



Service Priorities and Programmes
Electronic Presentations

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Blood Monitoring in Patients on Lithium and Valproate under the care of Psychogeriatrics Team

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Introduction

Both lithium and valproate are used for the treatment of bipolar disorders in elderly patients. They would sometimes be used for the management of manic and psychiatric symptoms in dementia

Objectives

This clinical audit seeks to assess and improve the blood monitoring of elderly patients who are on lithium and valproate under the care of the psychogeriatrics team in a hospital in Hong Kong

Methodology

A prospective audit was conducted in November 2014 on blood monitoring for all patients taking lithium and valproate according to the recommendations in the National Institute for Health and Clinical Excellence and the American Psychiatric Association guidelines. Change intervention including staff education was implemented to improve the adherence rate. A re-audit will be done after 6 months.

Result

A significant improvement in all suggested monitoring was observed after the one hour educational session. The baseline audit revealed that monitoring for patients taking lithium and valproate were not performed to meet the international standards. In the re-audit, the improvement in the level of adherence in all of the monitoring parameters suggested that the use of educational session was useful in changing monitoring practice