

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!"

Patient Experience
Symposium

April 2019, Sydney ICC

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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?

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%, yet it is rarely addressed or managed by clinicians (Young et al., 2015).
- Significant negative impact on QOL (Olfson et al, 2005)
- Causes significant non-adherence (Lambert et al, 2004)
- Misunderstood by Psychiatrists (Singh et al, 2010)
 - 24% of Junior Doctors did not understand about SSE
 - 54% of Psychiatrists did not routinely ask consumers about SSE, of which 40% were consultants.



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How do we screen for Side Effects?

1. Metabolic Monitoring
2. On an ad hoc basis!

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%

GLASBERGEN

"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 3, May 2018

NSW Health
M-SEPHS: Murrumbidgee 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: Over 50s only - should be bi-annual
20. Cervical screen in date?	Yes / No	Date: Women only. Should be 5-yearly
21. Mammogram in date?	Yes / No	Date: Women >40 only. Should be 2-yearly
22. Seen GP re: prostate?	Yes / No	Men >50 + yes to Q8 or >40 with family Hx
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:

strict

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 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:

Seven questions about preventive health screening or follow-up

18. Do you smoke?		Yes / No	Comments:	
19. Bowel cancer screening?		Yes / No	Date:	Over 50s only – should be bi-annual.
20. Cervical screen in date?		Yes / No	Date:	Women only. Should be 5-yearly.
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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

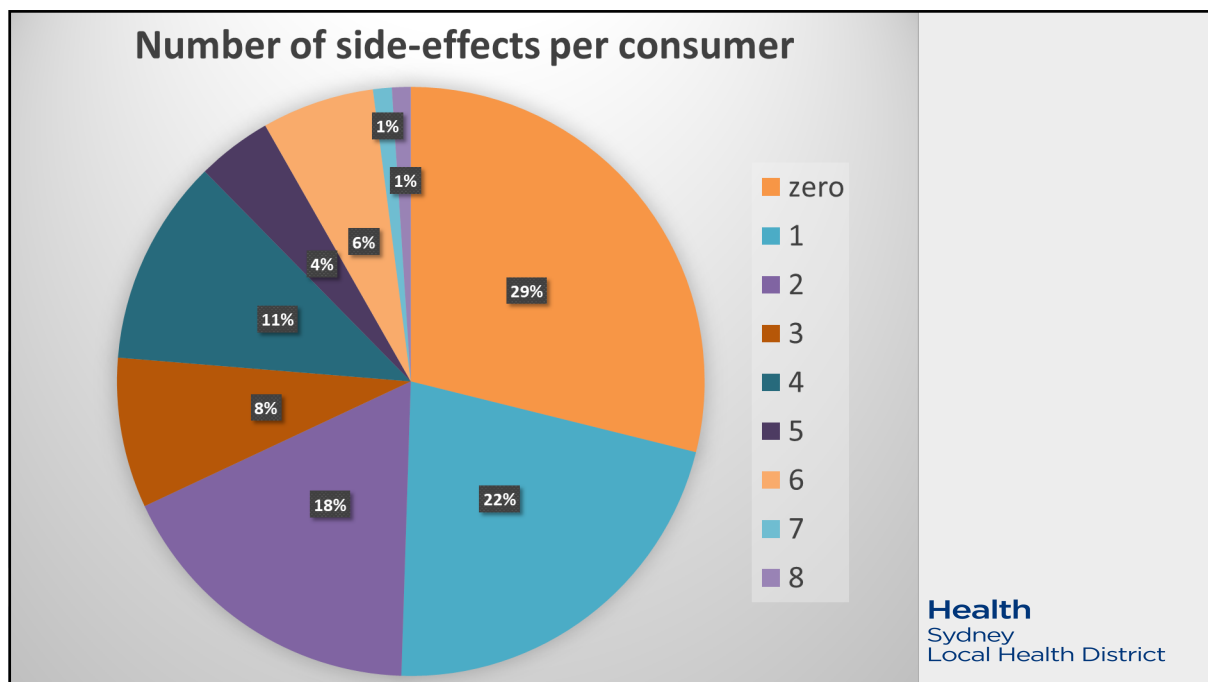
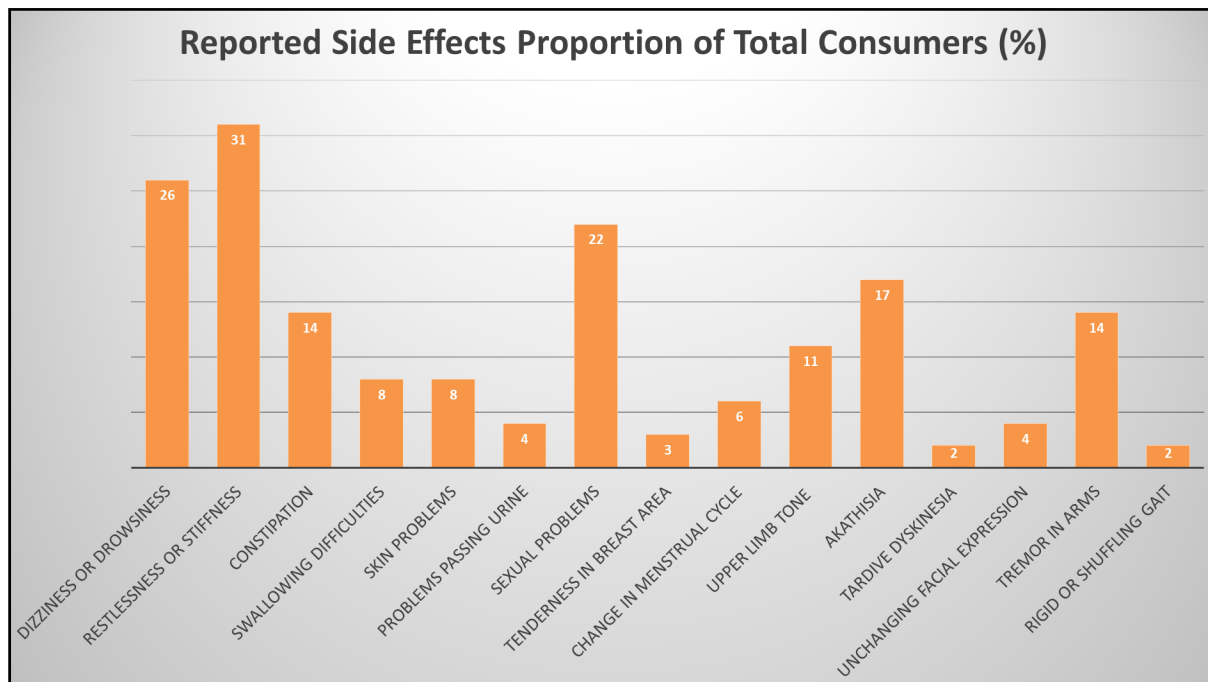
- 12 Month pilot study on people who attend for Long Acting Injection.
- 149 completed tools from 100 individuals, identifying 235 side effects.



