



The Maudsley

**Practice Guidelines
for Physical Health
Conditions in
Psychiatry**

David M. Taylor
Fiona Gaughran
Toby Pillinger

WILEY Blackwell

**The Maudsley Practice
Guidelines for Physical
Health Conditions in
Psychiatry**

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The Maudsley Practice Guidelines for Physical Health Conditions in Psychiatry

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For Aloysius, welcome to the world.

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Preface

It is well documented that people with severe mental illness have elevated mortality rates compared with the general population, with physical health conditions the predominant cause. There are several potential mechanisms underlying this mortality gap. First, lifestyle factors such as poor diet, reduced exercise levels, and higher rates of smoking play a role. Second, psychiatric medications are associated with physical side effects, and can contribute to progressive impairment of multiple organ systems. Third, individuals with serious mental illness are less likely to present to a general practitioner or medical hospital with a physical complaint, thereby allowing conditions to progress without treatment. Fourth, when physical conditions are identified while under the care of psychiatric services, practitioners may lack the knowledge and confidence to act.

This, the first edition of *The Maudsley Practice Guidelines for Physical Health Conditions in Psychiatry*, aims to bridge the gap between psychiatric and physical health services which are usually geographically and organisationally separate. A key objective is to enhance the clinical confidence of psychiatric practitioners by providing these individuals with a practical and evidence-based ‘toolkit’ with which to assess, investigate, and potentially initiate treatment for common physical health conditions seen in patients with serious mental illness. It is hoped that co-working relationships between psychiatrists and general practitioners, physicians, and surgeons alike will be enhanced owing to improved quality of referrals. Furthermore, it is anticipated that the standard of clinical care delivered to patients with serious mental illness will improve by expediting appropriate investigation and management of physical comorbidity. Finally, we hope that the patient–practitioner relationship will be enhanced as psychiatric patients become aware that both body and mind are being considered as part of their holistic care.

The Maudsley Practice Guidelines for Physical Health Conditions in Psychiatry consists of 89 chapters, covering 14 different organ systems, alongside emergency presentations. Although *The Guidelines* are predominantly based on UK practice, we have made efforts to acknowledge the anticipated international readership, and as such have also included references to psychiatric and medical drugs not currently licensed in the UK. However, the reader should be aware that no guideline can take into account every drug available across the world, so omissions are inevitable.

This text may be seen as a sister volume to the *The Maudsley Prescribing Guidelines in Psychiatry*. Like that book, the *The Maudsley Practice Guidelines for Physical Health Conditions in Psychiatry* is the product of a group of local and international experts; we are indebted to the 125 individuals from across medicine, surgery, and psychiatry who have contributed. At present, the world's attention is centred on the COVID-19 pandemic and never has there been a greater need for clinicians from across specialties to work together for the greater good of patients. We hope that *The Maudsley Practice Guidelines for Physical Health Conditions in Psychiatry* will go some way to facilitate this, not only in the current climate but for years to come.

Toby Pillinger
London, UK
September 2020

Abbreviations

ABPM	ambulatory blood pressure monitoring
ACE	angiotensin-converting enzyme
ACOS	asthma–COPD overlap syndrome
ACS	acute coronary syndrome
ADH	antidiuretic hormone
ADR	adverse drug reaction
AE	autoimmune encephalitis
AED	antiepileptic drug
AF	atrial fibrillation
AFB	acid-fast bacilli
AKI	acute kidney injury
ALP	alkaline phosphatase
ALT	alanine aminotransferase
ANC	absolute neutrophil count
ARB	angiotensin II receptor blocker
ART	antiretroviral therapy
ASPD	advanced sleep phase disorder
AST	aspartate aminotransferase
ATT	antitubercular treatment
AUR	acute urinary retention
BEN	benign ethnic neutropenia
BMI	body mass index
BNP	brain natriuretic peptide
BP	blood pressure
BPH	benign prostatic hyperplasia
CAP	community-acquired pneumonia
CBT	cognitive-behavioural therapy
CI	confidence interval
CIM	clozapine-induced myocarditis
CKD	chronic kidney disease
CLD	chronic liver disease

