



UNC-CHAMPION

UNC-CH Antipsychotic Monitoring Program Improvement

A quality improvement project

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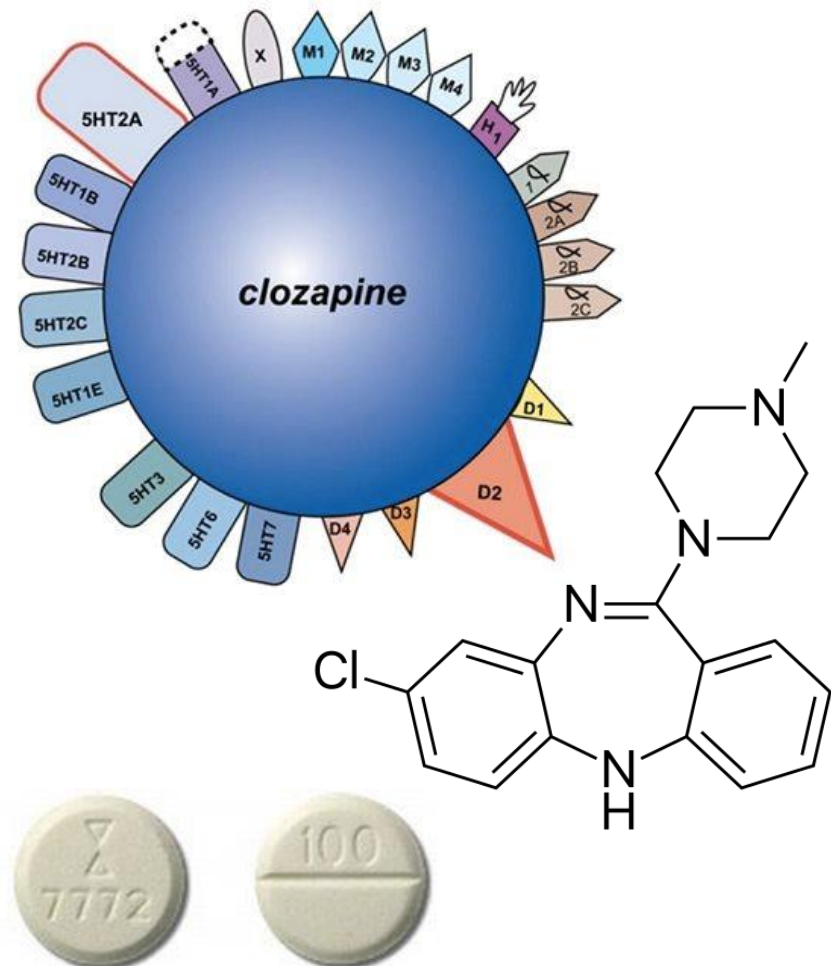
05/11/2017



Antipsychotic Drugs (APD) and Serious Mental Illness (SMI)

APDs:

- What they are
- When they are used
- Risk : Benefits
- Case presentation



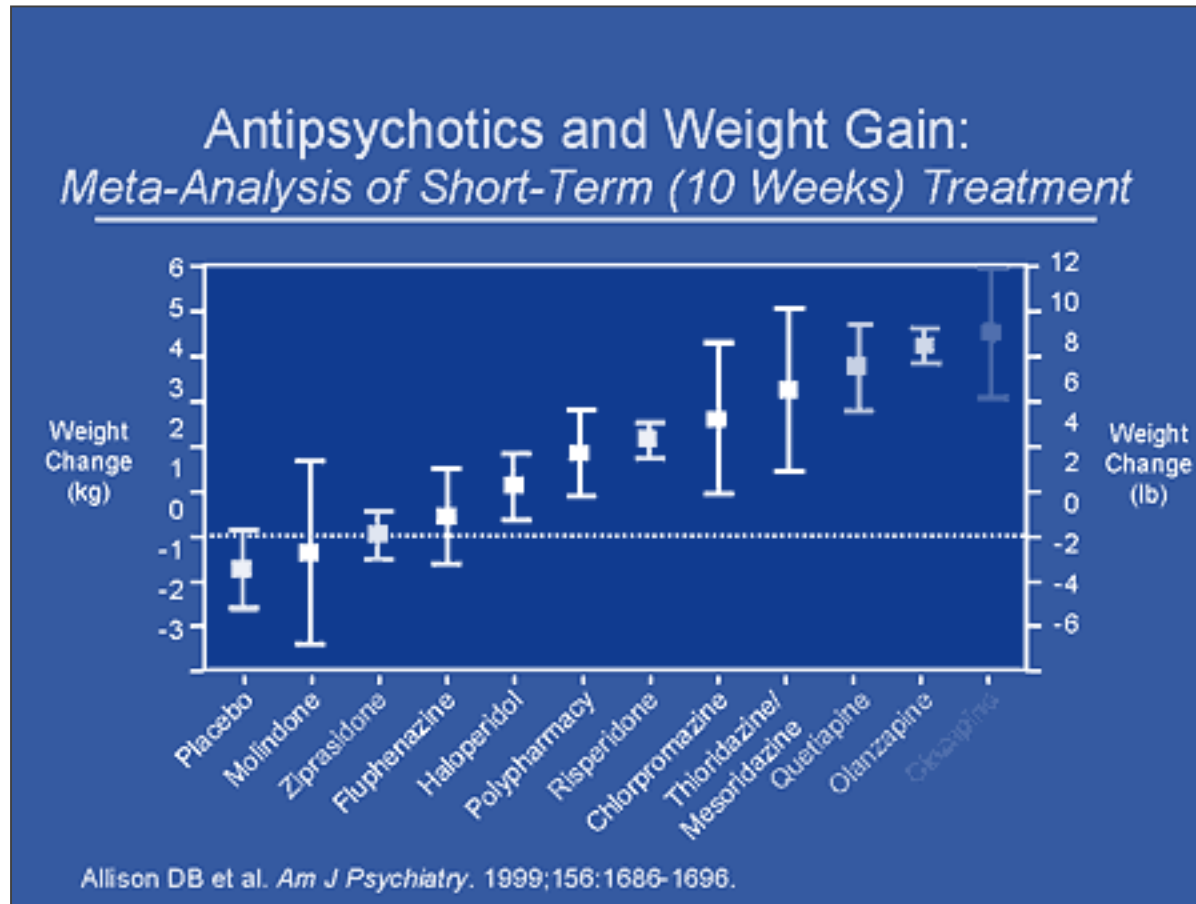
SMI: Increased Morbidity and Mortality

- Adults with Serious Mental Illness (SMI):
 - » Lifespan ~20 years shorter than the general population
 - » Die at ~3 times rate of general population
 - » More likely to have obesity, hypertension, dyslipidemia, diabetes
- Most of the excess mortality is associated with cardiovascular disease (CVD)
 - » CVD accounts for one third of natural deaths in people with SCZ¹
 - » Standardized mortality ratio for CVD is 3.6 in people with SCZ¹

