

Coventry and Warwickshire VTS, CRN West Midlands and Warwick Medical School
‘Primary Care Research and Audit in Coventry and Warwickshire’
11th July 2019

Abstract Submission Form - Closing date 29th April 2019

PRESENTER’S DETAILS		
Title (Prof, Dr, Mr, Mrs, Miss): Mr.	First Name: Qasim	Surname: Amjid
Place of work/study: Warwick Medical School		
PRESENTATION DETAILS (total max 250 words - not including title)		
Co-Authors:	Title of Study: Monitoring of patients on Lithium Therapy in a GP practice in Leicester	
<p>What’s the problem you are tackling? (Background) This audit investigates the frequency with which patients on lithium therapy were monitored in a GP practice in Leicester.</p> <p>NICE guidelines indicate lithium as a treatment for mania, bipolar disorder, recurrent depression and self-harming behaviour in adults (NICE 2018). The side effect profile of lithium means regular monitoring of thyroid, kidney and liver function along with blood lithium levels, is vital in preventing possible complications.</p>		

How did/will you do it? (Method)

The author searched the GP's electronic records to identify patients on Lithium therapy in the last 12 months and recorded the dates in which the corresponding tests were performed. The frequency of tests was then compared to those recommended by the Leicester Medicines Strategy group through a 7 point scale.

What did you find? (Results)

Most patients missed at least one aspect of their review, most commonly BMI. Blood lithium concentrations were largely carried out on time. No patients that had all of the tests done on time. Several patients had not attended monitoring appointments.

Discussing these findings with the GP partner responsible for overseeing this patient group suggested lack of time and lack of patient co-operation to be attributing factors.

Why does this matter? (Conclusion)

Several possible solutions to the problems previously outlined were discussed with the GP partner responsible for this patient group. With BMI being the most commonly missed measurement, allowing patients to weigh themselves in the waiting room may save time during the consultation.

Missed appointments in this patient group seems to be a common issue. Possible reasons include career factors such as working times and may need further investigation.