**Indicator area:** Mental health

**Indicator:** NM130

**Indicator: NM130**

The percentage of patients aged 18 years and over with schizophrenia, bipolar affective disorder and other psychoses who have a record of blood glucose or HbA$_{1c}$ in the preceding 12 months.

**Introduction**

This indicator focuses on people with serious mental illness, including schizophrenia, bipolar disorder and other psychotic illnesses. Schizophrenia is a psychiatric disorder, or cluster of disorders, in which a person's perception, thoughts, mood and behaviour are significantly altered. It is characterised by 'positive symptoms' (including hallucinations and delusions) and by 'negative symptoms' (such as emotional apathy, lack of drive, poverty of speech, social withdrawal and self-neglect).\(^1\) Over a lifetime, about 1% of the population will develop psychosis and schizophrenia.

Bipolar disorder is characterised by episodes of depressed mood and elated mood (mania or hypomania). Mania is abnormally elevated mood or irritability with severe functional impairment or psychotic symptoms for 7 days or more, whereas hypomania is abnormally elevated mood or irritability with decreased or increased function for 4 days or more. The estimated lifetime prevalence of bipolar I disorder (mania and depression) is 1% of adults, and 0.4% of adults for bipolar II disorder (hypomania and depression).

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\(^1\) National Institute for Health and Care Excellence (2015) *Psychosis and schizophrenia in adults* NICE quality standard 80

NM130: August 2015
Rationale
This indicator measures the percentage of people with schizophrenia, bipolar disorder or psychosis who have had their blood glucose or HbA\textsubscript{1c} measured in the previous 12 months.

The NICE guidelines on and psychosis and schizophrenia in adults and bipolar disorder recommend that people with schizophrenia, bipolar disorder and other psychoses have their blood glucose checked annually. This is because antipsychotic medication used to treat these conditions can cause an increase in blood glucose levels which increases the risk of diabetes. NICE guidance also highlights that people with these conditions have a higher risk of developing diabetes because of lifestyle factors, irrespective of whether they are taking antipsychotic medication.

Source guidance and recommendations
- **Psychosis and schizophrenia in adults** (2014) NICE guideline CG178
  - Recommendation 1.5.3.2: GPs and other primary healthcare professionals should monitor the physical health of people with psychosis or schizophrenia when responsibility for monitoring is transferred from secondary care, and then at least annually. The health check should be comprehensive, focusing on physical health problems that are common in people with psychosis and schizophrenia. Include all the checks recommended in 1.3.6.1 and refer to relevant NICE guidance on monitoring for cardiovascular disease, diabetes, obesity and respiratory disease. A copy of the results should be sent to the care coordinator and psychiatrist, and put in the secondary care notes.
  - Recommendation 1.3.6.1: Before starting antipsychotic medication, undertake and record the following baseline investigations:
    - weight (plotted on a chart)
    - waist circumference
    - pulse and blood pressure
    - fasting blood glucose, glycosylated haemoglobin (HbA\textsubscript{1c}), blood lipid profile and prolactin levels
    - assessment of any movement disorders
◊ assessment of nutritional status, diet and level of physical activity.
− Recommendation 1.5.3.3: Identify people with psychosis or schizophrenia who have high blood pressure, have abnormal lipid levels, are obese or at risk of obesity, have diabetes or are at risk of diabetes (as indicated by abnormal blood glucose levels), or are physically inactive, at the earliest opportunity following relevant NICE guidance.

- **Bipolar disorder** (2014) NICE guideline CG185
  − Recommendation 1.10.29: Ensure that the physical health check for people with bipolar disorder, performed at least annually, includes:
    ◊ weight or BMI, diet, nutritional status and level of physical activity
    ◊ cardiovascular status, including pulse and blood pressure
    ◊ metabolic status, including fasting blood glucose, glycosylated haemoglobin (HbA1c) and blood lipid profile
    ◊ liver function
    ◊ renal and thyroid function, and calcium levels, for people taking long-term lithium.

- **Psychosis and schizophrenia in adults** (2015) NICE quality standard 80

**Reporting and verification**
The practice reports the percentage of patients on its mental health register for schizophrenia, bipolar affective disorder and other psychoses who have had a test for blood glucose or HbA1c levels in the preceding 12 months.

**Further information**
This is NICE indicator guidance for QOF, which is part of the NICE menu of indicators. This document does not represent formal NICE guidance. The NICE menu of indicators for QOF is available online at:
http://www.nice.org.uk/standards-and-indicators/qofindicators