¹Olfson et al. JAMA Psychiatry. 2015; 72:1172-1181



Antipsychotic Drugs (APD) Increase Cardiovascular Disease Risk





Antipsychotic Drugs (APD) Increase Cardiovascular Disease Risk

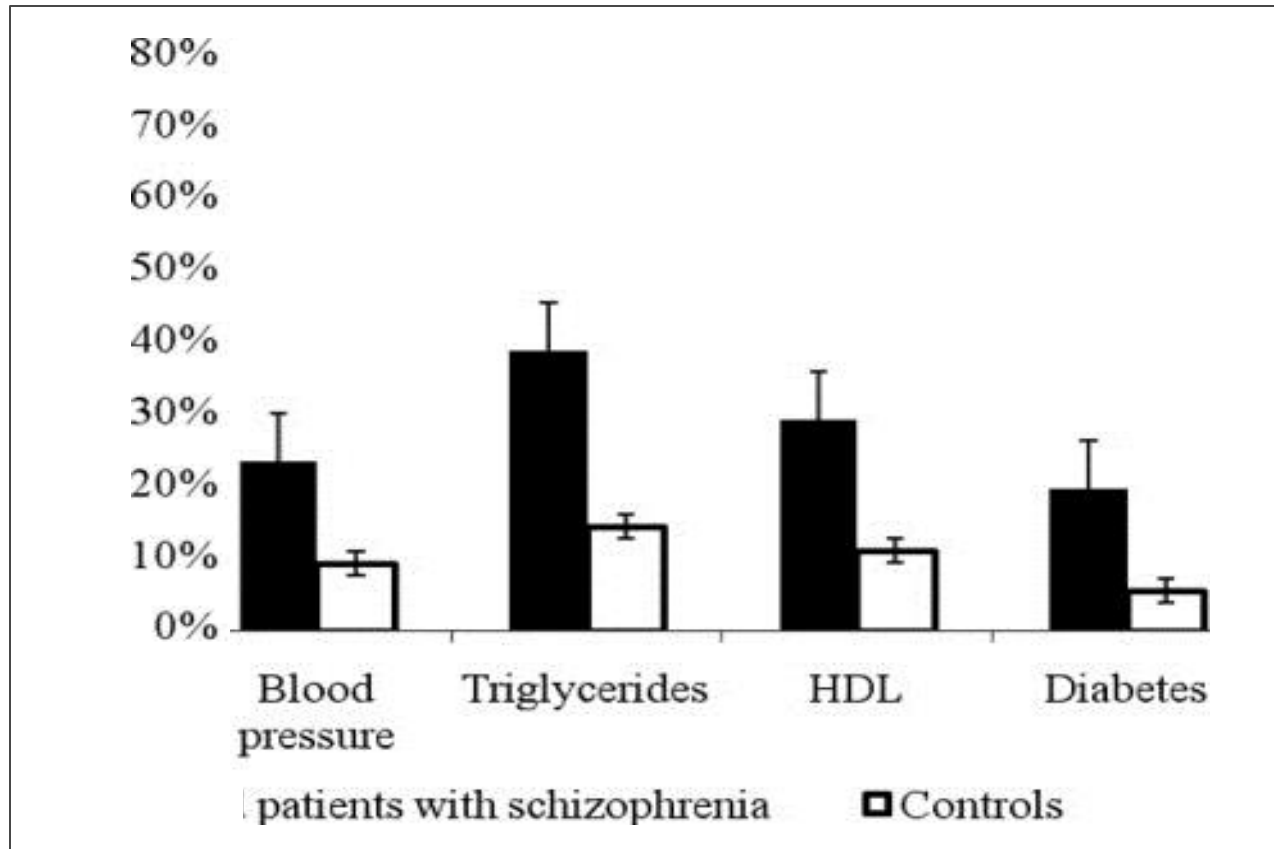


Figure adapted from Vancampfort et al, World Psychiatry. 2013 Oct; 12(3): 240–250.



Universal Gaps in Care

- Multiple differing guidelines for APD metabolic monitoring
- Significant gaps between recommendations and practice for CVD risk screening and follow-up

<https://effectivehealthcare.ahrq.gov/ehc/products/377/1464/mental-illness-cardio-risk-executive-130422.pdf>



UNC-Specific Gaps in Care

- Psychiatry residents lacking systematic training on metabolic monitoring
- No existing data on current rates of metabolic monitoring in UNC clinics
- No clinic-wide processes for monitoring and improving rates of metabolic monitoring



Initial Goals

- Develop UNC Psychiatry guidelines for metabolic monitoring
- Develop a process for identifying patients prescribed APDs who are due for monitoring, and where they get monitoring
- Identify barriers to laboratory monitoring
- Develop a process for educating and reminding providers when labs are due
- Improve rates of metabolic monitoring for patients taking APDs



Intervention: UNC Psychiatry Guidelines

Metabolic Monitoring for Antipsychotics		
Baseline (with any new antipsychotic drug [APD])	3 Months (with any new APD)	Annually
<input type="checkbox"/> Hemoglobin A1c	✓	✓
<input type="checkbox"/> Lipid Panel (±Fasting)	✓	✓
<input type="checkbox"/> Height (patients <18)	check at every visit	
<input type="checkbox"/> Weight		
<input type="checkbox"/> Blood Pressure		

