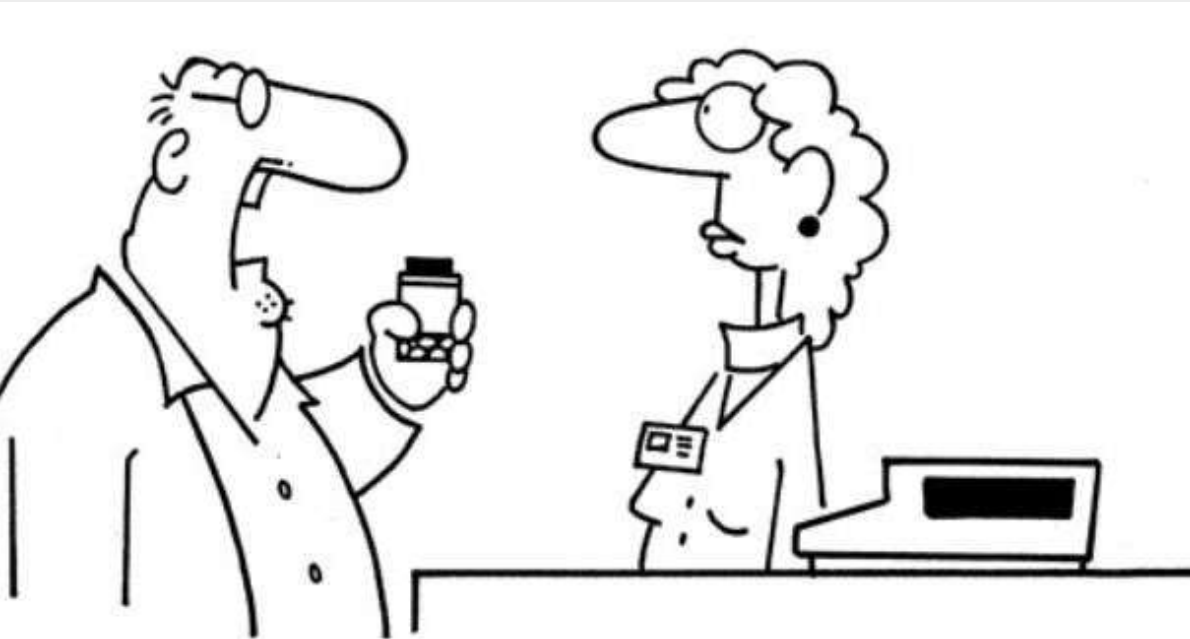


Marrickville Side Effect & Preventive Health Screening Tool (M-SEPHS)



“I’ve been taking this medication for 50 years and I’m going to sue! The side effects made me wrinkled, fat and bald!”

Equally Well
Research Symposium

Andy Simpson
Program Manager
Living Well, Living
Longer



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Side Effects – What's the problem?

- UK Survey of people taking at least one antipsychotic (n=876).
- 86% were 'somewhat bothered' by one or more side effect.
- 42% reported complete adherence with medication.
- Most side effects were linked with non-adherence:
 - Extra pyramidal symptoms/agitation ($p = 0.0007$)
 - Metabolic side effects ($p = 0.0079$)
 - Sedation/cognition ($p = 0.033$)
 - Prolactin/endocrine ($p = 0.034$)
- **Of those experiencing a side effect, only 24% reported it to their physician.**

DiBonaventura et al.
BMC Psychiatry, 2012

Cascade et al.
Psychiatry, 2010



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Non-adherence – why worry?



“The pills I prescribed for dementia are causing a rash. Which would you rather have?”

65 RCTs (n=6493)

- **Relapse Rates**
- drug 27%, placebo 64%
- **Hospitalisation**
- drug 10%, placebo 26%

Leucht et al., 2012
The Lancet.



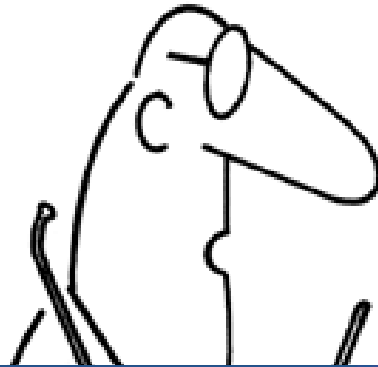
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What about sexual side-effects?

- Noted to be as high as 59% among male consumers on antipsychotic therapy, yet it is rarely addressed or managed by clinicians (Young et al, 2015).
- Misunderstood by Psychiatrists (Singh et al, 2010)
 - 54% of Psychiatrists did not routinely ask consumers about sexual side effects, of which 40% were consultants.



How do we screen for Side Effects?



Weight Status	Recent Noncompliance*
Normal (BMI <25 kg/m ²) N= 62	26%
Overweight (BMI 25-29.9 kg/m ²) N=88	39%
Obese (BMI ≥ 30 kg/m ²) N= 89	47%

“This prescription doesn’t cure anything, but it has fewer side effects than other drugs.”

