AUDIT OF ANTI-PSYCHOTIC PRESCRIBING PRACTICES AT THE BURNABY CENTRE FOR MENTAL HEALTH AND ADDICTION

Research Objectives:
The purpose of the project is to investigate the incidence and rational for high dose antipsychotic and polypharmacy prescribing at the Burnaby Centre for Mental Health and Addiction (BCMHA). Given the significant side effect profile of these practices, the project also aims to determine if clients were made aware of these practices.

Methods:
Canadian Ready Reckoner version 1.1 was used to determine the total daily prescribed percentage of antipsychotic(s) as a % of the maximum recommended dose (MRD), including all regular medications and PRNs taken during a random 24-hour period. Data was collected from the client’s chart, medication administration record, pharmacy note, and the unit kardex, in order to compare regimens from admission to audit day. Psychiatrists were interviewed to record the rational for their prescribing practices.

Results:
On the audit day, 28 clients (n = 87) were >100% MRD and 40 clients were on multiple antipsychotics, not including PRNs. The average antipsychotic daily dose was 96.1% MRD. The most common rational for a client being >100% MRD was that they arrived on that regimen (14). The most common rational for antipsychotic polypharmacy was prescribing aripiprazole to treat hyperprolactinemia (6).

Conclusion:
Many clients admitted to BCMHA were already on >100% MRD or polypharmacy. On the audit day most of those clients remained on similar regimens. Unfortunately, due to the nature of the clients (extremely complex, combined with chronic, severe substance use) it is difficult to understand the efficacy of these practices. Further study will be needed in order to determine best practice.