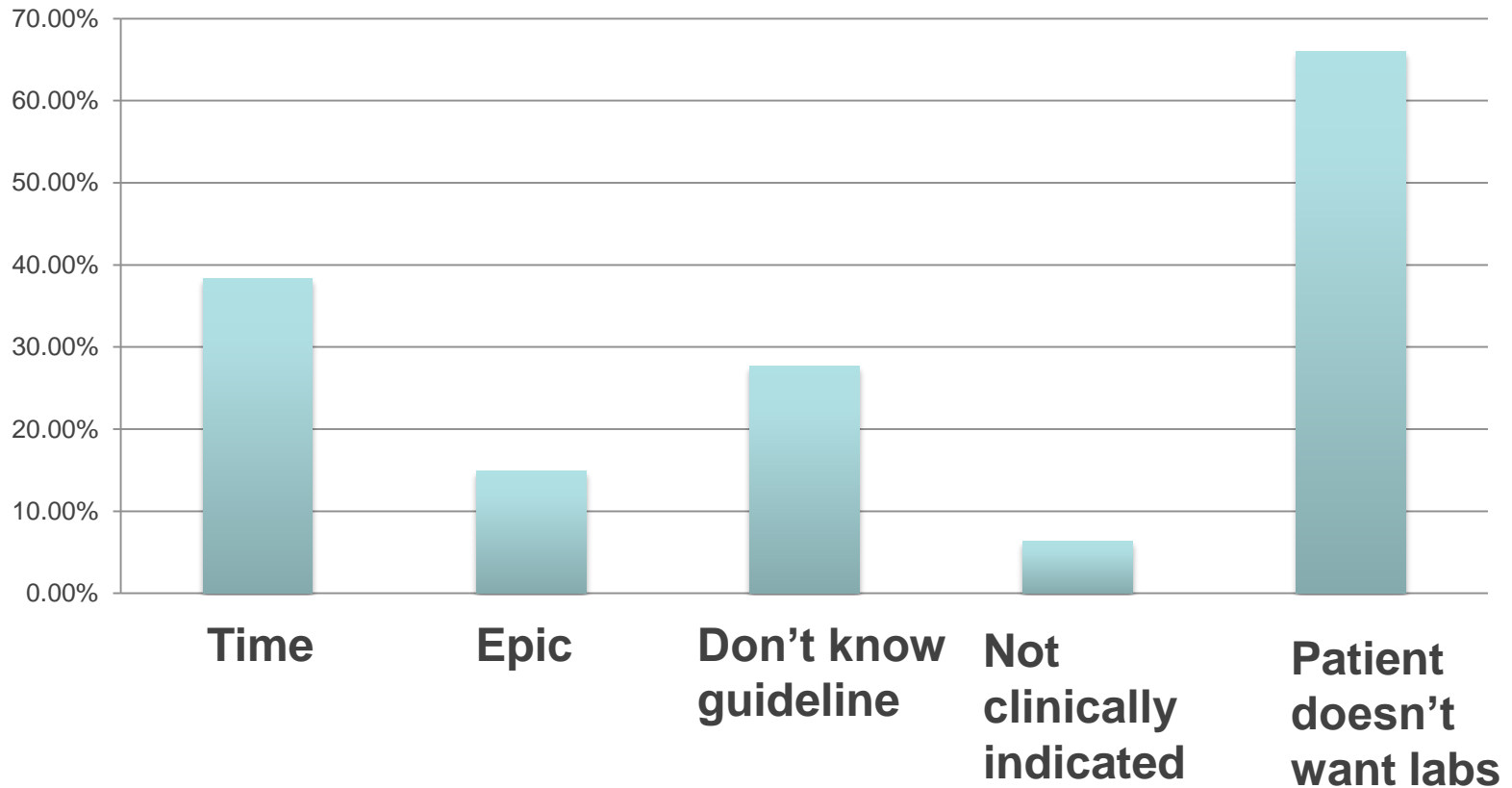


Stakeholder Perceptions vs. Reality

- **Provider survey (N=111):**
 - » 97.7% believe providers should monitor side effects of medications they prescribe
 - » 76% believe psychopharmacology providers should manage metabolic problems
- **Patient survey (N=62):**
 - » 70% indicate they have always obtained the blood tests recommended by their mental health provider
- **Reality:**
 - » In July 2016, complete annual laboratory metabolic monitoring was obtained less than 35% of the time

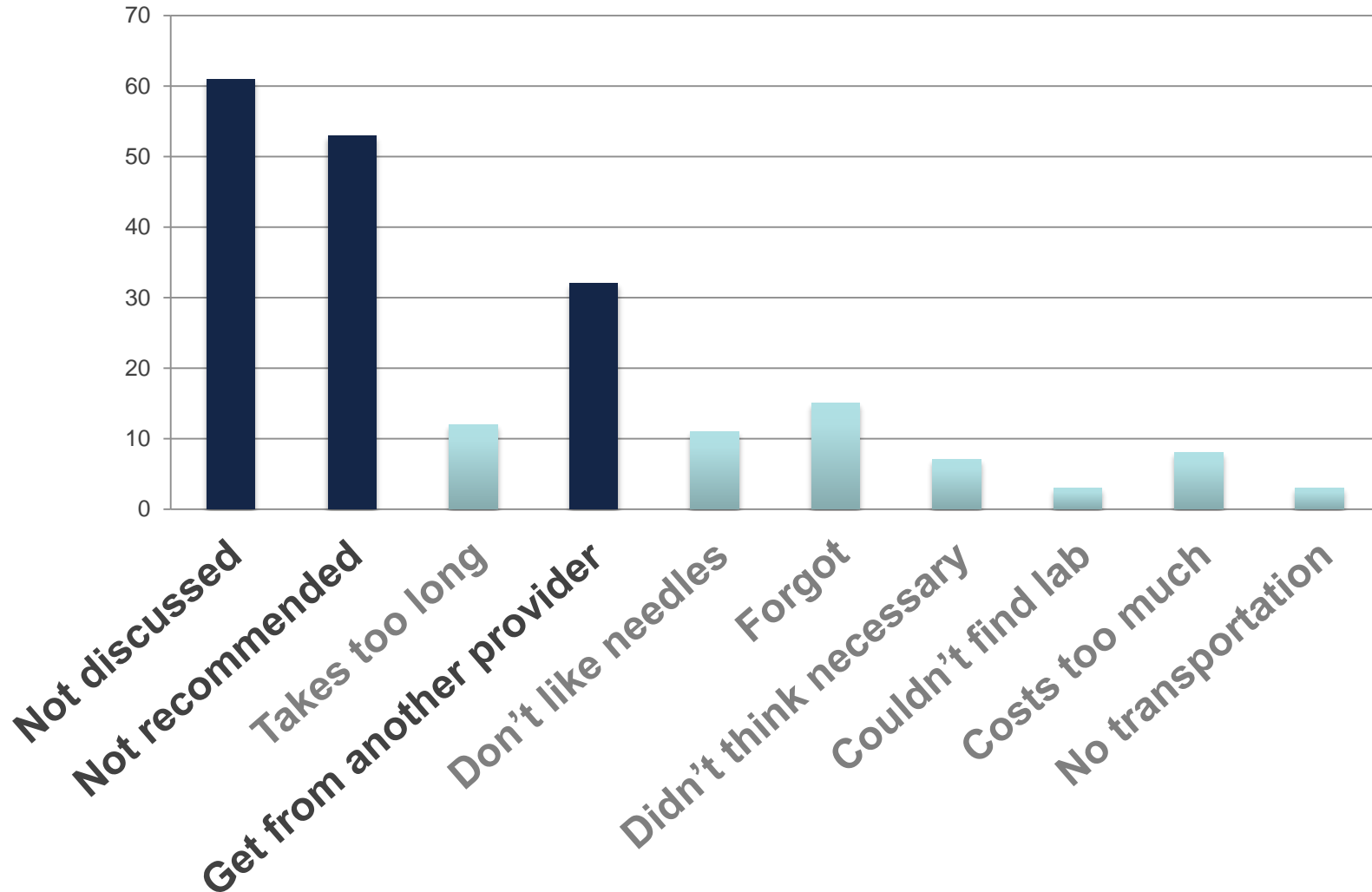


Provider Perceptions: Barriers to Lab Monitoring





Patient Perceptions: Barriers to Lab Monitoring





Additional Interventions: Education

- Metabolic monitoring posters in provider workspace in clinic

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UNC
SCHOOL OF MEDICINE
DEPARTMENT OF PSYCHIATRY

- Grand Rounds presentation for faculty and trainees, Lunch & Learn for staff



Additional Interventions: Notification

- Epic Notes to notify providers when a patient is due for labs

Type	Notes	Events
RETURN...	Needs A1C/lipids at this visit ...	Sch
RETURN...	Needs A1C/lipids at this visit ...	Sch
RETURN...	per pt on 3/27	Sch