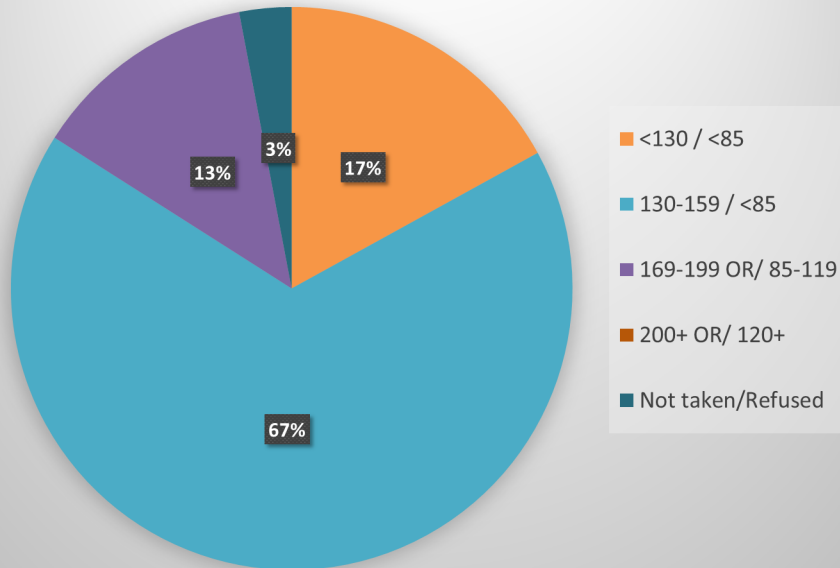
"Listen, when the side effects of this medication kick in, you'll forget what was wrong in the first place!"



