



MONTANA STATE HOSPITAL POLICY AND PROCEDURE

Metabolic Syndrome Policy

Effective Date: June 1, 2020

Policy: PH-12

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- I. PURPOSE:** To educate patients on the risk factors which 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:**
- A. **Metabolic Syndrome:** Disorder characterized by elevated glucose, 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 (below) must be present.
 - 1. **Large waist:** A waistline which measures at least 35 inches (89 centimeters) for women and 40 inches (102 centimeters) for men.
 - 2. **High triglyceride level:** 150 milligrams per deciliter (mg/dL), or 1.7 millimoles per liter (mmol/L), or higher of this type of fat found in blood.
 - 3. **Reduced "good" or HDL cholesterol:** Less than 40 mg/dL (1.04 mmol/L) in men or less than 50 mg/dL (1.3 mmol/L) in women of high-density lipoprotein (HDL) cholesterol.
 - 4. **Increased blood pressure:** 130/85 millimeters of mercury (mm Hg) or higher.
 - 5. **Elevated fasting blood sugar:** 100 mg/dL (5.6 mmol/L) or higher.
- IV. RESPONSIBILITIES:**
- A. **Licensed Independent Practitioner:** Order appropriate laboratory tests and medication.
 - B. **Licensed Nurse:** Collect and record assessment and laboratory data on the tracking sheet and in the electronic database.
 - C. **Dietitian:** Complete a nutritional assessment on selected patients.
 - D. **Treatment Team:** Carry out the educational component for the patient.

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- E. **Pharmacy:** Collect data from the electronic database, and report the information to the Licensed Independent Practitioner during metabolic clinic. Pharmacy also has the ability to order labs.
- V. PROCEDURE:**
- A. The Licensed Nurse and Pharmacy will initiate and periodically update the tracking sheet and electronic database with available assessment and laboratory data.
- B. The Dietitian will complete a dietary consult as directed by the licensed independent practitioner on selected patients.
- C. The licensed independent practitioner or pharmacist will periodically order updated laboratory data and reassess medical therapy.
- D. The treatment team will work with the patient to reduce risk factors based on data collected.
- E. The treatment team, pharmacist and dietician will meet quarterly to review collected data and make adjustments in medication and/or dietary requirements.
- VI. REFERENCES:** None.
- VII. COLLABORATED WITH:** Medical Staff, Director of Nursing, Pharmacy.
- VIII. RESCISSIONS:** PH-12, *Metabolic Syndrome Policy* dated June 3, 2014; PH-12, *Metabolic Syndrome Policy* dated March 1, 2010; PH-12 *Metabolic Syndrome Policy*, dated April 6, 2007.
- IX. DISTRIBUTION:** All hospital policy manuals.
- X. ANNUAL REVIEW AND AUTHORIZATION:** This policy is subject to annual review and authorization for use by either the Administrator or the Medical Director with written documentation of the review per ARM § 37-106-330.
- XI. FOLLOW-UP RESPONSIBILITY:** Medical Director.
- XII. ATTACHMENTS:** For internal use only.
- A. [Tracking Sheet for Metabolic Syndrome](#)

Signatures:

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