Additional Interventions: Coordination

- Process for determining whether patient gets labs at UNC or elsewhere
- Process for obtaining a signed Release Of Information form for PCP communication



UNC HEALTH CARE
101 Eastown Drive
Chapel Hill, NC 27514

UNIVERSITY OF NORTH CAROLINA
1770B Hargett Street
Chapel Hill, NC 27514

UNIVERSITY OF NORTH CAROLINA HEALTHCARE
1770B Hargett Street, Box 2617
Chapel Hill, NC 27514

ALTERNATION FORM - HED 1110-G

Discharge File please mail For all other record requests please mail

Transfer to:
UNC Health Care System

To use or otherwise to:

Name of Person at Facility:
Address: _____ City: _____ State: _____ Zip: _____
Phone: _____ Fax: _____ Email: _____

The protected health information is:

From: _____ Date of Birth: _____ DOB (last 4): _____
Address: _____ City: _____ State: _____ Zip: _____
Phone: _____ UNC Medical Record # _____

Date of Service: _____

Put a **CHECKMARK** next to the specific documents that apply to your request:

<input type="checkbox"/> Clinic notes (outpatient)	<input type="checkbox"/> Operative / Procedure notes	<input type="checkbox"/> Progress Notes (outpatient)
<input type="checkbox"/> Emergency Dept. notes	<input type="checkbox"/> Provider Orders	<input type="checkbox"/> Radiology reports
<input type="checkbox"/> Urgent Care/amb notes	<input type="checkbox"/> Nursing notes	<input type="checkbox"/> Pathology Reports
<input type="checkbox"/> History and Physical	<input type="checkbox"/> Consultation	<input type="checkbox"/> ICD-10 Discharge Codes
<input type="checkbox"/> Discharge Summary	<input type="checkbox"/> Laboratory reports	<input type="checkbox"/> ICD-9-CM Discharge Codes
<input type="checkbox"/> Other (Specify): _____		<input type="checkbox"/> ICD-10-CM Discharge Codes

I understand that the information released may include sensitive information related to behavior and/or mental health, drugs and alcohol including records of a program that provides alcohol or drug abuse diagnosis, treatment, or referral, as defined by federal law at 42 C.F.R. Part 2, **IDENTITY** and other communicable diseases, and genetic testing. This authorization does not include permission to release psychotherapy notes (defined as records from private, joint, group, or family counseling sessions that are separated from the rest of the patient's medical records). Release of psychotherapy notes requires a separate authorization.

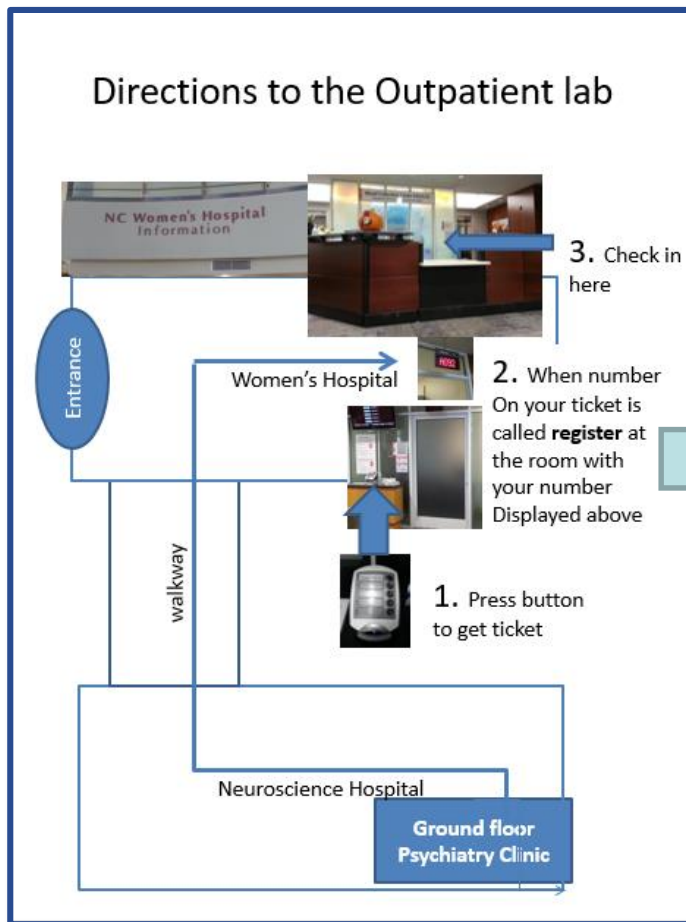
Put a **CHECKMARK** next to the purpose of the request:

<input type="checkbox"/> Attorney/Legal	<input type="checkbox"/> Criminal Justice	<input type="checkbox"/> Insurance
<input type="checkbox"/> Personal Use	<input type="checkbox"/> Social Services/Death Cert.	<input type="checkbox"/> Other: _____

