

# **Implementing Prescribing Guidelines for Atypical Antipsychotics to Reduce Effects**

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## **Problem Statement**

Individuals diagnosed with mental health disorders may not be adequately treated due to the lack of proper treatment guidelines or improper implementation of guidelines available. There is a gap in screening and monitoring for metabolic side effects. In adult patients diagnosed with mental health disorders, how will the implementation of Prescribing Guidelines of Atypical Antipsychotics reduce metabolic syndrome?

## **Specific Aims**

The anticipated outcome is that the implementation of the Prescribing Guidelines of Atypical Antipsychotics will reduce metabolic effects.

## **Objectives**

1. Investigated evidence of metabolic syndrome with use of atypical antipsychotics in adult patients
2. Obtained letter of support from local private state facility
3. Obtained IRB approval from Troy University
4. Identified 30 charts that have new antipsychotic prescriptions
5. Instructed providers on the Prescribing Guidelines of Atypical Antipsychotics
6. Implemented Prescribing Guidelines for Atypical Antipsychotics
7. Collected data from charts related to Prescribing Guidelines for Atypical Antipsychotic
8. Analyzed data

Methods, Data Collection, and Analytic Approach

Research conducted was qualitative and was collected via chart reviews. The program utilized to run statistical analysis was IBM SPSS.

### Results and Findings

There were significant correlations between blood pressure and lipids at 12-weeks and statistical significance of lipids from baseline to 12 weeks. There was also a statistical correlation between age and 12-weeks glucose, HDL, and triglyceride levels.

### Significance and Importance

This study impacts clinical practice because it allows providers a way to manage side effects produced by atypical antipsychotics.

### Implications for Practice

It is imperative that providers complete initial and ongoing assessments of each patient and ensure treatment responses. In doing this, it may improve how the provider is able to manage and maintain patients prescribed atypical antipsychotics.