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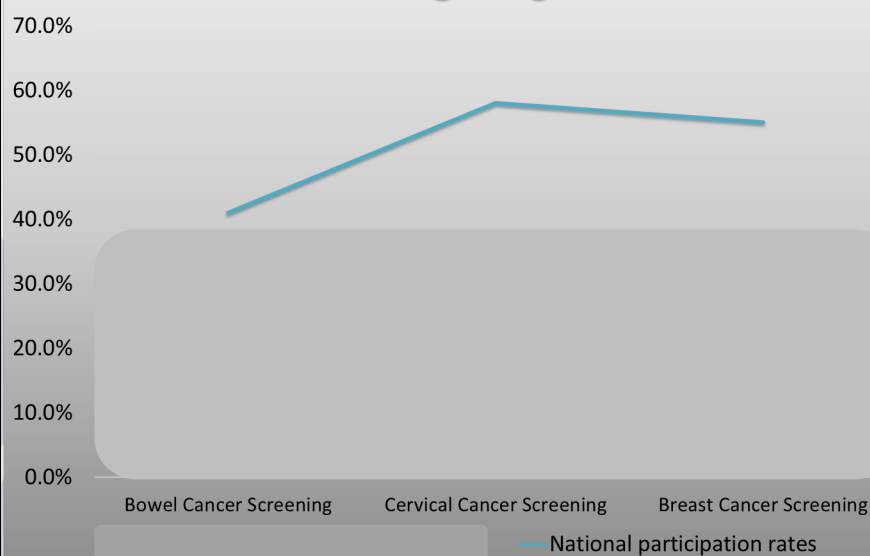


Blood Pressure



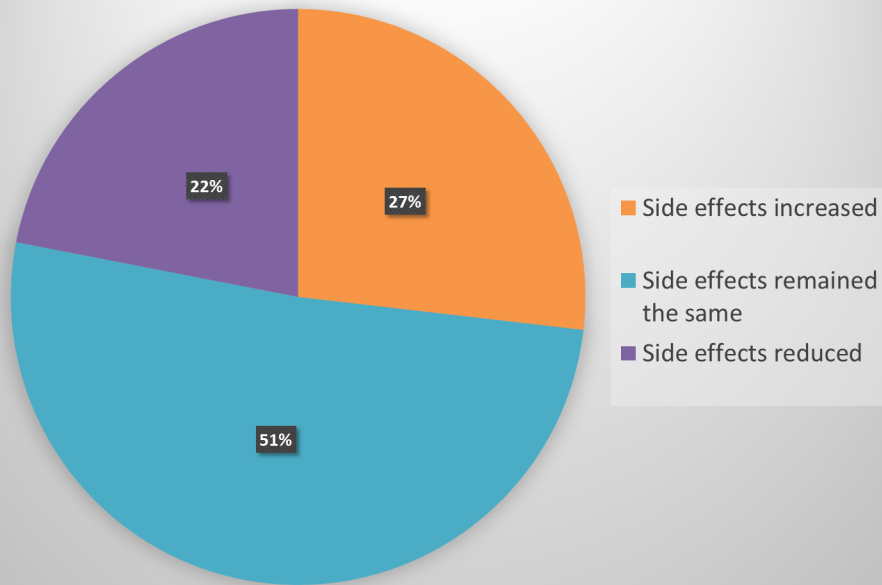
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Participation in National Cancer Screening Programs



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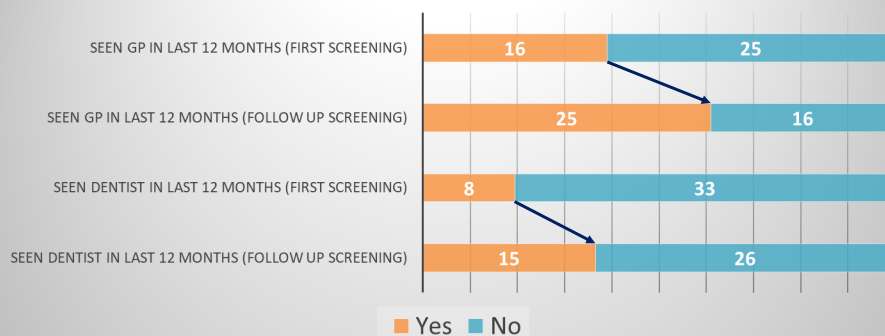
Changes to Side Effect Profile



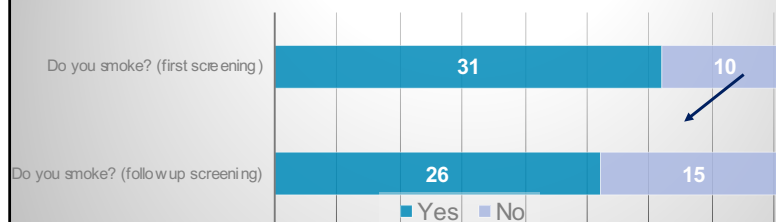
41 Individuals completed more than one screening tool