ED 1110 - Rev. 04/17, 04/16, 04/15, 04/14/13
Check Location Authorization

Additional Interventions: Information

- A map that directs patients from clinic to outpatient lab



UNC Outpatient Psychiatry Clinics

UNC Women's Hospital Lab

UNC Lab

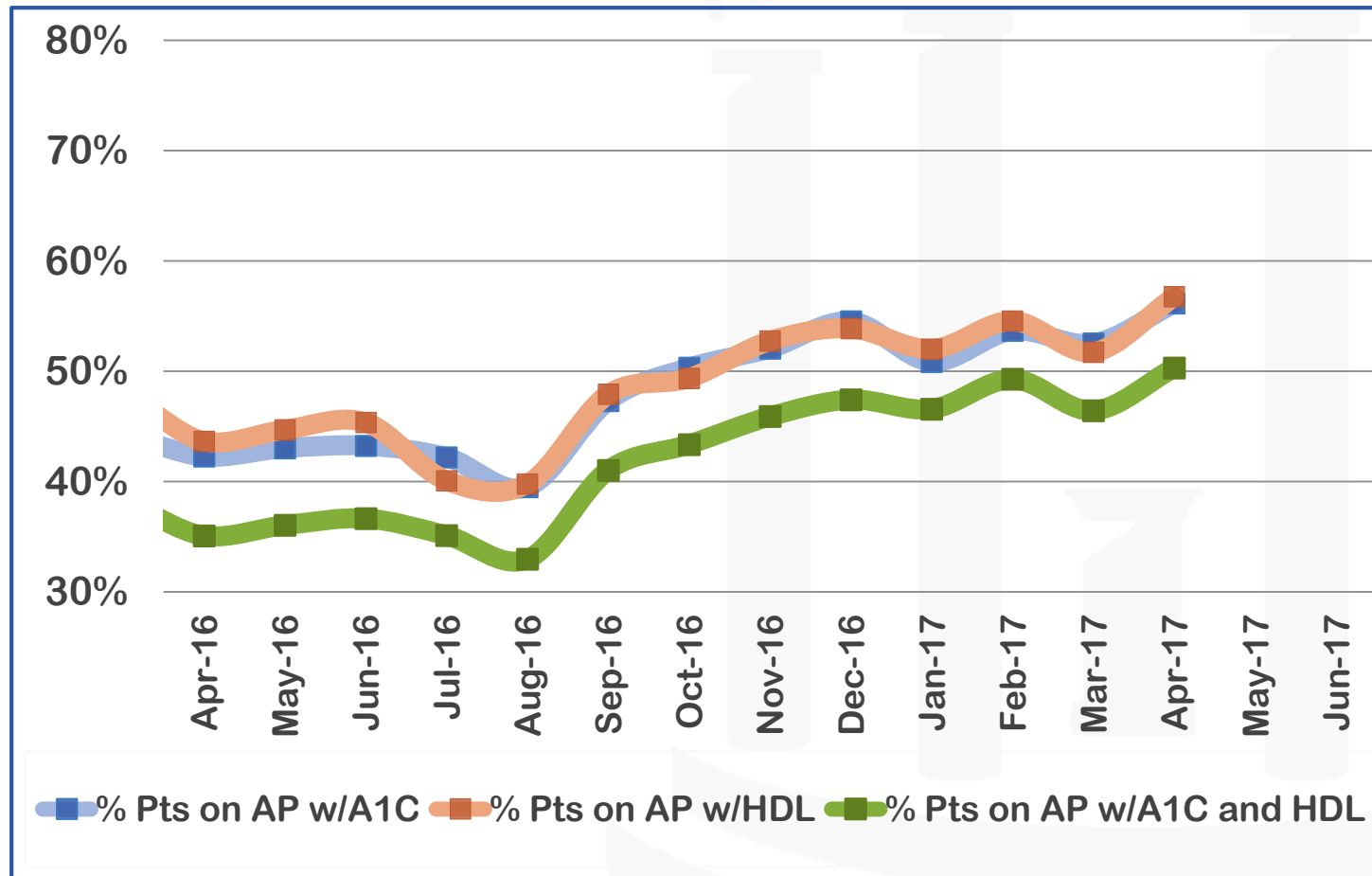
Location: UNC Women's Hospital Lobby

- From the UNC outpatient psychiatry clinic, exit **LEFT**.
- Take first **RIGHT** at the white pillars; look for "NC Women's Hospital" sign.
- Walk **STRAIGHT** through the glass walkway with potted plants.
- Walk **STRAIGHT** into NC Women's Hospital lobby with colorful rotunda ceiling; see the information desk directly ahead.
- Blood Collection Center Check-In** desk is located behind the hospital Information Desk.
- Check in at the Blood Collection desk.

Ground Floor, behind information desk Hours: 8:00 am – 6:00 pm M-F Ph:(984) 974-5446