The M-SEPHS

- Eleven questions about side effects
- Eight observations about side effects
- Seven questions about preventative health screening or follow-up

Designed to be completed quarterly alongside metabolic monitoring

Affix Sticker Here

Name: _____

MRN: _____ DoB: _____

Version 8. May 2018



M-SEPHS: Marrickville Side Effect & Preventative Health Screening Tool

Quarterly Questions for Side Effect Screening:

DATE: _____

1. Drowsiness or lethargy?	Yes / No	Comments:
2. Dizziness or light-headedness?	Yes / No	Comments:
3. Weight gain?	Yes / No	Comments:
4. Restlessness or stiffness? Muscle cramps?	Yes / No	Comments:
5. Constipation?	Yes / No	Comments:
6. Swallowing difficulties?	Yes / No	Comments:
7. Skin problems? (rashes, photosensitivity)	Yes / No	Comments:
8. Problems passing urine?	Yes / No	Comments:
9. Sexual problems? (ejaculatory, erectile, libido)	Yes / No	Comments:
10. Tenderness or swelling in breast area? Lactation?	Yes / No	Comments:
11. Women only: Change in menstrual cycle?	Yes / No NA	Comments:

Quarterly Observations for Side Effect Screening:

10. Blood Pressure? (hyper/hypotension?)	BP:	Comments:
11. Pulse? (tachycardia? irregular Pulse?)	<60 / 60-90 91-20 / >120	Comments:
12. Upper limb tone (stiffness/cog wheeling?)	Yes / No	Comments:
13. Akathisia? (shuffling or restless legs/rocking/fidgets)	Yes / No	Comments:
14. TD? (involuntary movement: tongue/lips/eyebrows)	Yes / No	Comments:
15. Unchanging facial expression/dribbling?	Yes / No	Comments:
16. Arm tremor / pill rolling? (circular thumb movements)	Yes / No	Comments:
17. Rigid or shuffling gait? Reduced arm swing?	Yes / No	Comments:

Preventative Health Screening Questions:

18. Do you smoke?	Yes / No	Comments:
19. Bowel cancer screening?	Yes / No	Date: _____ <i>Over 50s only – should be bi-annual.</i>
20. Cervical screen in date?	Yes / No	Date: _____ <i>Women only. Should be 5-yearly.</i>
21. Mammogram in date?	Yes / No	Date: _____ <i>Women >40 only. Should be 2-yearly.</i>
22. Seen GP re: prostate?	Yes / No	<i>Men >50 + yes to Q8, or >40 with family Hx.</i>
23. GP Last Appt.	< 1 year / 1-2 years / 2-5 years / >5 years / No GP	
24. Dentist Last Appt.	< 1 year / 1-2 years / 2-5 years / >5 years / No Dentist	

Eleven Questions about Side Effects

1. Drowsiness or lethargy?	Yes / No	Comments:
2. Dizziness or light-headedness?	Yes / No	Comments:
3. Weight gain?	Yes / No	Comments:
4. Restlessness or stiffness? Muscle cramps?	Yes / No	Comments:
5. Constipation?	Yes / No	Comments:
6. Swallowing difficulties?	Yes / No	Comments:
7. Skin problems? (rashes, photosensitivity)	Yes / No	Comments:
8. Problems passing urine?	Yes / No	Comments:
9. Sexual problems? (ejaculatory, erectile, libido)	Yes / No	Comments:
10. Tenderness or swelling in breast area? Lactation?	Yes / No	Comments:
11. Women only: Change in menstrual cycle?	Yes / No NA	Comments:

Eight Observations about Side Effects

10. Blood Pressure? (hyper/hypotension?)	BP:	Comments:
11. Pulse? (tachycardia? irregular Pulse?)	<60 / 60-90 91-20/>120	Comments:
12. Upper limb tone (stiffness/cog wheeling?)	Yes / No	Comments:
13. Akathisia? (shuffling or restless legs/rocking/fidgets)	Yes / No	Comments:
14. TD? (involuntary move- ment: tongue/lips/eyebrows)	Yes / No	Comments:
15. Unchanging facial expression/dribbling?	Yes / No	Comments:
16. Arm tremor / pill rolling? (circular thumb movements)	Yes / No	Comments:
17. Rigid or shuffling gait? Reduced arm swing?	Yes / No	Comments:

Seven questions about preventive health screening or follow-up

18. Do you smoke?	Yes / No	Comments:	
19. Bowel cancer screening?	Yes / No	Date:	<i>Over 50s only – should be bi-annual.</i>
20. Cervical screen in date?	Yes / No	Date:	<i>Women only. Should be 5-yearly.</i>
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24. Dentist Last Appt.	< 1 year / 1-2 years / 2-5 years / >5 years / No Dentist		

