

MANAGEMENT OF ANTIPSYCHOTIC INDUCED WEIGHT GAIN IN PATIENTS WITH SEVERE MENTAL DISORDERS AT A TERTIARY TEACHING HOSPITAL

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Abstract

Background: Antipsychotics are the mainstay in management of several mental health disorders. Antipsychotic induced weight gain is a predominant side effects seen in most patients. **Objective:** This investigation evaluated the interventions employed in addressing olanzapine induced weight gain in patients with severe mental disorders receiving treatment in a tertiary psychiatric setting. **Methods:** A retrospective observational study was conducted at Korle Bu Teaching Hospital. Data was collected from medical records of patients initiated on Olanzapine and reviewed using World Health Organization and American Society of Health System Pharmacist guidelines on drug evaluation to assess compliance with National Institute of Health and Clinical Excellence and British Association of Psychopharmacology guidelines on management of antipsychotic induced weight gain. Descriptive statistics was used to analyse data. **Results:** A total of 188 patients participated in the study. Less than half of the participants (n=57, 30.3%) experienced significant weight gain from the use of olanzapine, and interventions were recommended for 10 (18%) participants. Non-pharmacological interventions and modification in pharmacotherapy were initiated in 4 (40%) patients who received interventions. Adjunctive therapy with metformin was initiated in 1 (10%) patient. Cognitive behavioural therapy was not offered to any patient on account of weight gain. Interventions were administered promptly in 5 (50%) patients. **Conclusion:** Inadequate management of antipsychotic induced weight gain was evident. A multidisciplinary approach must be employed to ensure optimized management of antipsychotic induced weight gain. **Keywords:** Antipsychotic, Weight gain, Olanzapine, Intervention, Mental disorder

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