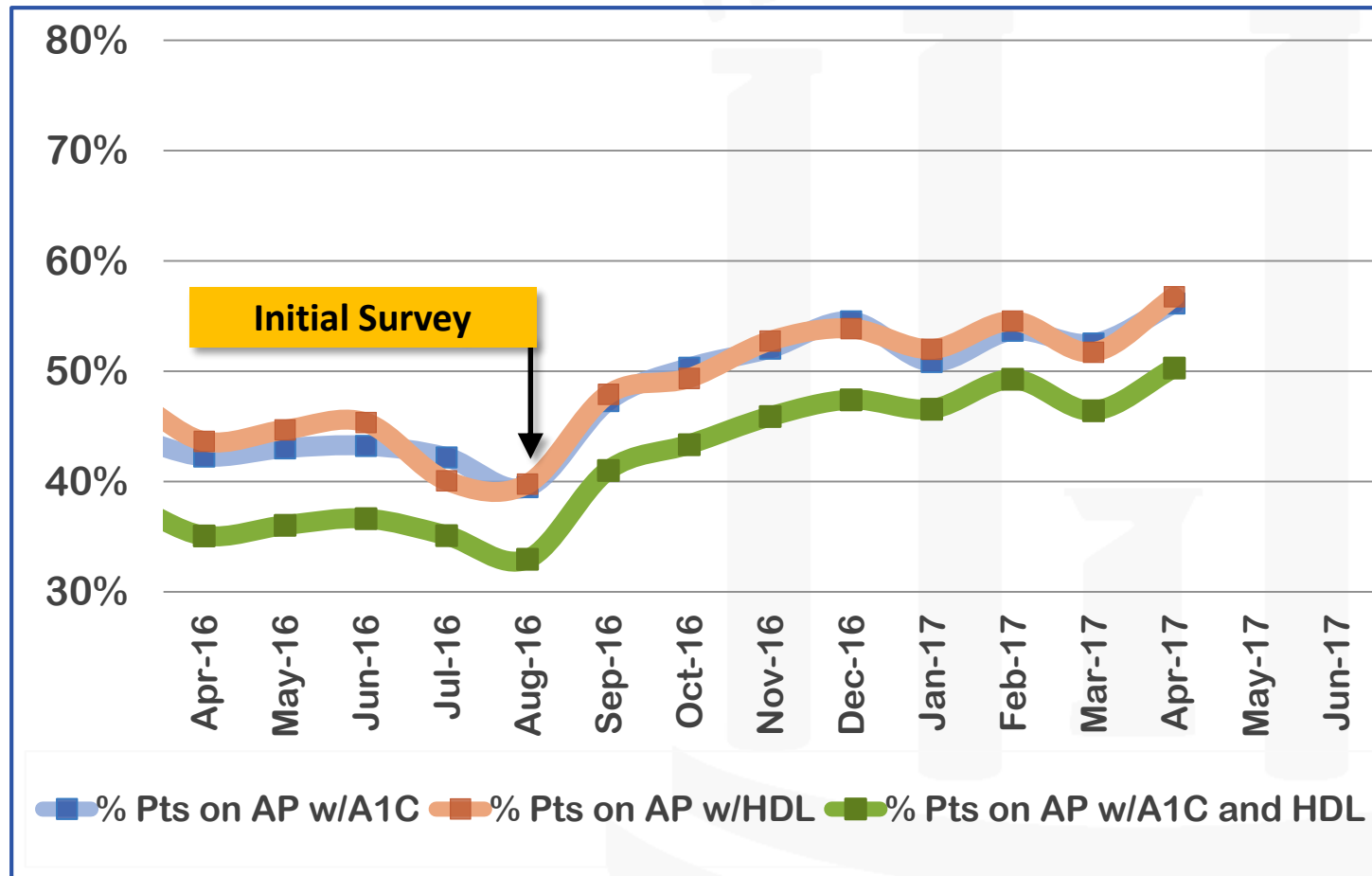


QI Interventions Improve Rates of Metabolic Monitoring



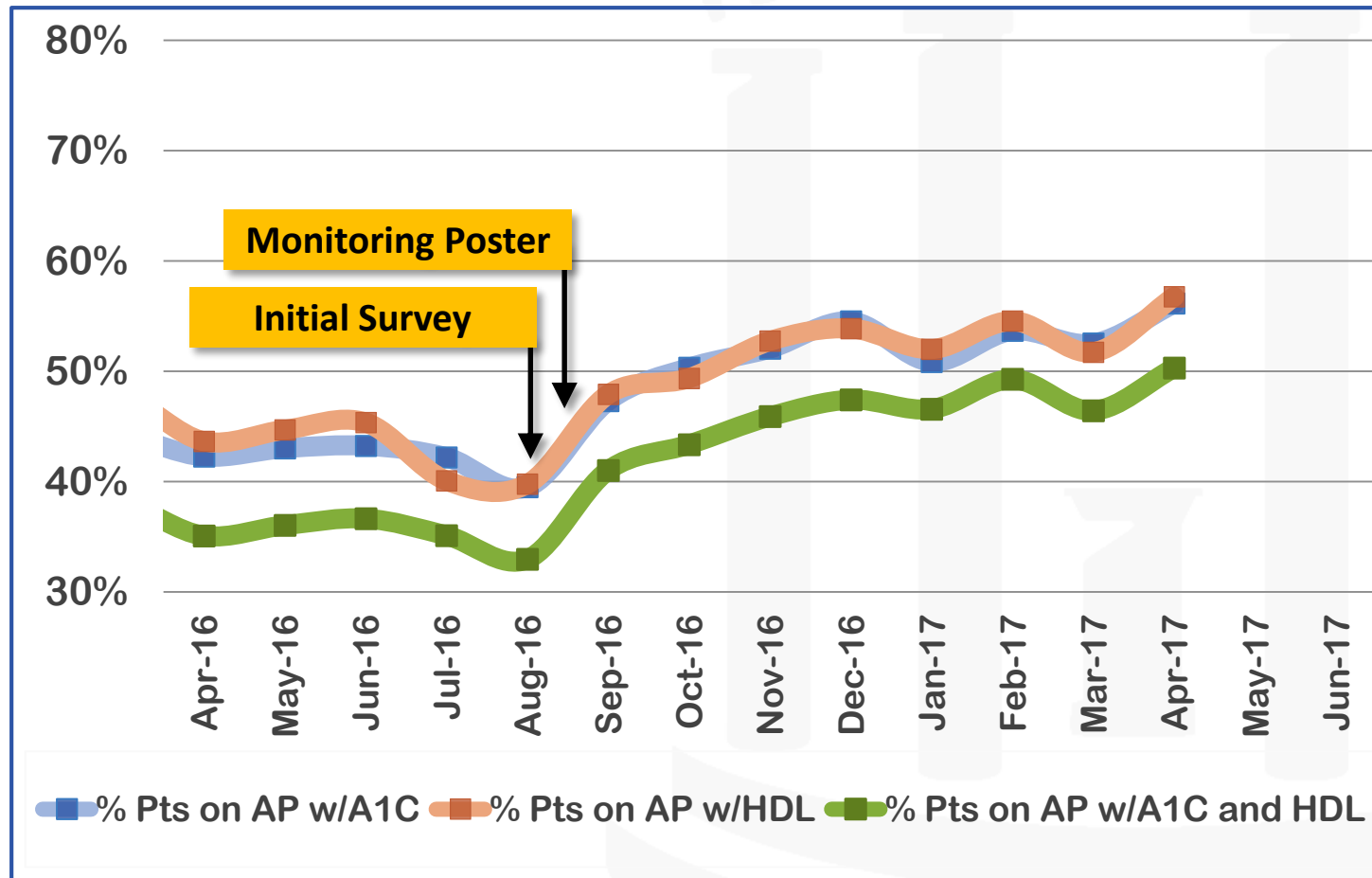


QI Interventions Improve