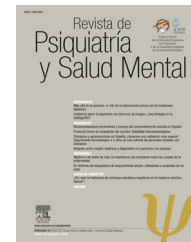




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## ORIGINAL ARTICLE

# Cardiovascular and metabolic monitoring of children and adolescents on antipsychotic treatment: A cross-sectional descriptive study<sup>☆</sup>

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### KEYWORDS

Mental disorder;  
Paediatric age;  
Antipsychotic;  
Metabolic syndrome;  
Cardiovascular risk

### Abstract

**Background:** Cardiovascular and metabolic monitoring of patients on antipsychotic medication is essential. This becomes more important in those of paediatric age, as they are more vulnerable, and also because prescriptions of this kind of drugs are still increasing.

**Aim:** To evaluate the monitoring of cardiovascular and metabolic risk factors in a group of children and young people on antipsychotic medication.

**Method:** A descriptive cross-sectional study was conducted in which a group of 220 patients aged 8–17 years, diagnosed with a mental disorder and on antipsychotic treatment. They were compared to a control group of 199 asthmatic patients not exposed to antipsychotic drugs. Data was extracted from the computerized clinical history ECAP in 2013.

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**Results:** The mean age of the children was 12 years (8–17). Risperidone (67%) was the most frequent treatment. The recording of body mass index (BMI) and blood pressure (AP) was 50% in Mental Disorder (MD) patients. A higher number of cardiovascular monitoring physical parameters (weight, height, BMI and BP) were observed in the MD group compared to the control Asthma control group. Altogether, more physical parameters than biochemistry parameters were recorded.

**Conclusions:** This study shows that the recording of cardiovascular parameters and metabolic studies needs to be improved in children and adolescents on treatment with antipsychotics.

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## PALABRAS CLAVE

Trastorno mental;  
Edad pediátrica;  
Antipsicótico;  
Síndrome metabólico;  
Riesgo cardiovascular

## Monitorización del riesgo cardiovascular y metabólico en niños y adolescentes en tratamiento antipsicótico: un estudio descriptivo transversal

### Resumen

**Antecedentes:** El control cardiovascular y metabólico en pacientes que toman antipsicóticos es fundamental y adquiere una especial relevancia en la edad pediátrica, por ser pacientes más vulnerables y porque cada vez se prescriben fármacos de este tipo en más ocasiones.

**Objetivo:** Describir el grado de cumplimiento de las recomendaciones de control de parámetros cardiovasculares y metabólicos en un grupo de niños y jóvenes en tratamiento antipsicótico.

**Método:** Se trata de un estudio descriptivo transversal en el que se comparan un grupo de 220 pacientes de 8-17 años, diagnosticados de trastorno mental (TM) y en tratamiento antipsicótico, con otro grupo de referencia constituido por 199 individuos asmáticos no expuestos a antipsicóticos del mismo grupo de edad. Los datos se extrajeron de la historia clínica informatizada ECAP en el año 2013.

**Resultados:** La edad de los niños se sitúa entre los 8 y 17 años. La media de edad es de 12 años. La risperidona es el antipsicótico pautado más frecuentemente (62,7%).

El porcentaje de registro de peso, talla, índice de masa corporal (IMC) y presión arterial (PA) es de aproximadamente un 50% en los pacientes del grupo TM. En el grupo TM se observa un mayor registro de los parámetros físicos de control cardiovascular (peso, talla, IMC y PA) en comparación con el grupo Asma. En conjunto, se registran más los parámetros físicos que los parámetros bioquímicos.

**Conclusiones:** Este estudio evidencia la necesidad de seguir insistiendo en la monitorización de los parámetros cardiovasculares y metabólicos en los niños y jóvenes en tratamiento con antipsicóticos.

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## Introduction

In recent years the prescription of antipsychotics (especially second generation) for Spanish children and adolescents has increased. The hypotheses that justify this increase are many and varied: efficacy in resolving aggression and irritability type symptoms; limitations in the alternative treatment therapies available; the recommendation of second generation antipsychotics in the clinical guidelines; and off label use.<sup>1-4</sup> These drugs can give rise to long-term side effects that must be taken into account, especially in the paediatric population, as this is a more vulnerable group.<sup>5</sup>

Taking antipsychotics, mainly second generation, has been associated with an increased risk of developing metabolic syndrome and long-term cardiovascular problems.<sup>6</sup> In children, this has been consistently associated with an increase in weight and body mass index (BMI),<sup>7</sup> with an increase in prolactin levels and, in some cases, glycaemic and lipidemic disorders.<sup>8</sup> In addition, changes in development of sex organs and a delay in sexual maturity related

to hormonal alterations have been described in children.<sup>8</sup> The pathophysiological basis of these processes is still poorly understood, and for this reason studies and precautionary measures are required to avoid them.<sup>8,9</sup>

In the child and adolescent population, clinical guidelines<sup>10</sup> recommend that all patients taking antipsychotics should be followed up. In clinical practice in our environment, the extent to which the side effects of these drugs are monitored is not sufficiently known. Obtaining this information would be the first step to taking action aimed at detecting and preventing the increase in cardiovascular and metabolic risk involved in taking antipsychotics.

The objectives of this study are:

- (a) To describe the sociodemographic characteristics of a group of children and adolescents in Barcelona on active antipsychotic treatment in 2013, and determine which mental disorder (MD) and antipsychotic drug has been most frequently recorded.

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