Clozapine Pack for Learning Disabilities Nurses

Version 1

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Nursing Care Plan for the management of clozapine for people with a learning disability

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**NEED**

(Name) has been prescribed clozapine .................................................................

From (date) ..........................................

Medication prescribed .......................................................

By whom (Consultant Psychiatrist) ..............................................

For the management of ............................................................

This care plan attempts to cover a large amount of complex information. In order to keep the care plan manageable a number of key documents and web site links have been embedded and provided.

Clozapine can have some serious side effects and close monitoring is required.

“Clozapine is an atypical antipsychotic licensed for treatment resistant schizophrenia. The Medicine and Healthcare Products Regulatory Authority (MHRA) has restrictions on its prescribing, which includes extensive monitoring (especially white blood cell [WBC] counts). Failing to follow correct procedure could result in harm to patients.”

Sussex Partnership Clinical Policy Procedure and Guidance for the use of Clozapine
https://www.sussexpartnership.nhs.uk/node/1467/attachment

The most significant risks to consider include constipation (including faecal impaction, intestinal obstruction and paralytic ileus), severe hypotension with cardiovascular collapse, myocarditis or cardiomyopathy, severe hyperthermia, neutropenia and seizures. Interactions with other prescribed medication, especially other antipsychotics, Benzodiazepines and cardiac medication must also be considered.

What are the most concerning side effects?
Please be reassured the risk of serious side effects is extremely rare.

Adverse reactions are ranked under headings of frequency, using the following convention: Very common (≥1/10), common (≥1/100 to <1/10), uncommon (≥1/1,000 to <1/100), rare (≥1/10,000 to <1/1,000), very rare (<1/10,000), not known (cannot be estimated from the available data).

https://www.medicines.org.uk/emc/medicine/32564#UNDESIRABLE_EFFECTS
In addition to the commonly known side effects of antipsychotic medications, constipation, blurred vision, dry mouth, drowsiness, muscle spasms or tremors, weight gain.

**AIMS**

1. To support consent or participate in best interest decision
2. To support the initiation of clozapine
3. To monitor the effectiveness and side effects of clozapine.
4. To ensure a safe discharge from community nursing and that robust monitoring and contingency plans are in place

**Describe Service User Involvement in care plan:**

**INTERVENTION**

This should include the theory/evidence base/practice base which informs the intervention

1. **Support consent or participate in Best Interest Decision**

Refer to Mental Capacity Act codes of Practice
Use easy to read material if appropriate

2. **Support the initiation of clozapine**

Organise with the service user when and where they are to attend for regular blood tests and who will dispense the clozapine. In Learning Disability Services this is the role of the specialist pharmacist. The specialist pharmacist will provide bespoke training for the service user and their support team.

For example:

Ensure reasonable adjustments are in place for blood testing.

Check that processes are operating effectively and efficiently e.g. that monitoring, prescribing and administration is taking place according to procedure and guidance. Keep service user records accurately and up to date to enable the whole team to provide support in the absence of the lead practitioner.

Ensure service user/support team maintain knowledge on the potential risks and benefits of
clozapine, to enable accurate advice to be provided to service users as part of follow-up and to ensure the service user and/or their support team know what to do in the event of a problem.

People are at increased risk of falls during the initiation phase. Refer to the Community Services Falls Risk assessment:

Discuss smoking habits. Smoking can cause the clozapine to be broken down quicker in the body. Refer to the Trusts Guidelines Smoking and Clozapine: https://www.sussexpartnership.nhs.uk/node/1659/attachment

3. Monitor the effectiveness and side effects of Clozapine.

Use the Glasgow Side Effect Monitoring Scale for Clozapine https://www.sussexpartnership.nhs.uk/node/2248/attachment

Patients must be monitored at specified intervals for Full Blood Count (FBC), monitoring of routine health parameters and side effects. Pharmacy will not dispense clozapine unless there is a valid blood test result. The named consultant is responsible for ensuring that all required physical health checks and side effect monitoring is carried out at initiation. Monitoring after this should be conducted in primary care by the GP.

An annual physical health check must be completed to determine the risk of metabolic syndrome as clozapine patients are at an increased risk of both cardiovascular disease and diabetes. Unless specifically agreed otherwise, this should be carried out by the GP. The physical health check must include the relevant annual blood tests and measurement of blood pressure and weight. Smoking status, alcohol and illicit drug use must be established and relevant health promotion advice offered.

It is essential the person’s GP records (Summary Care Record) includes clozapine (even when not prescribed by the GP).

“Lifestyle factors contributing to overall health such as diet and exercise should be considered and relevant advice given and documented. Results of assessments must be forwarded to the prescribing consultant.” (Sussex Partnership Clinical Policy Procedure and Guidance for the use of clozapine 2015)

Refer to the Smoking and Clozapine Guidelines embedded in section 2 of this care plan.

Refer to the NICE Guidance Physical Health Monitoring

For both inpatients and outpatients a full examination should be undertaken each week during titration.

Nurses should inform the doctor if:
- Temperature rises above 38° C (this is common and on its own not a good reason to stop clozapine)
- Pulse is >100 BPM
- Postural drop of >30mmHg
- Patient clearly over sedated
- Any other adverse effect is intolerable
Constipation is a significant side effect of clozapine and should be dealt with swiftly. A constipation risk assessment and care plan should be in place. http://www.nhs.uk/Conditions/constipation/Pages/Introduction.aspx

Clozapine can impact on epilepsy – an epilepsy risk assessment and care plan should be in place.

EPILEPSY RISK ASSESSMENT.docx

Develop person specific care plans for other side effects e.g. hyper salivation, healthy lifestyle.

Place an ambulance care plan on the SeCamb IBIS system

4. **What to do if a dose of clozapine is missed.** It may be necessary to re-titrate the dose. Ensure that when a person has missed more than 2 days of treatment, the doctor writes a new prescription, and pharmacy provides an appropriately named patient labelled supply of tablets to enable the patient to re-titrate their dose as per trust policy, to avoid potentially serious adverse effects.

5. **Ensure a safe discharge from community nursing and that robust monitoring and contingency plans are in place.**

Provide a crisis/safety plan for the service user and their carers (See teaching session embedded in section 2 of this care plan) if the person

- misses a blood test
- has a red blood test result
- has concerning side effects – see GASS for clozapine chart and teaching session embedded in section 2
- has severe constipation (a care plan or constipation must be in place)
- is prescribed antibiotics or any medication that may interact with the clozapine.
- has an increase in seizures (where applicable)

Ensure service user/carers have information about the risks and side effects of clozapine – advice access NHS Choice and medication web site

Advise prescribing consultant and GP that the service user has been discharged from nursing.

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<td><a href="http://www.choiceandmedication.org/sussex/">http://www.choiceandmedication.org/sussex/</a></td>
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Denzapine® Monitoring Service. Telephone number: 0333 200 4141.