Rates of Metabolic Monitoring



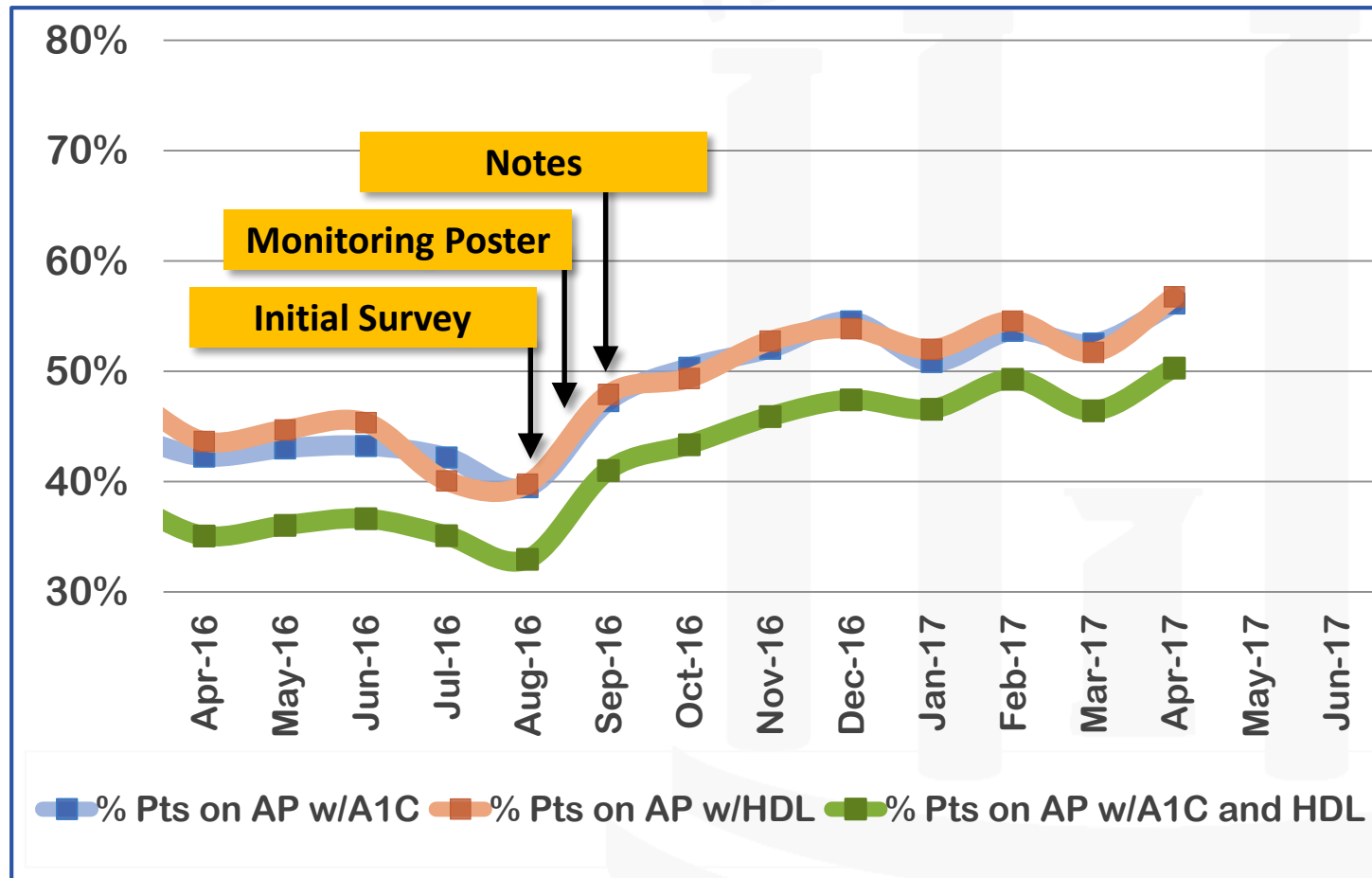


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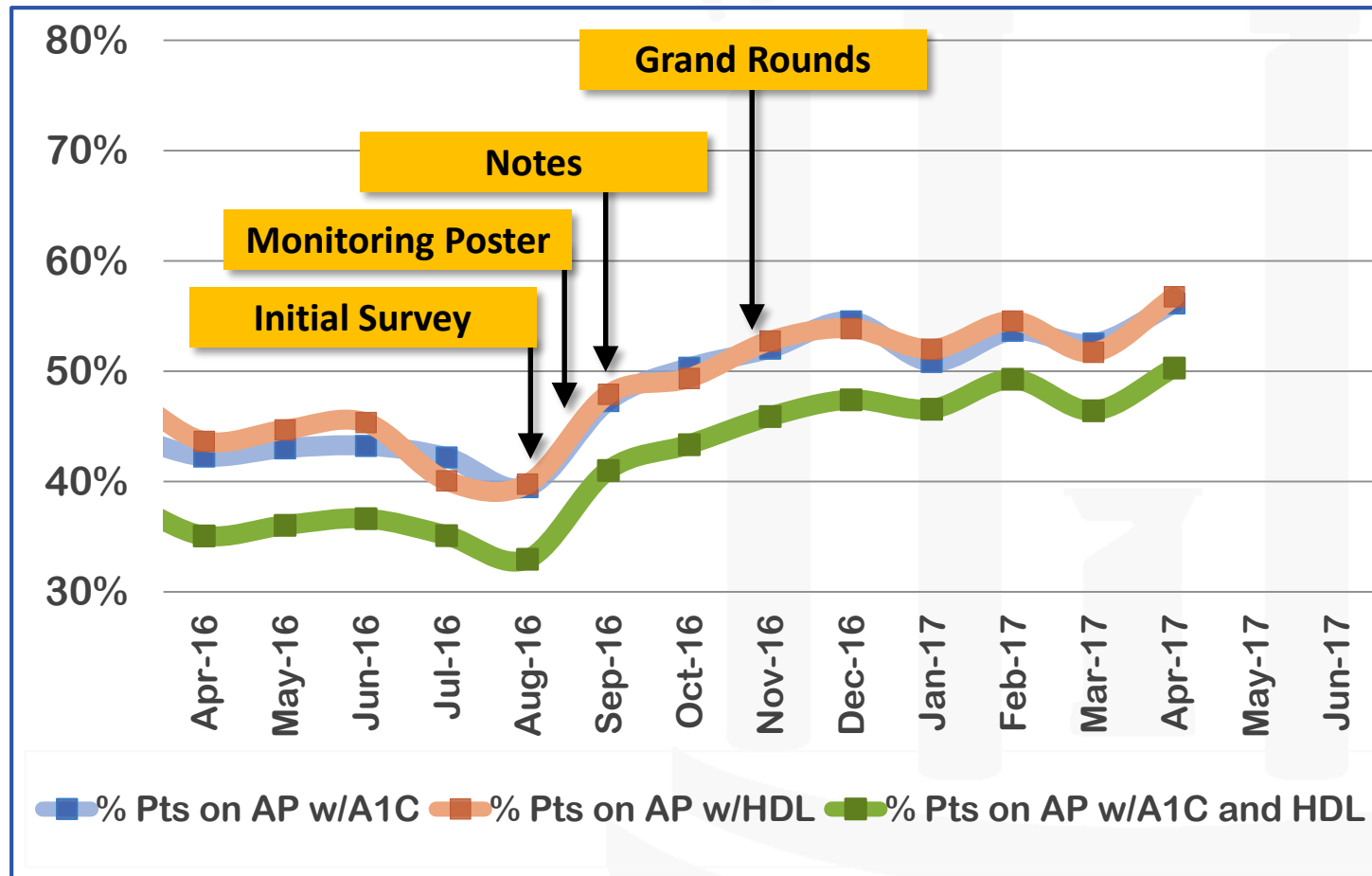