Based on
RACGP
Guidelines



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Implementation

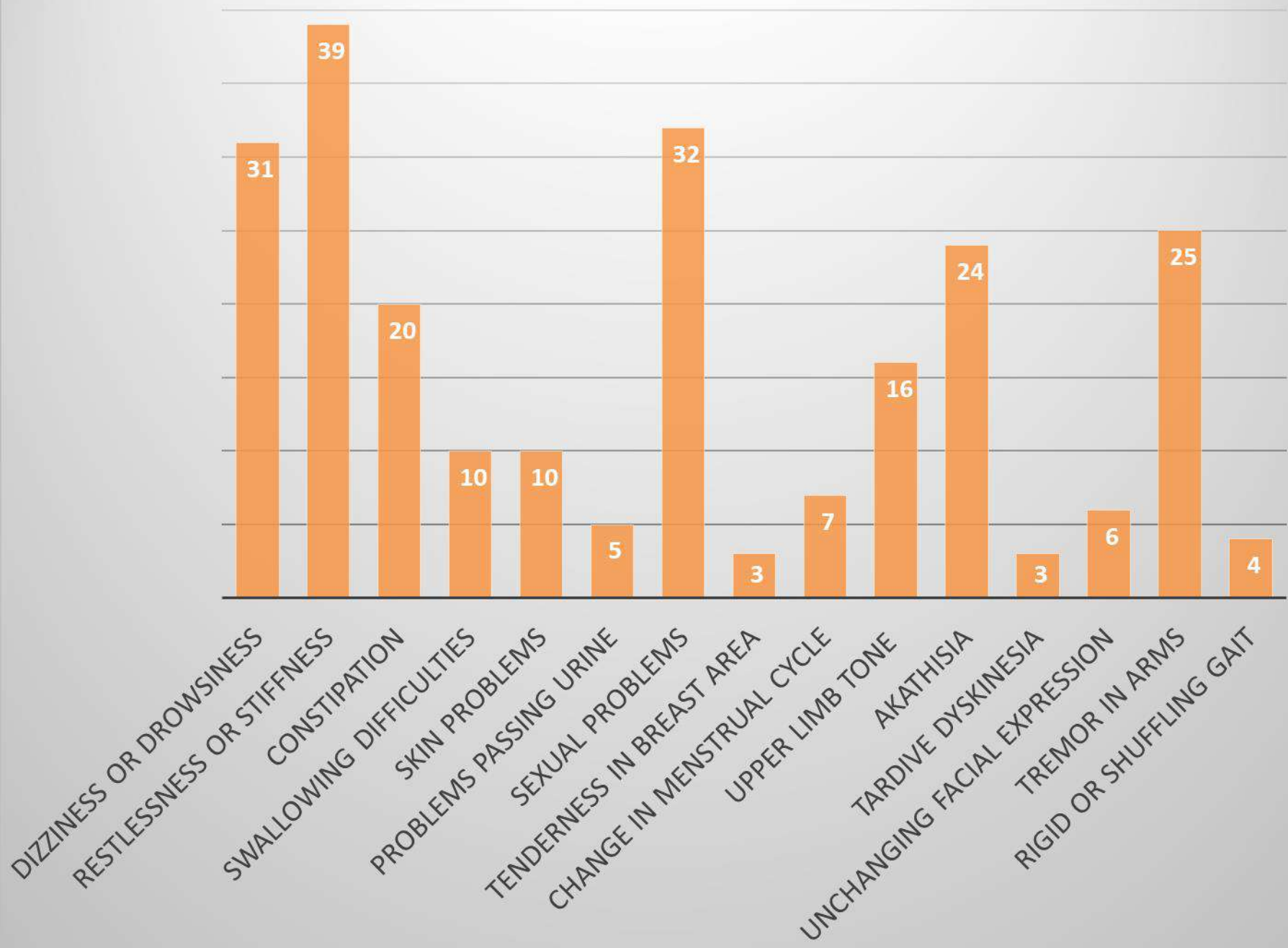
- 12 Month pilot study on people who attend for Long Acting Injection