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Success Story - Engagement with GP and Dentist



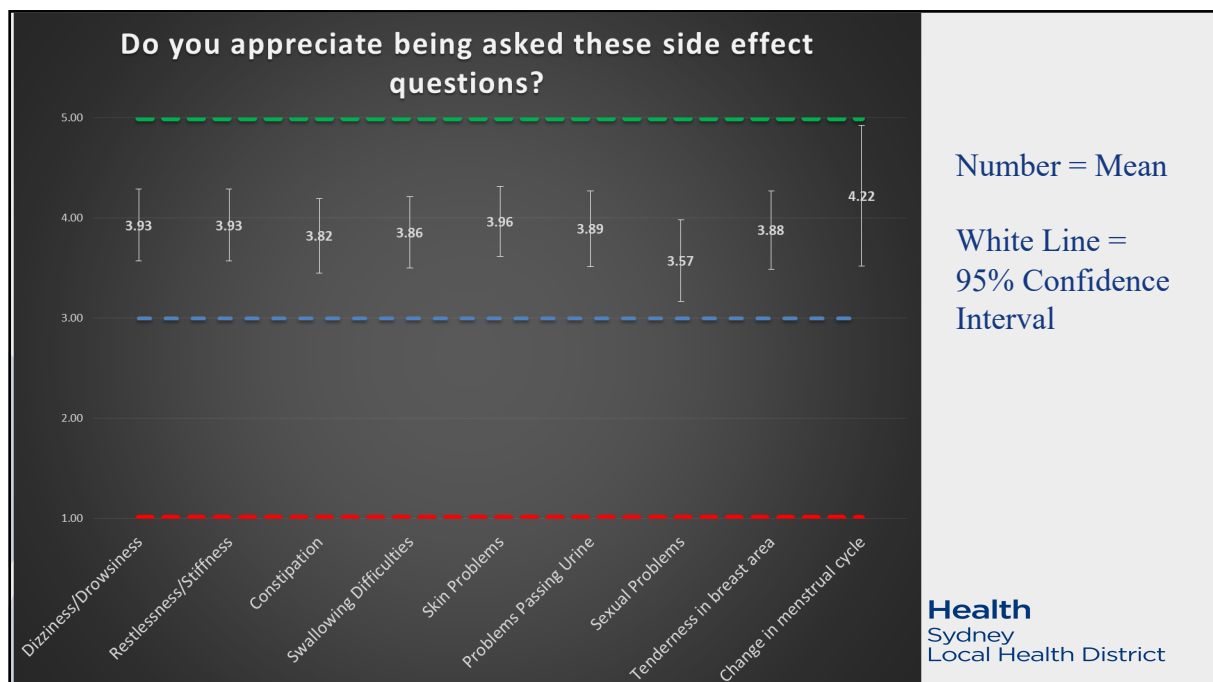
Success Story - Reduction in Smoking Rates

