

Recommended Metabolic Screening for Patients Taking Antipsychotics

If your patient is taking an antipsychotic with a risk of causing weight gain, especially olanzapine and quetiapine, but including risperidone and some others, you should regularly check for the possibility of metabolic side effects. The chart below is from guidelines developed in 2004 by the American Psychiatric Association (APA) and American Diabetes Association (ADA) (American Diabetes Association et al, *Diabetes Care* 2004;27(2):596–601):

Assessment	Baseline	4 weeks	8 weeks	12 weeks	Quarterly	Annually	Every 5 years
Personal/family history	X					X	
Weight (BMI)	X	X	X	X	X		
Waist circumference	X					X	
Blood pressure	X			X		X	
Fasting plasma glucose*	X			X		X	
Fasting lipid profile	X			X			X

* Hemoglobin A1c may be substituted when a fasting plasma glucose test is not feasible.

Note: More frequent assessments may be warranted based on clinical status.

Source: *TCPR*, November/December 2014, Vol 12, Issue 11&12, Bipolar Disorder and Psychotherapy