



MONTANA STATE HOSPITAL POLICY AND PROCEDURE

Metabolic Syndrome Policy

Effective Date: June 3, 2014

Policy #: PH-12

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- I. PURPOSE:** To educate patients on the risk factors that lead to Metabolic Syndrome and to screen selected patients for Metabolic Syndrome.
- II. POLICY:**
 - A. To implement the use of a tracking sheet on which certain data will be recorded on selected patients.
 - B. The primary concern will be for those patients on second generation antipsychotics and those with known metabolic *risk factors*.
- III. DEFINITIONS:** Metabolic syndrome is a disorder characterized by elevated glucose and triglycerides, decreased HDL, hypertension, and increased abdominal girth. The syndrome poses a risk for diabetes mellitus and vascular complications. To meet the definition of Metabolic Syndrome, 3 of the 5 criteria must be present.
- IV. RESPONSIBILITIES:**
 - A. The Licensed Independent Practitioner (LIP) will order appropriate laboratory tests and medication. Pharmacy also has the ability to order labs.
 - B. The Licensed Nurse will collect and record assessment and laboratory data on the tracking sheet and in the electronic database.
 - C. The Dietitian will complete a nutritional assessment on selected patients.
 - D. The Treatment Team will carry out the educational component for the patient.
 - E. The Pharmacy will collect data from the electronic database, and report the information to the LIP during metabolic clinic
- V. PROCEDURE:**
 - A. The Licensed Nurse will initiate and periodically update the tracking sheet and electronic database with available assessment and laboratory data.

MONTANA STATE HOSPITAL

Tracking Sheet for Metabolic Syndrome

Year: _____

Patient Name: _____ MSH Hospital #: _____

Weight (BMI) (Baseline & every month)

Date:													
Weight:													
BMI:													

Waist circumference – measure at level of umbilicus (Baseline & every month)

Date:													
inches:													

Blood Pressure (Baseline & every month)

Date:													
B/P:													

Fasting Plasma Glucose (Baseline, 12 weeks & annually)

Date:			
Results:			

Fasting Lipid Profile (Baseline, 12 weeks & annually)

Date:			
T Chol			
TG			
HDL			
LDL			