- 149 completed tools from 100 individuals, identifying 235 side effects



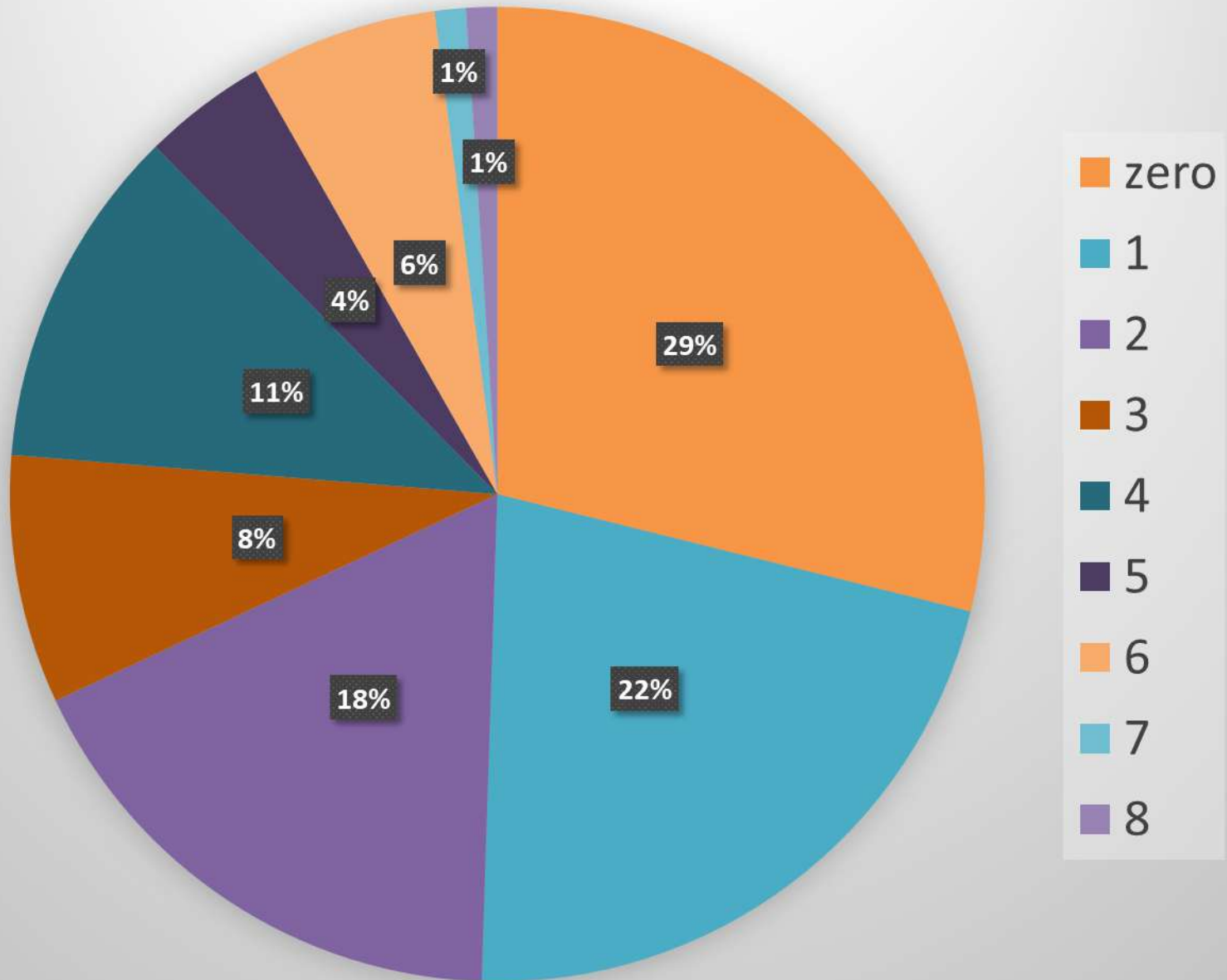
"Listen, when the side effects of this medication kick in, you'll forget what was wrong in the first place!"



