



# Bipolar, schizophrenia and other psychoses: annual cholesterol

NICE indicator

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[www.nice.org.uk/indicators/ind158](http://www.nice.org.uk/indicators/ind158)

## Indicator

The percentage of patients aged 18 and over with schizophrenia, bipolar affective disorder and other psychoses who have a record of total cholesterol: hdl ratio in the preceding 12 months.

## Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

This document does not represent formal NICE guidance. For a full list of NICE indicators, see our [menu of indicators](#).

To find out how to use indicators and how we develop them, see our [NICE indicator process guide](#).

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# Rationale

People with schizophrenia, bipolar affective disorder and other psychoses have a much higher risk of raised cholesterol levels than the general population because of the effects of antipsychotic medication. The indicator requires monitoring of cholesterol so that healthcare practitioners can offer advice and treatment for raised cholesterol level, to reduce the risk of cardiovascular disease, when needed.

## Source guidance

- [Psychosis and schizophrenia in adults: prevention and management. NICE guideline CG178 \(2014\)](#), recommendations 1.1.2.5, 1.3.6.1, 1.5.3.2, 1.5.3.3
- [Bipolar disorder: assessment and management. NICE guideline CG185 \(2014, updated 2020\)](#), recommendation 1.2.12

## Specification

**Numerator:** The number of patients in the denominator who have a record of total cholesterol: hdl ratio in the preceding 12 months.

**Denominator:** The number of patients aged 18 and over on the mental health register with a diagnosis of psychosis, schizophrenia or bipolar affective disease.

**Calculation:** Numerator divided by the denominator, multiplied by 100.

**Exclusions:** People with a diagnosis of cardiovascular disease for more than 12 months.

**Minimum population:** The indicator would be appropriate to assess performance at individual general practice level.

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