



Nurse Prescribing in 'Depot' Clinics: Back to Basics and Beyond



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Nurse Prescribing in 'Depot' Clinics: Back to Basics and Beyond

- We will:
 - explain why nurse prescribing in depot clinics is important
 - give overview of the nurse prescribing depot clinic pilot
 - discuss how the pilot is working in practice
 - outline the next steps.

NB: We will use the term 'depot' medications as shortcut in reference to both first and second generation long-acting injectable (LAIs) antipsychotic medications



‘Back to Basics’

- Depot clinics - key component of community mental health nursing
- Depot medications - first introduced in the 1960s (*Crocq 2015*)
- Made key contribution to the development of community psychiatry & community psychiatric nursing
- Depot medications evolved over time
- Recent estimates - *approx. 25-33% of UK patients with a diagnosis of schizophrenia prescribed antipsychotic depot medications (*Kenicer et al 2016*)
- *circa 220 000 people have a diagnosis of schizophrenia in England & Wales

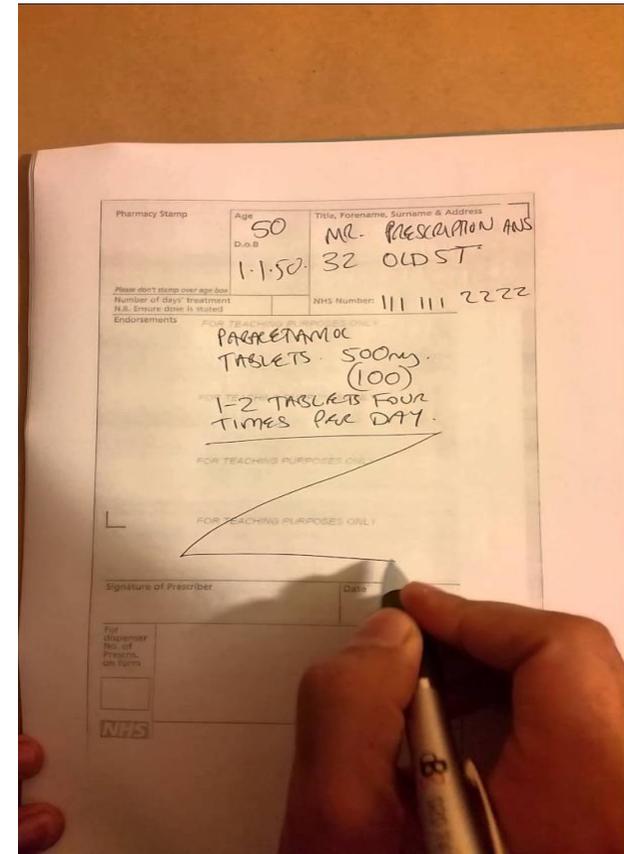


Beyond: Nurse Prescribing (aka Non-Medical Prescribing)

- Provides improved & timely access to medicines
- With appropriate training & support, nurses & pharmacists prescribe medicines to manage a range of conditions to achieve comparable health management outcomes to doctors (*Cochrane review 2016*). Including:
 - diabetes control
 - high cholesterol adverse events
 - patients adhering to their medication regimens
 - patient satisfaction with care
 - health-related quality of life
 - high blood pressure

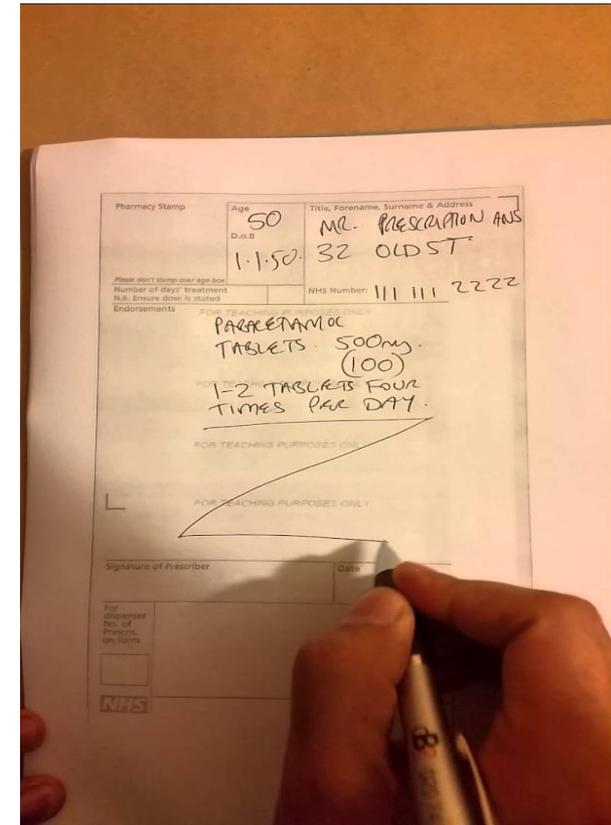
Why Nurse Prescribing in Depot Clinics?