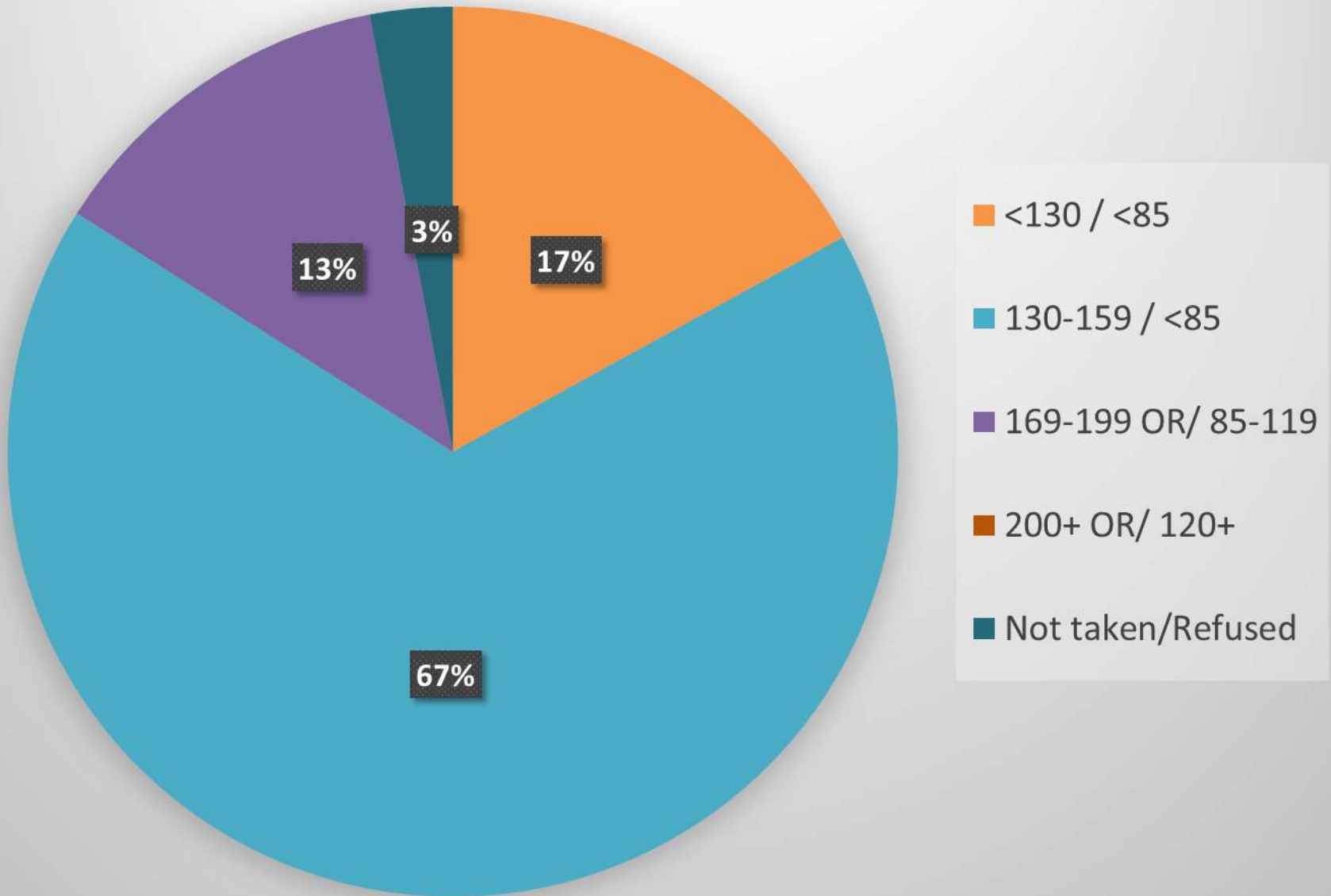
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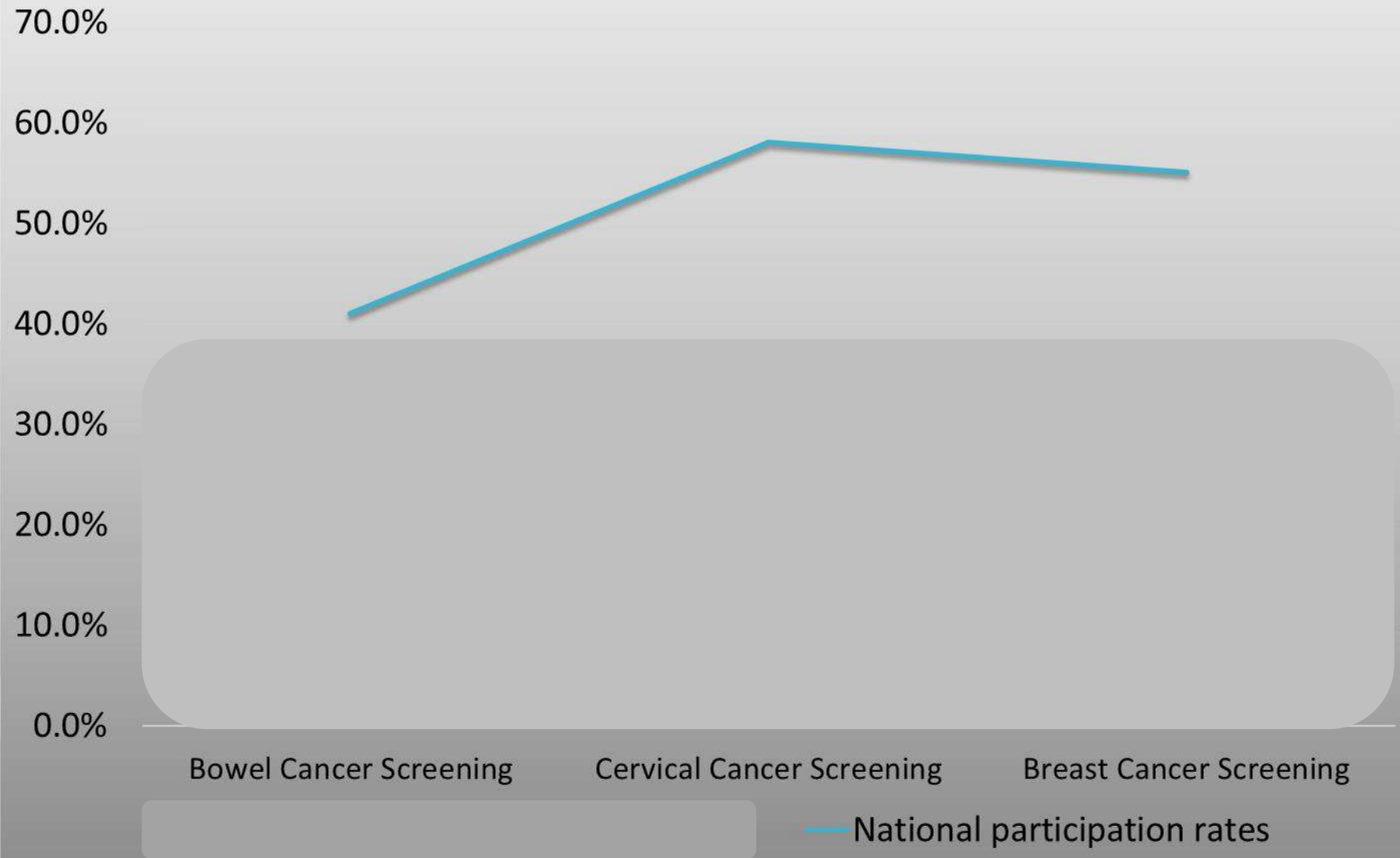
Number of side-effects per consumer



