SJOG Medicines Optimisation Checklist©

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Patient-facing Interventions** | | | | |  | |  | |  | |
| Medicines Reconciliation Completed? | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Patient Info Leaflet(s) Provided? | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Medicines List Provided? | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| **Antipsychotic Side-effects Assessment Completed?**  Distressing Side-effects Reported? | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Patient Consultation Indicated? (Clozapine/Lithium/Other) | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| **Clinician-facing Interventions**  Physical Health Monitoring | | | | |  | |  | |  | |
| BMI (Weight) | **Antidepressant**  (ECG for es/citalopram, TCAs, trazodone) | **Antipsychotics**  (TFTs for quetiapine only) | **Lithium** | **Mood Stabiliser**  (TFTs, TDM for carbamazepine only) | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| ECG  (>440 M, >470 F) | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Full Blood Count | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Urea &Electrolytes | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Liver Function Tests | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| HbA1c/Glucose | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Lipids |  | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Prolactin  (<65 M, <50 F) |  |  | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Thyroid Function Tests | **Lithium** |  | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Corrected Calcium |  |  | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Therapeutic Drug Monitoring (Clozapine/Lithium/Valproate) | **Clozapine** |  | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Troponin |  |  | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| CRP | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Vitamin D |  |  | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Folate | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Pregnancy test/ Contraception | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| **Clinician-facing Interventions** | | | | |  | |  | |  | |
| **Cardiovascular Risk Assessment >40 years** | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Statin Indicated? | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| **Deprescribing:** All medicines indicated at current frequency? | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Anticholinergic burden assessment indicated? | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| **High dose Antipsychotic Treatment** | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Repeat ECG and U&Es (3-monthly)? | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| **Drug-drug Interactions Screen** | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| QTc prolonging agents prescribed? | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| At risk of serotonin syndrome? | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| At risk of GI or other bleed? | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| Prescribed lithium? | | | | | |  | | --- | |  | |  | |  | | --- | |  | |  | |  | | --- | |  | |  |
| **Comments/Follow Up** | | | | |  |  |  |  |  |  |