- Clozapine & depot medications associated with highest rates of prevention of relapse in schizophrenia (*Tiinonen et al 2017*)
- Swedish retrospective study of 29,823 service-users with a diagnosis of schizophrenia (age 16-64) from July 2006 - Dec 2013 (*Tiihonen et al, JAMA 2017*)
- The risk of rehospitalisation was 20% to 30% lower on depot treatments compared with equivalent oral formulations
- Enables Trust's nurse prescribers work within the boundaries of the NMC Code (2015)



Why Nurse Prescribing in Depot Clinics?

- It reflects the core values of the Trust's Nursing Strategy
 - *“Provide a nursing workplace where individuals within that workforce can flourish and thrive and advance in their careers or jobs to maximise their potential and deliver an excellent standard of care consistently”*
- It is a component of a ‘demand and capacity’ review in the two adult community teams
- It improves the function of the depot clinic



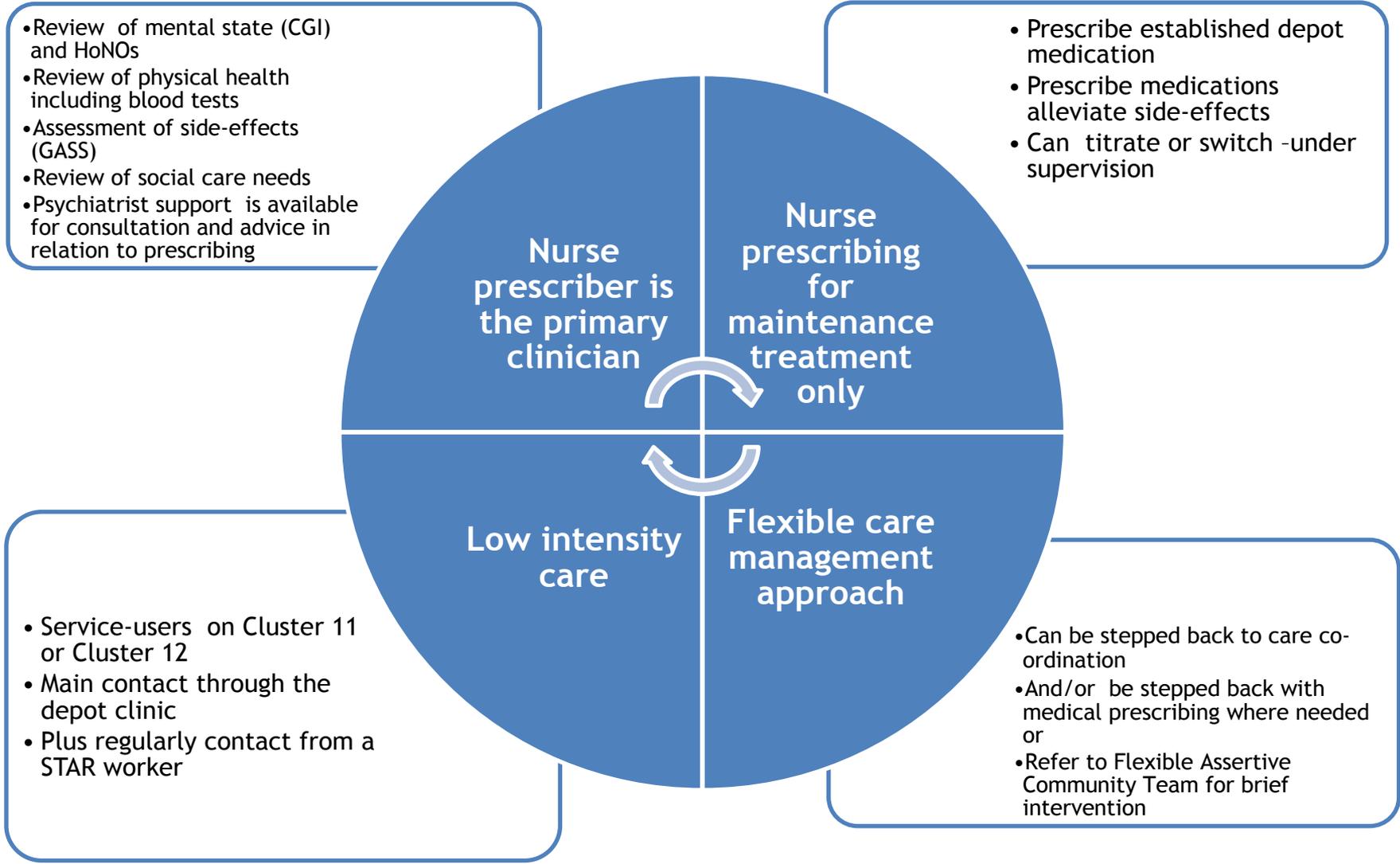
Nurse Prescribing in Depot Clinics

Taking all these factors into account:

- Piloting nurse prescribers in leading maintenance treatment for service users with diagnoses of schizophrenia & prescribed 'depot' medications
- Makes effective & appropriate use of skills of nurse prescribers within the Trust



‘Beyond the basics’- Nurse Prescribing Depot Clinic



‘Beyond the basics’- Nurse Prescribing Depot Clinic

- Two nurse prescribing depot clinics which operate once/week alongside routine depot clinic
- Located in SW quadrant & E&SE quadrant within Treatment Targeted Teams for psychosis for adults age between 18-65
- Reviewed by nurse prescriber first & then they have their depot administered by the depot clinic nurse
- Nurse prescriber undertakes a review of:
 - mental state
 - social needs
 - physical health and blood tests
 - Medication and side-effects
- Nurse prescribes the depot medication
- Write to the GP outlining the care plan including any changes made to the medication



Clinical Global Impression scale (CGI)

(National Institute of Mental Health, 1976)

- * Enables the clinician to quantify and track patient progress and treatment response over time
- * Can be used for any condition

• CGI -Severity (Baseline)

1. Normal -shows no signs of illness
2. Borderline ill
3. Mildly ill
4. Moderately ill
5. Markedly ill
6. Severely ill
7. Amongst the most extremely ill of the patients

• CGI- Improvement

1. Very much improved
2. Much improved
3. Minimally improved
4. No change
5. Minimally worse
6. Much worse
7. Very much worse

Glasgow Antipsychotic Side-effect Scale (GASS)¹

Name: _____

Age: _____

Sex: M / F

Please list current medication and total daily doses below:

This questionnaire is about how you have been recently. It is being used to determine if you are suffering from excessive side effects from your antipsychotic medication.

Please place a tick in the column which best indicates the degree to which you have experienced the following side effects. Tick the end box if you found that the side effect distressed you.

Over the past week:	Never	Once	A few times	Everyday	Tick this box if distressing
1. I felt sleepy during the day					
2. I felt drugged or like a zombie					
3. I felt dizzy when I stood up and/or have fainted					
4. I have felt my heart beating irregularly or unusually fast					
5. My muscles have been tense or jerky					
6. My hands or arms have been shaky					
7. My legs have felt restless and/or I couldn't sit still					
8. I have been drooling					
9. My movements or walking have been slower than usual					
10. I have had, or people have noticed uncontrollable movements of my face or body					
11. My vision has been blurry					
12. My mouth has been dry					
13. I have had difficulty passing urine					
14. I have felt like I am going to be sick or have vomited					
15. I have wet the bed					
16. I have been very thirsty and/or passing urine frequently					
17. The areas around my nipples have been sore and swollen					
18. I have noticed fluid coming from my nipples					
19. I have had problems enjoying sex					
20. Men only: I have had problems getting an erection					
Tick yes or no for the following questions about the last three months			No	Yes	Tick this box if distressing
21. Women only: I have noticed a change in my periods					
22. Men and women: I have been gaining weight					

References:

1. Waddell L and Taylor M. J Psychopharmacol 2008; 22(3): 238-243.
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‘Beyond the basics’- Nurse Prescribing Depot Clinic

Rosanne House (East Targeted Treatment Team)



Total number of service-users on depot	103
Total number of service-users attend depot clinic	60(58%)
Total number in nurse prescribing clinic	21
Overall % of depot clinic service-users	35%

Colne House (SW Targeted Treatment Team)



Total number of service-users on depot	126
Total number of nurse prescribing clinic	22
Overall % of depot clinic service-users	28%



Total number of service-users in the two depot clinics	229
Total number under nurse prescribing clinic	49
Overall % of service-users under nurse prescribing	21%