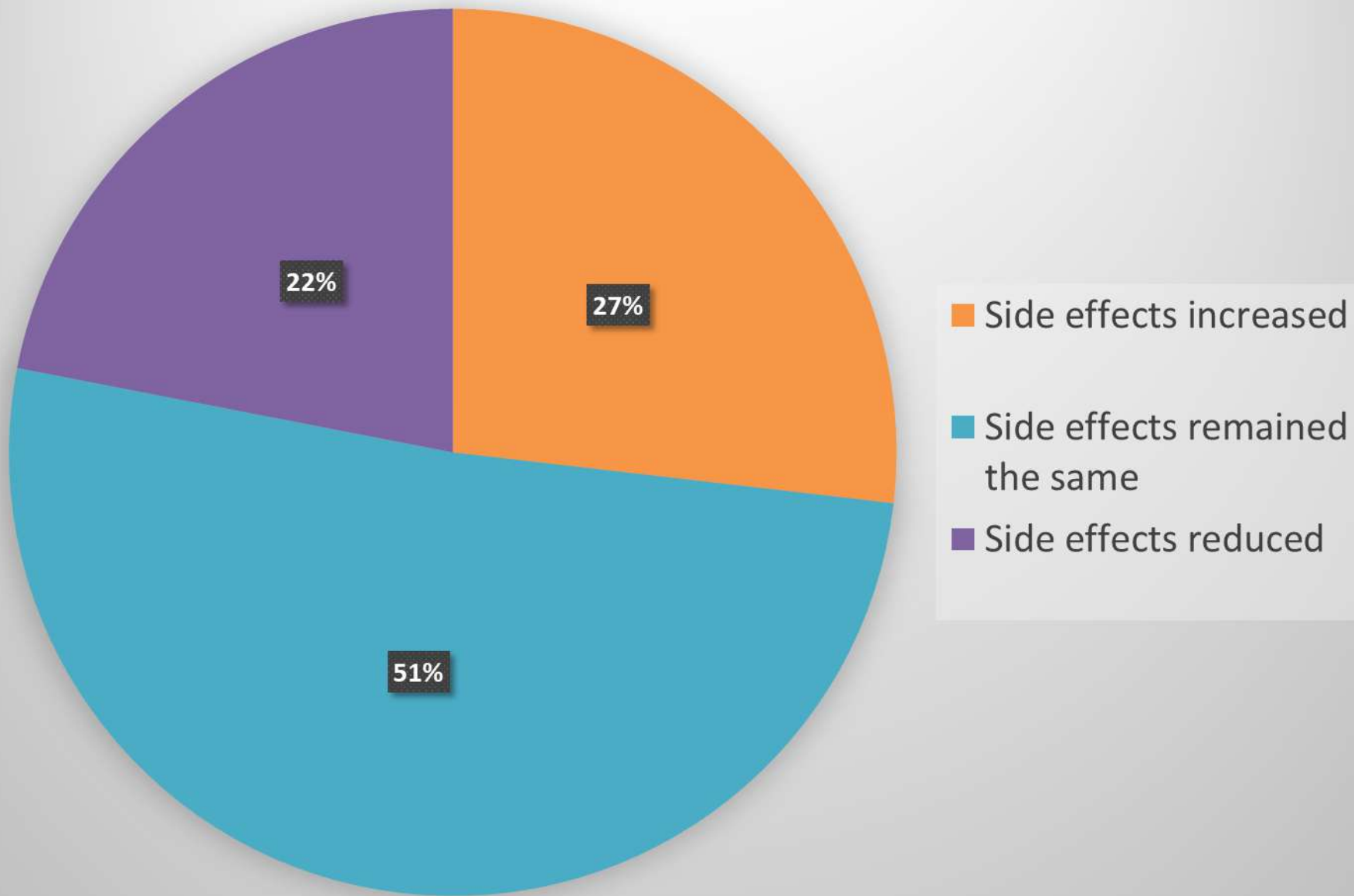
Blood Pressure



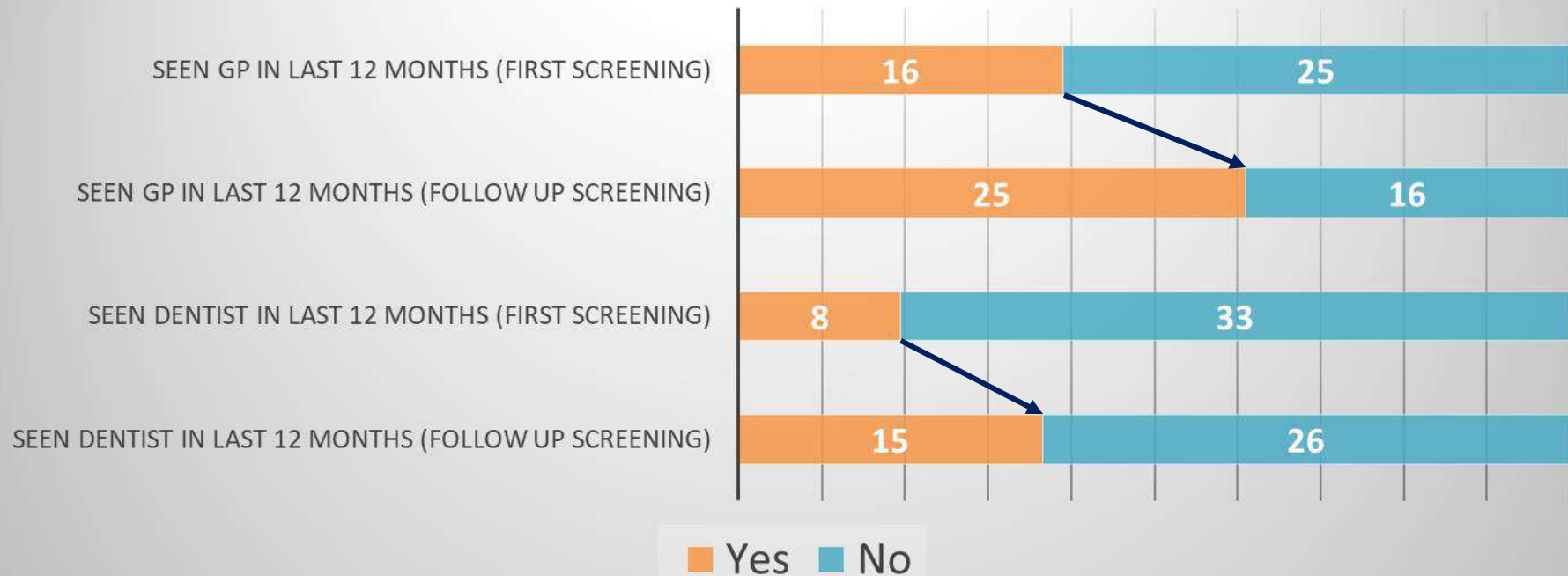
Participation in National Cancer Screening Programs



