

Prevalence of Significant Weight Gain of Patients on Psychotropic Drugs Attending Psychiatric Clinic of Hospital Seri Manjung

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ABSTRACT

Introduction: Psychotropic drugs may cause weight gain. Being overweight and obese are associated with cardiovascular disease and metabolic syndrome. This study aimed to determine the prevalence of significant weight gain (at least 7% increase in weight) within 6-8 months among patients on psychotropic drugs and the contributing factors. **Methods:** A retrospective record review of patients attending Psychiatric Clinic, Hospital Seri Manjung, Malaysia from March-November 2017 was conducted. Records of patients prescribed with psychotropic drug(s) for at least 6 months were reviewed. Data on socio-demography, co-morbidities, height, weight (6-8 months prior), weight, diagnosis, psychotropic drugs initiation date and type were recorded using a data collection form. **Results:** Data of 388 patients was analysed. Percentage of patients with significant weight gain was 12.1%. Female patients had nearly 3-fold odds of significant weight gain (OR=2.78; 95% CI: 1.39, 5.56; p=0.003) than male. Chinese patients were twice less likely to have significant weight gain (OR=0.43; 95% CI: 0.20, 0.90; p=0.025) than Malays. Patients on atypical antipsychotics had 2.5-fold odds of having significant weight gain. (OR=2.52; 95% CI: 1.27, 5.00; p=0.007). Underweight patients had 3-fold odds of having significant weight gain than patients with normal BMI (OR=3.33; 95% CI: 1.32, 8.39; p=0.011). Overweight and obese patients had lower odds of significant weight gain. **Conclusion:** The prevalence of patients on psychotropic drugs with significant weight gain within 6-8 months was 12.1%. Female gender, Malay ethnicity, atypical antipsychotics and lower baseline BMI increased the likelihood of significant weight gain within 6-8 months.

Diabetic Control Among Type II Diabetes Mellitus (T2DM) Patients in Hospital Taiping Before and After the Implementation of Movement Control Order (MCO) Due to COVID-19

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ABSTRACT

Introduction: The implementation of Movement Control Order (MCO) changed the routine appointments in clinic and hospitals visit which indirectly affect the management of diabetic patients. In addition, people with diabetes have been reported to have higher risk of mortality due to COVID 19 infection. This study aims to assess the diabetic control among Type II Diabetes Mellitus (T2DM) patients in Hospital Taiping, Malaysia before and after the implementation of MCO due to Covid-19. **Methods:** This was a cross sectional study. Medical records of adult T2DM patients who had follow up visits in Medical Outpatient Department (MOPD) clinic from December 2019 until August 2020 were reviewed. Their weight, blood pressure (BP) and blood parameters (HbA1c, FBS, Urea, Creatinine, FLP) before and after MCO were compared. **Results:** In all 99 records were reviewed. Mean age of the patients was 56 (12.06) years; 54 (54.5%) were females. Majority of patients were Malays 71 (71.7%). There was no significant difference in mean BP and weight pre and post MCO. Most of the blood parameter results (FBS, Urea, Creatinine, Total Cholesterol, LDL, Triglycerides) showed no significant different before and after the implementation of MCO. However, HDL showed significant different in the result with pre MCO of 1.16 (0.35) mmol/L and post MCO of 1.22 (0.34) mmol/L; p value 0.017. In addition, HbA1c also showed slight improvement with pre value of 8.85 (2.33) % and post value of 8.47 (2.25) %, p value 0.032. **Conclusion:** This study showed that the implementation of MCO has not caused much effect on diabetic control of T2DM patients in Hospital Taiping.