the risks of metabolic adverse effects (MAE) such as weight gain.
- Due to quetiapine's affinity to histamine receptors, it is often prescribed off label in low doses for sleep disturbances as an alternative to benzodiazepines.
- The aim of the study was to observe the number of patients who were prescribed quetiapine and investigate the number of patients with concomitant overweight/obesity.

Materials and Methods

- During July 2024, all hospitalized patients in the Psychiatry District East, Region Zealand, Denmark were included.
- Data collected included
 - Sex and age
 - Body mass index
 - Glycated hemoglobin
 - Diabetes diagnoses
 - Prescribed psychopharmaceutical drugs with MAEs (olanzapine, clozapine, quetiapine, sertindole, tricyclic antidepressants, mirtazapine)

Results



Conclusion and Relevance

- One third of the hospitalized patients are prescribed quetiapine, contrary to current guidelines.
- A notable proportion of the patients treated with drugs with MAEs are overweight/obese.
- Clinical pharmacists can provide pharmacological consults when a patient is prescribed drugs with MAEs and assist with alternative treatment suggestions.