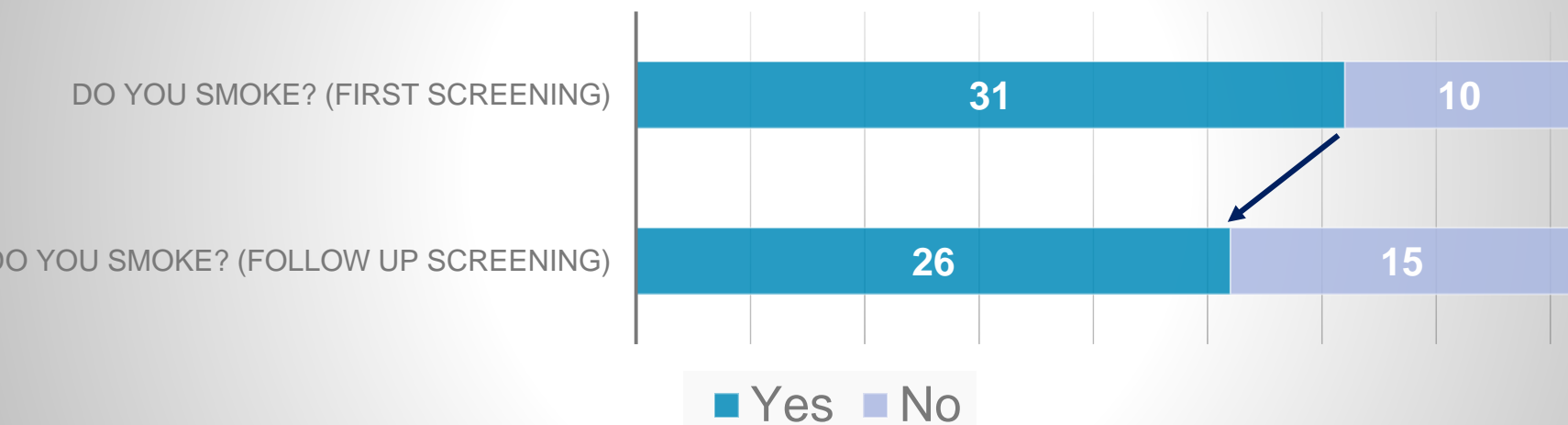
Changes to Side Effect Profile



Success Story - Engagement with GP and Dentist



Success Story - Reduction in Smoking Rates



Consumer Feedback

How do you feel about being asked the following preventative health screening questions? (Place an X in the box)

Question	Strongly object to being asked	Dislike being asked	Don't mind, or don't recall being asked	Like being asked	Really appreciate being asked
10. Do you smoke?					
11. Do you have a history of falls or fractures? (over 50s)					
12. Have you completed bowel cancer screening in the last 2 years? (>50)					
13. Have you had a pap smear in the last two years? (Women only)					
14. Have you had a mammogram in the last two years? (Women over 40)					
15. Have you spoken to your GP about checking your prostate? (men >40)					

16. Do you think that any new side effects were identified using this screening tool? Yes / No / Don't know

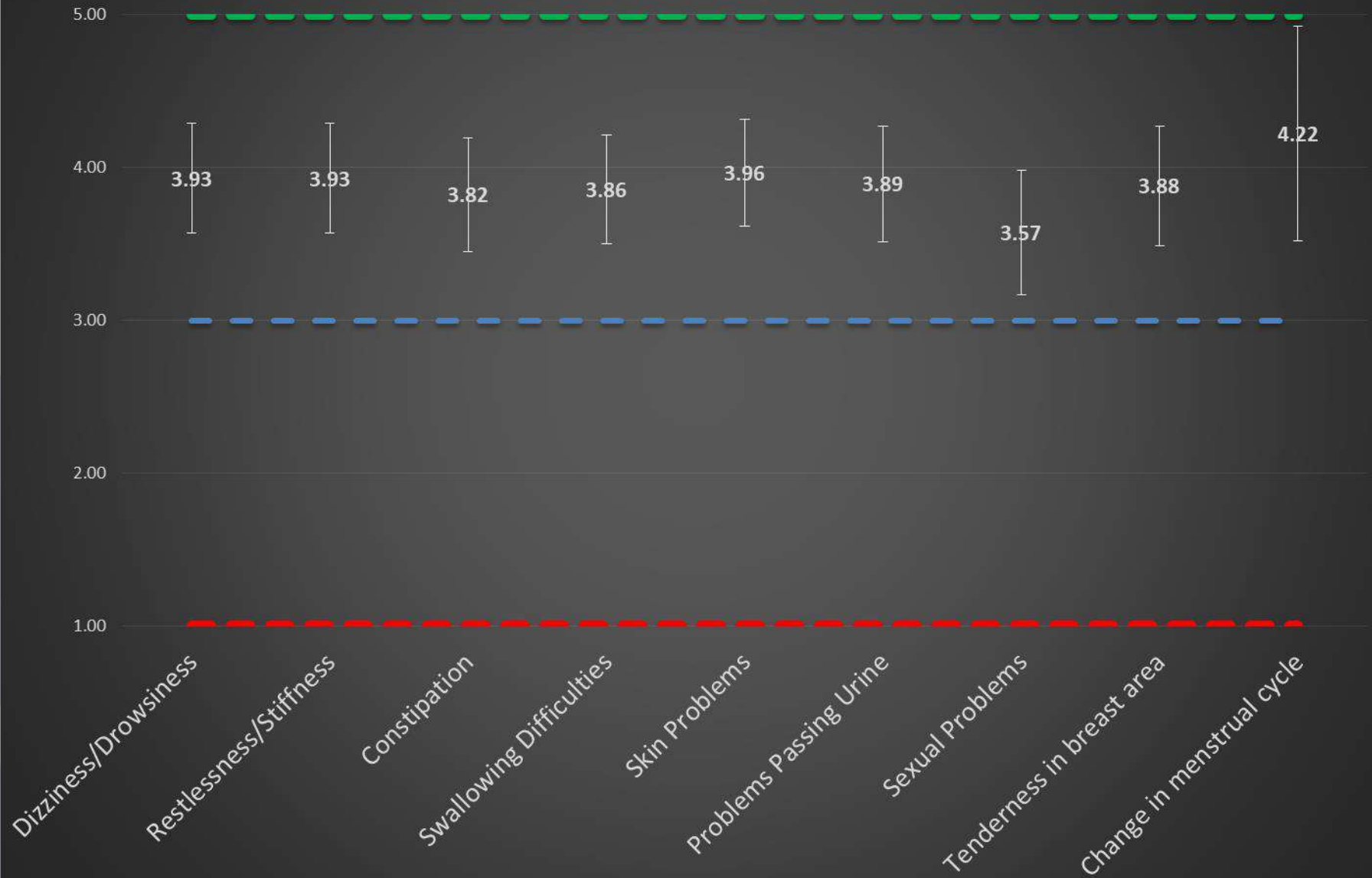
17. Do you think that any identified side-effects led to a change in treatment or dose? Yes / No / Don't know