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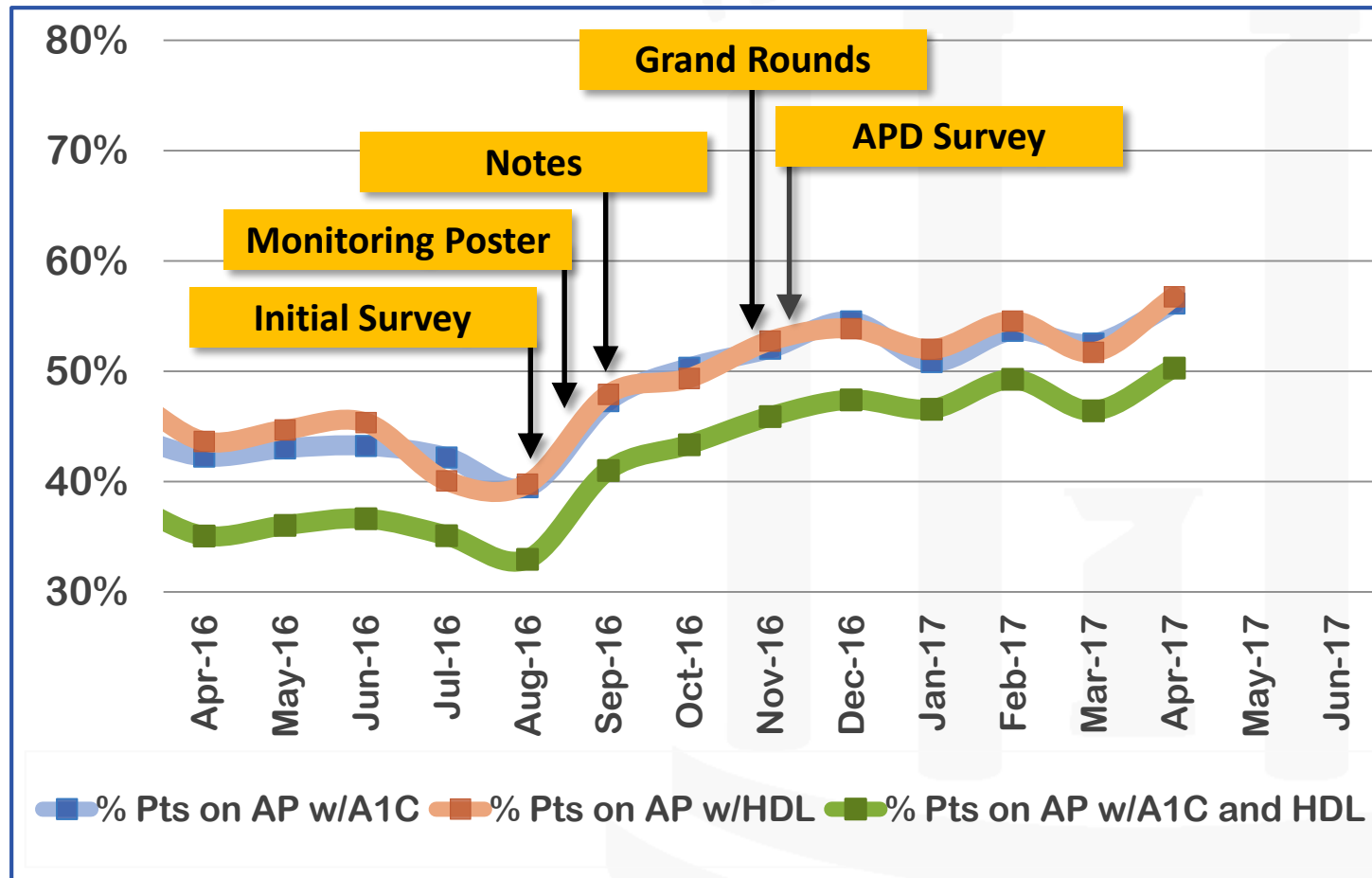


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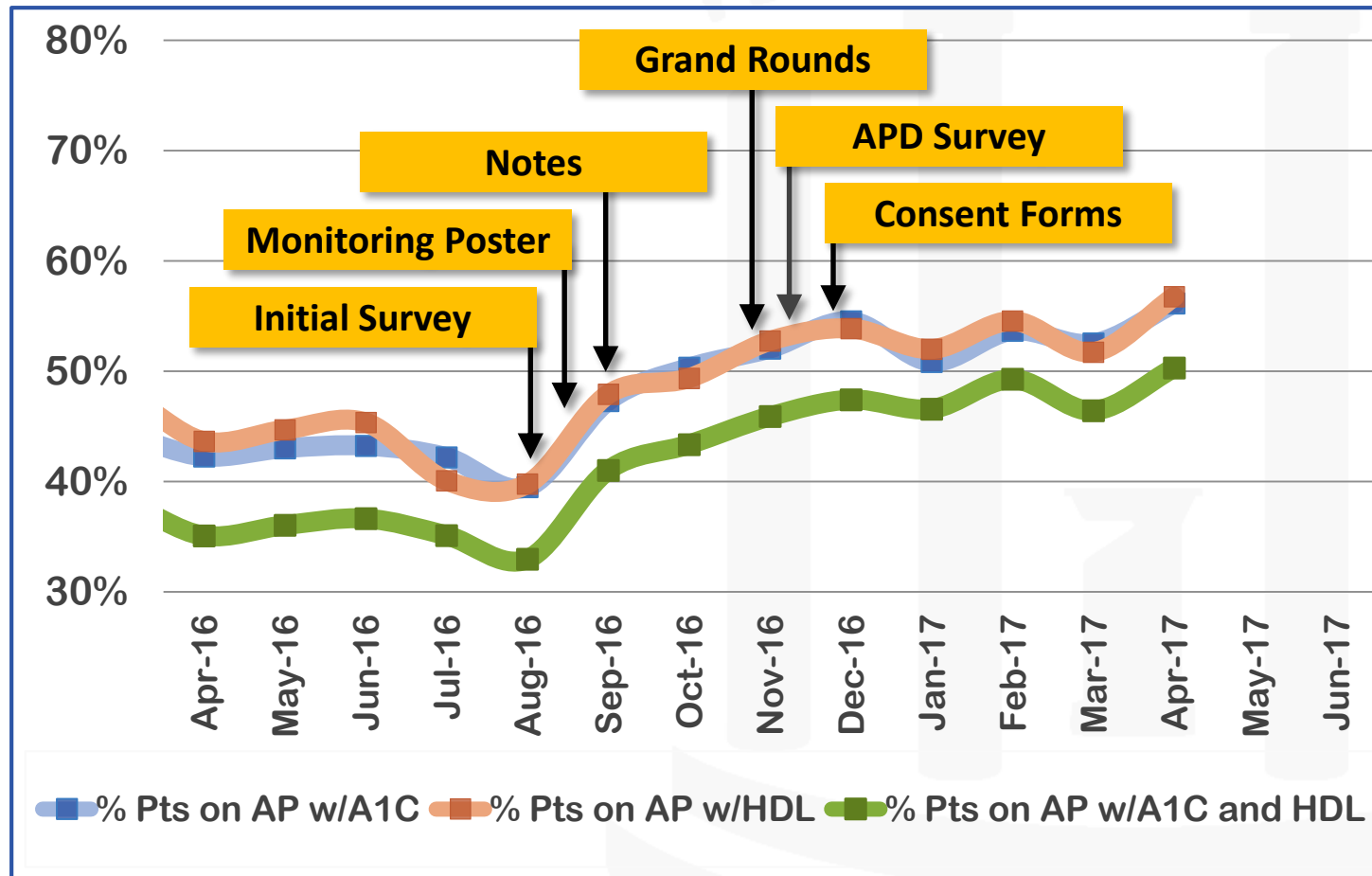


QI Interventions Improve Rates of Metabolic Monitoring





QI Interventions Improve Rates of Metabolic Monitoring





Work in Progress/Next Steps

- Spread of effective methods to two other UNC clinics
- Expand metabolic monitoring guidelines to inpatient psychiatry units
- Provide education to other departments – presentation to Internal Medicine and Family Medicine providers



Work in Progress/Next Steps

- Identifying junior residents working in UNC Psychiatry next year who want to be involved in QI
- Core faculty and resident will carry project forward and mentor junior residents
- Epic BPA for metabolic monitoring



New Directions

- Develop further processes to optimize linkage/coordination with PCPs
- Develop and disseminate UNC Psychiatry guidelines on initiating treatment for weight gain (metformin)
- R21 grant application submission



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