

EIP Protocol for Physical Health Monitoring

- **Sources:** NICE CG178, The Maudsley Prescribing Guidelines 14th ed
- Refer to separate guidance if using Clozapine or HDAT (above BNF doses).
- Please also refer to [TEWV Psychotropic Monitoring Guide](#).
- Refer to the **Lester UK Adaptation tool** to guide interventions.
- This is not a substitute for clinical judgement; extra tests can be requested if clinically indicated on an individual patient basis. If there is an antipsychotic switch, start from baseline.
- Speak to CAMHS for advice regarding BMI if under 16 years.

2 weeks

First Episode Psychosis Pathway / those starting antipsychotic medication.

- BMI & waist circumference (>16yrs)
- Pulse & BP
- Bloods - FBC, U&E, LFTs, TFTs, non-fasting lipids, HbA1C, prolactin
- ECG
- Lifestyle review - AUDIT, DUDIT, diet, physical activity, smoking status, driving, cancer screening, dental health, contraception, Q-risk (>25yrs)
- Physical examination (if indicated)

ARMS Pathway

- BMI & waist circumference (>16yrs)
- Pulse & BP
- Bloods (if indicated)
- Lifestyle review - AUDIT, DUDIT, diet, physical activity, smoking status, driving, cancer screening, dental health, contraception.

4-6 weeks

If prescribed anti-psychotic

- Weekly weights. Assess for rapid weight gain (>5%)
- Bloods – HbA1C (olanzapine/clozapine only)
- GASS/LUNSERS (if indicated)

ARMS Pathway follow-up

- Lifestyle review if any concerns flagged at initial screen.

3 months

If prescribed anti-psychotics

- BMI & waist circumference (>16yrs)
- Pulse & BP
- Bloods – HbA1C, non-fasting lipids, prolactin (olanzapine/clozapine only - LFTs)
- ECG
- Lifestyle review
- GASS/LUNSERS (if indicated)

6 & 9 months

If prescribed olanzapine

- Bloods – lipids, HbA1C (6 months only)
- Weight

1 year

First Episode Psychosis Pathway

- BMI & waist circumference (>16yrs)
- Pulse & BP
- Bloods - FBC, U&E, LFTs, TFTs, non-fasting lipids, HbA1C, prolactin
- ECG
- Lifestyle - AUDIT, DUDIT, diet, physical activity, smoking status, driver, cancer screening, contraception, Q-risk (>25yrs)
- GASS/LUNSERS (if indicated)

ARMS Pathway

- BMI & waist circumference (>16yrs)
- Pulse & BP
- Lifestyle review - AUDIT, DUDIT, diet, physical activity, smoking status, driver, cancer screening, contraception

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