18. Do you think that any health screening gaps were identified using this screening tool? Yes / No / Don't know

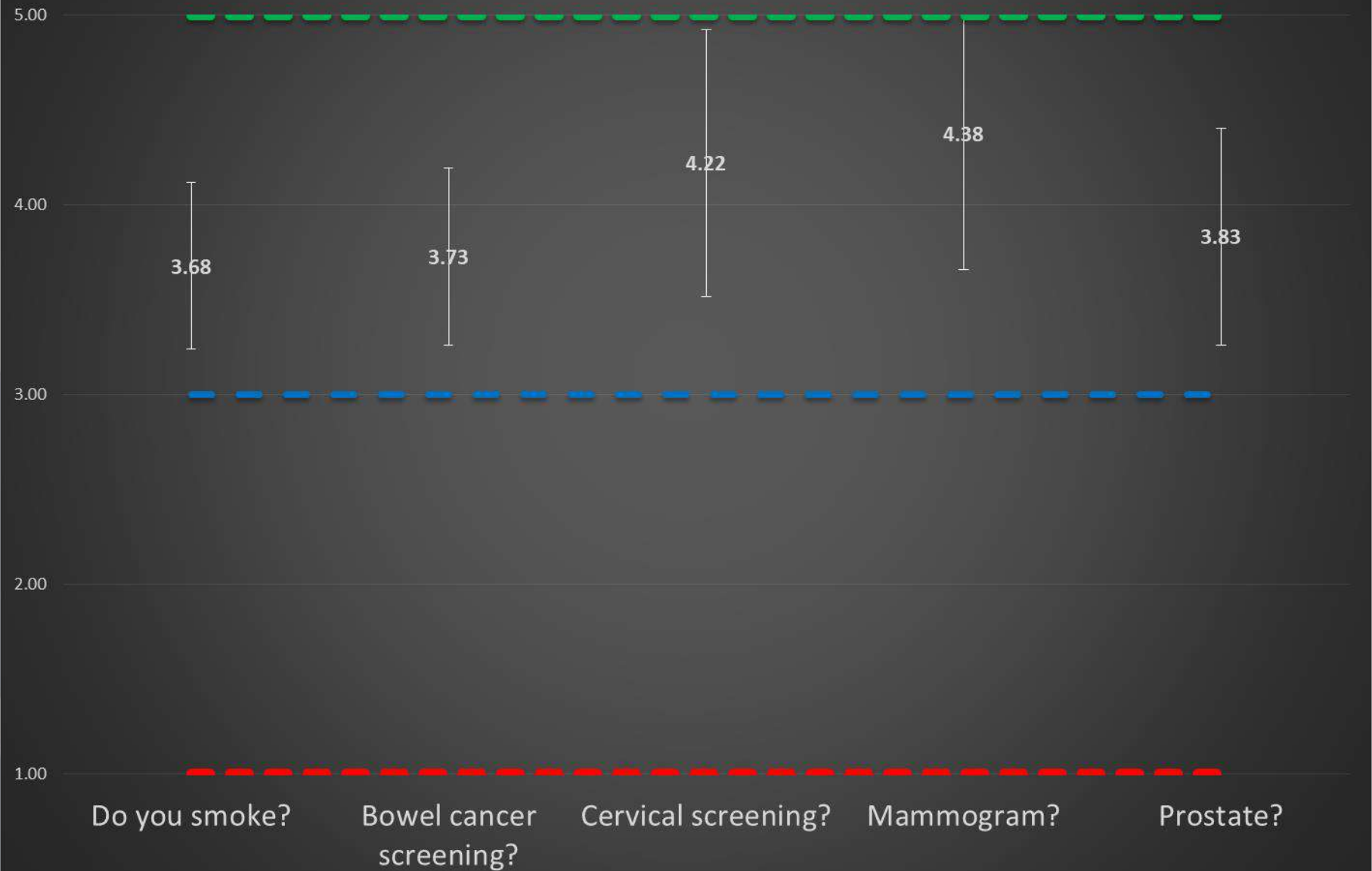
19. Did you go and follow-up with your GP following any screening gaps being identified? Yes / No / Don't know

20. Overall, do you think the screening tool is a useful tool? Yes / No / Don't know

Do you appreciate being asked these side effect questions?



Do you appreciate being asked these preventive health questions?

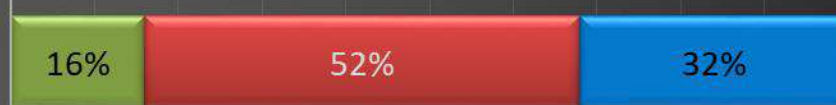


0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

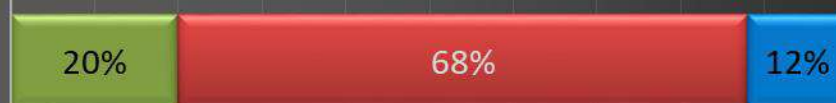
Do you think any new side effects were identified?



Did identified side effects lead to change of treatment or dose?



Were any preventive health screening gaps identified?



Did you follow these up with your GP?



Overall, do you think this is a useful tool?



Yes No Don't know

Future Directions

- Continue to review evidence for best practice screening guidelines
- Collect more data, including the adapted inpatient version (M-SEPHS-i)
- Roll out the tool more widely across SLHD (and beyond)



Questions or Comments?

Acknowledgements

- Lorne Hyde & Marc Lamond, CNS.
- Dr. Madeleine Maguire, Senior Registrar.
- Sophie Isobel, Quality, Ethics & Research CNC.



“Yellowing of the skin is a side effect of your antidepressant medication.”



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