CNS	central nervous system
COPD	chronic obstructive pulmonary disease
COVID-19	coronavirus disease 2019
CPAP	continuous positive airway pressure
CRP	C-reactive protein
CSF	cerebrospinal fluid
CT	computed tomography
CVD	cardiovascular disease
DAA	direct-acting antiviral
DEXA	dual-energy X-ray absorptiometry
DI	diabetes insipidus
DKA	diabetic ketoacidosis
DRE	digital rectal examination
DSPD	delayed sleep phase disorder
DVT	deep vein thrombosis
ECT	electroconvulsive therapy
EDS	excessive daytime sleepiness
eGFR	estimated glomerular filtration rate
EPSE	extrapyramidal side effect
ESC	European Society of Cardiology
ESR	erythrocyte sedimentation rate
ESRF	end-stage renal failure
FBC	full blood count
FDA	Food and Drug Administration
FEV ₁	forced expiratory volume in 1 s
FVC	forced vital capacity
GABA	gamma-aminobutyric acid
GCS	Glasgow Coma Scale
GGT	gamma-glutamyltransferase
GORD	gastro-oesophageal reflux disease
HAD	HIV-associated dementia
HAND	HIV-associated neurocognitive disorders
HAP	hospital-acquired pneumonia
HBPM	home blood pressure monitoring
HBV	hepatitis B virus
HCG	human chorionic gonadotrophin
HCV	hepatitis C virus
HDL	high-density lipoprotein
HHS	hyperosmolar hyperglycaemic state
HMOD	hypertension-mediated organ damage
HRT	hormone replacement therapy
HSV	herpes simplex virus
ICD	implantable cardioverter-defibrillator
ICP	intracranial pressure

ICU	intensive care unit
IGRA	interferon gamma release assay
INR	international normalised ratio
IOP	intraocular pressure
IUD	intrauterine device
LARC	long-acting reversible contraceptive
LBBB	left bundle branch block
LDL	low-density lipoprotein
LFT	liver function test
LLQ	left lower quadrant
LMWH	low-molecular-weight heparin
LOS	lower oesophageal sphincter
LP	lumbar puncture
LUQ	left upper quadrant
LVH	left ventricular hypertrophy
MAOI	monoamine oxidase inhibitor
MCV	mean corpuscular volume
MDD	major depressive disorder
MOH	major obstetric haemorrhage
MRI	magnetic resonance imaging
MRSA	methicillin-resistant <i>Staphylococcus aureus</i>
MSU	mid-stream urine
NAFLD	non-alcoholic fatty liver disease
NICE	National Institute for Health and Care Excellence
NMDA	N-methyl-D-aspartate
NMS	neuroleptic malignant syndrome
NNRTI	non-nucleoside reverse transcriptase inhibitor
NRT	nicotine replacement therapy
NSAID	non-steroidal anti-inflammatory drug
NSTEMI	non-ST-segment elevation myocardial infarction
OD	odds ratio
OGTT	oral glucose tolerance test
OIC	opioid-induced constipation
OSA	obstructive sleep apnoea
PA	physical activity
PAMORA	peripherally acting μ -opioid receptor antagonist
PCI	percutaneous coronary intervention
PCR	polymerase chain reaction
PE	pulmonary embolism
PEF	peak expiratory flow
PEFR	peak expiratory flow rate
PEP	post-exposure prophylaxis
PHAP	psychiatric hospital-acquired pneumonia
PID	pelvic inflammatory disease

PLMS	periodic limb movements in sleep
PLWHIV	people living with HIV
PNES	psychogenic non-epileptic seizures
POI	premature ovarian insufficiency
PPI	proton-pump inhibitor
PPS	psychogenic pseudosyncope
PUD	peptic ulcer disease
PwE	people with epilepsy
RAPD	relative afferent pupillary defect
RID	relative infant dose
RLS	restless leg syndrome
RR	relative risk
RUQ	right upper quadrant
SARS-CoV-2	severe acute respiratory syndrome coronavirus 2
SD	sexual dysfunction
SIADH	syndrome of inappropriate antidiuretic hormone secretion
SJS	Stevens–Johnson syndrome
SLE	systemic lupus erythematosus
SMI	serious mental illness
SNRI	serotonin/noradrenaline reuptake inhibitor
SPECT	single photon emission computed tomography
SSRI	selective serotonin reuptake inhibitor
STEMI	ST-segment elevation myocardial infarction
STI	sexually transmitted infection
SVT	supraventricular tachycardia
TD	tardive dyskinesia
T2DM	type 2 diabetes mellitus
TEN	toxic epidermal necrolysis
TFT	thyroid function test
TIA	transient ischaemic attack
TIBC	total iron-binding capacity
TLE	temporal lobe epilepsy
TLOC	transient loss of consciousness
TNF	tumour necrosis factor
TRH	thyrotropin releasing hormone
TSH	thyroid stimulating hormone
UA	unstable angina
ULN	upper limit of normal
UPSI	unprotected sexual intercourse
UTI	urinary tract infection
VGKC	voltage-gated potassium channel
VT	ventricular tachycardia
VTE	venous thromboembolism
WHO	World Health Organization