



# Physical Health and People with a Severe Mental Illness

Cardiovascular Disease

# Learning Objectives

## **Clinical**

- Cardiovascular disease is more common
- Diabetes is a significant risk factor
- Smoking is a significant risk factor
- Lifestyle factors are significant
- Comorbidity is complex and cardiovascular risk significantly elevated

## **Organizational**

- Communication with the mental health team is essential
- Sharing clinical information is essential
- Primary care team members are essential – nursing, care coordination, dietitian, community care worker (when available)

# Amir



## Clinical Background:

- Amir is a 38 year old man
- PMH: Schizophrenia diagnosed 22 years ago
  - Nil else significant
- Family History: Both parents have diabetes
- Smoking History: recently stopped smoking
- Social History: no record of employment status

# Amir

## Issues for the Clinician

- Cardiovascular disease is more common
- Cardiovascular risk score assessment is needed
- Lifestyle factors will need considering

## Fact Sheet

- People with severe mental illness and CVD are more likely to
  - Have diabetes
  - Be overweight
  - Smoke
  - Have dyslipidemia
  - Have erectile dysfunction and hyperprolactinemia

# Amir



## The reason for the consultation:

- Amir was recently discharged following a five month admission for schizophrenia. During this admission his medication was changed to clozapine
- Following discharge he developed diabetes
- He stopped smoking, and developed clozapine toxicity as the dose of the medication had not been reduced
- He is attending today, for his first diabetic review

# Amir



## The consultation (path results):

- BP: 150/95
- BMI: 44
- Smoke: stopped smoking
- HbA1c: 80mmol/mol (9.5%)
- Cholesterol: 7.5 mmol/L (290 mg/dL)
- HDL Chol: 0.8 mmol/L (30.9 mg/dL)
- Renal function: eGFR 70;
- Prolactin: 3,256 mIU/L (normal range <450 mIU/L for men)

# Amir

## Issues for the Clinician

- Cardiovascular risk score
  - QRISK2: 27%
- Which are the most appropriate interventions to offer?
- What would be the consequence of stopping clozapine?
- Intervention for elevated prolactin?
- Communication with the mental health team

## Fact Sheet

- Antipsychotic medication induces risk factors for cardiovascular disease.
- Antipsychotic medication is also thrombophilic increasing the likelihood of DVT and PE
- Renal failure and erectile dysfunction are independent risk factors for cardiovascular disease

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