**Metabolic Syndrome in Mental Health Care**

**What is the importance of monitoring for metabolic syndrome in psychiatric care?**

Metabolic syndrome is when a patient has been identified to have hypertension, hyperlipidemia, diabetes, and obesity. People with mental health disorders such as schizophrenia, bipolar, depression are more likely to smoke and drink (DeJongh, 2021). Antipsychotics are known to cause weight gain and increase the risk of diabetes and high cholesterol (Stahl, 2021). Monitoring patients on antipsychotics prior to developing metabolic syndrome can help catch the changes in labs and weight for the patient and allow time to put things in place to create a safer environment for them.

**What labs should be ordered, and data points obtained at the first visit for baseline records?**

Obtain baseline vital signs, height, and weight. Check complete metabolic panel, complete blood count, lipid panel, hemoglobin A1C (DeJongh, 2021).

**What ongoing monitoring is required and at what intervals?**

Monitor the same vitals, waist circumference, BMI, CMP, CBC, lipid, HA1C every 3-6 months the first year and then yearly after that if lab values are normal (Bostwick et al., 2020). If there is weight gain and increased waist circumference labs may be checked more often.

**References**

DeJongh, B. M. (2021, November 8). *Clinical pearls for the monitoring and treatment of antipsychotic induced metabolic syndrome*. The mental health clinician.

Jolene R. Bostwick, P. D., & Lindsey R. Murphy, P. D. (2020, November 16). *Metabolic monitoring of antipsychotic medications: what psychiatrists need to know*. Psychiatric Times.

Stahl, S. M. (2021). *Stahl's essential psychopharmacology: Prescriber's Guide*. Cambridge University Press.