Clinical Algorithm for monitoring metabolic syndrome in mental health patients

Waist Circumference

<94cm (M)	<90cm (M)
<80cm (F)	<80cm (F)
Europid	Asian

≥94cm (M)	≥90cm (M)
≥80cm (F)	≥80cm (F)
Europid	Asian

Review medication
Treat/advise weight problem
Consider referral to physiotherapy or group programme
(Healthy Lifestyle Group)

Repeat monitoring - 3 monthly

Blood Pressure

<130mmHg	≥130mmHg
<85mmHg	≥85mmHg

Review medication
Treat/refer to GP
Consider referral to physiotherapy or group programme

Repeat monitoring - 3 monthly

Fasting Lipids

Triglycerides	Triglycerides
<1.7mmol/L	≥1.7mmol/L
HDL	HDL
≥1.03mmol/L (M)	<1.03mmol/L (M)
≥1.29mmol/L (F)	<1.29mmol/L (F)

Review medication
Treat/refer to GP
Consider referral to physiotherapy or group programme

Repeat monitoring - 3 monthly

Fasting Blood Glucose

<5.6mmol/L	5.6-7mmol/L	≥7mmol/L

Oral glucose tolerance test or refer to GP

<11.1mmol/L	≥11.1mmol/L

Diagnose diabetes

Treat / refer to GP
Review change in medication
Consider referral to physiotherapy or group program

Repeat monitoring - 3 monthly

Within normal range - no action required

Further action needed

Treatment is required

(M) Male
(F) Female

Based on Waterreus & Laugharne (2009).
Screening for the metabolic syndrome in patients receiving antipsychotic treatment:a proposed algorithm. MJA, 190 (4), 185-189.