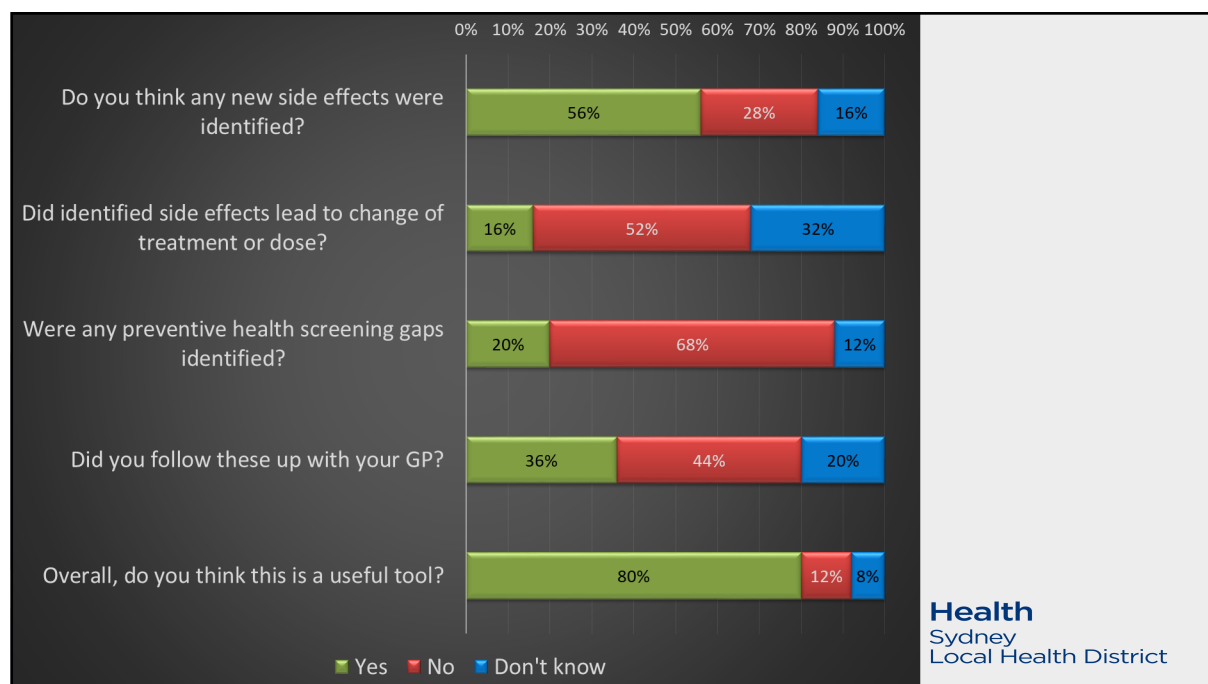
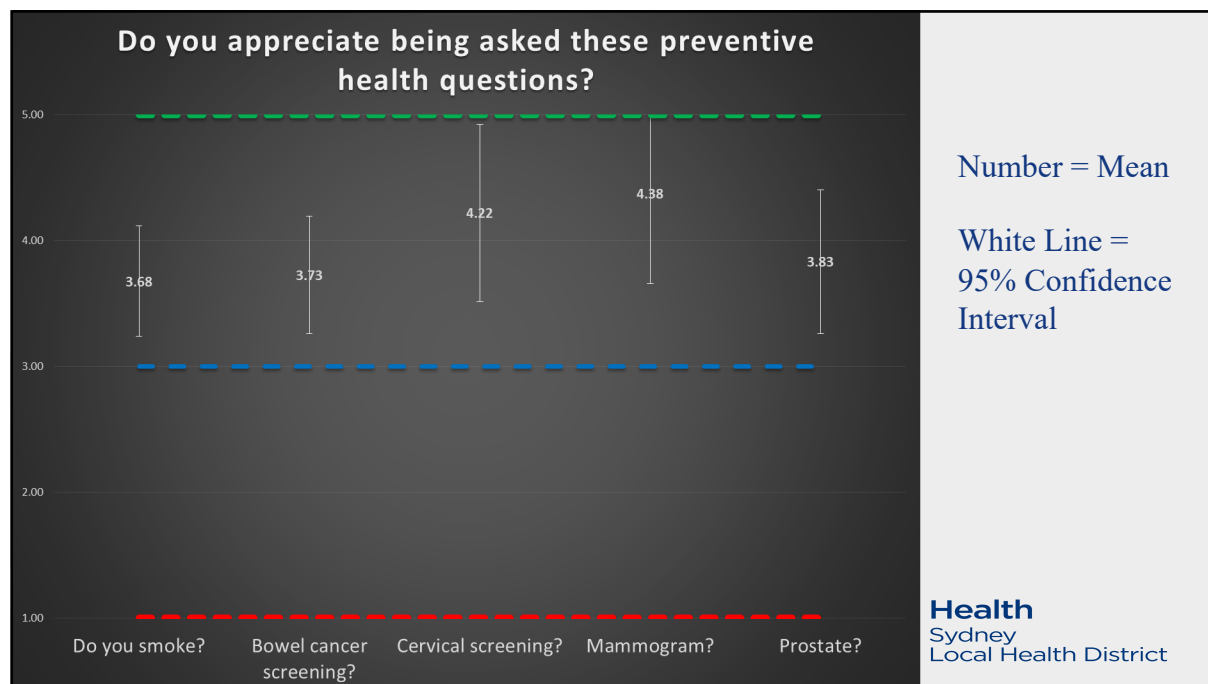


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Consumer Feedback – Experience Survey

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
1. Do you experience dizziness or drowsiness? Blurred Vision?					
2. Do you experience restlessness or stiffness? Muscle cramps?					
3. Do you suffer from constipation?					
4. Do you experience swallowing					
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				





Future Directions

- Roll out the tool more widely across SLHD (and beyond)
- Collect data from inpatient unit – adapted (M-SEPHS-i)
- Publications – spread the word!



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

Questions or Comments?

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