Examples of service-users seen in the 'depot' clinic

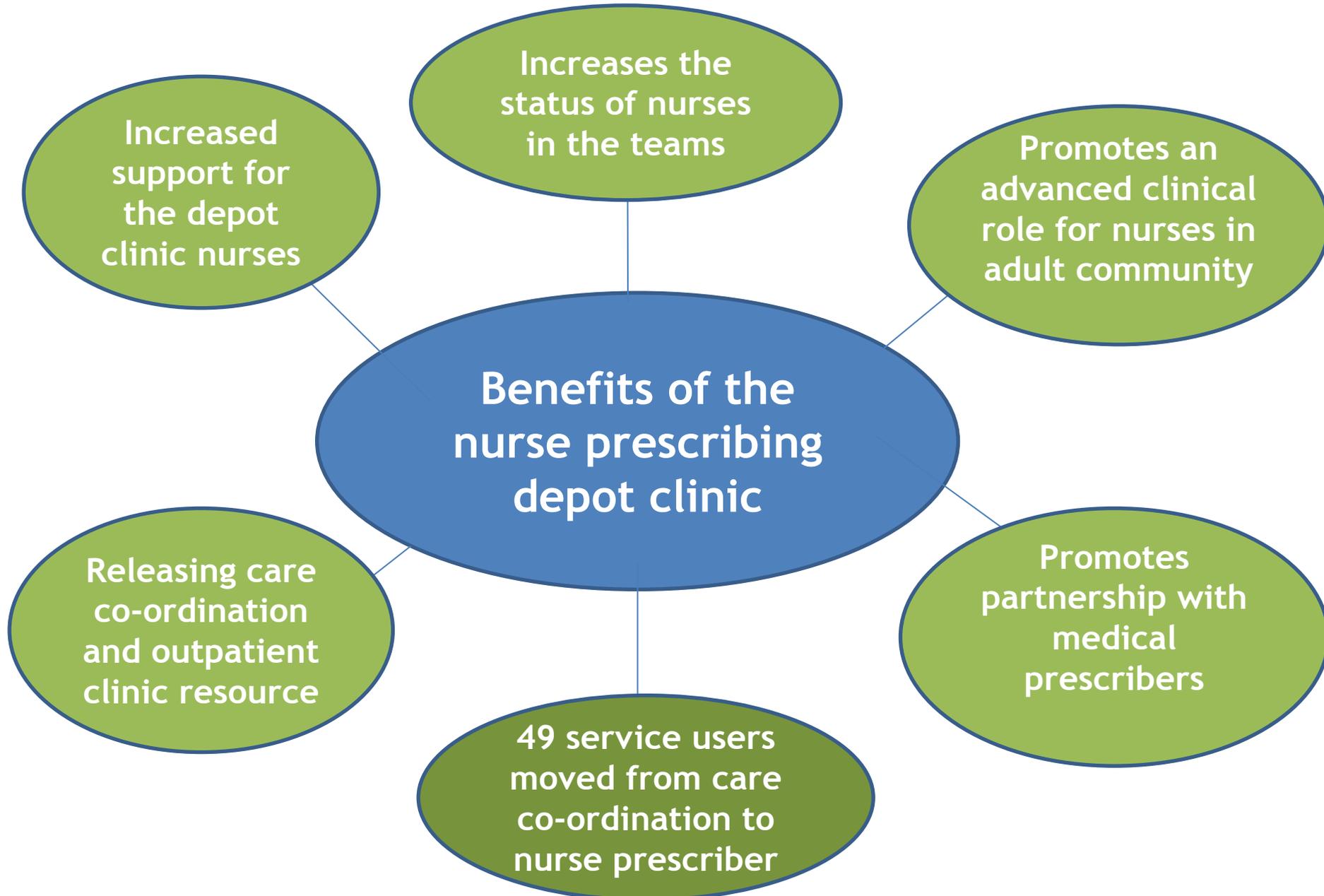
NS 32 year old married with two children aged 5 and 6. She was diagnosed with schizophrenia in 2003. She is Risperdal consta 50mg every two weeks.

JW 32 year old single, unemployed living with a parent and has a diagnosis of schizoaffective disorder and anxiety. Also miuses alcohol.

Case examples

PH 59 year old single unemployed lives with her son and his wife. She was diagnosed with schizophrenia in her twenties. Been on risperdal consta for over 10 years. Is stable on this but this year has requested a switch to flupentixol. Medication switched in consultation with the doctor and nurse prescriber is overseeing the switch.

RN 34 year old, single and unemployed man lives on his own and diagnosed with schizophrenia age 19. Is stable on Risperdal consta and co-morbid social anxiety disorder. Reviewed in clinic and advised to see GP for a treatment of social anxiety. Had follow-up review, his anxiety now better controlled and STAR worker now working with re: recovery goals



Improved access
to medication
and reviews

More systematic
and holistic
assessments of
needs

A 'one stop-
shop' service

Benefits
to service-users

Offer of more
options around
the
medication

Recovery
focused: social
needs and goal
planning

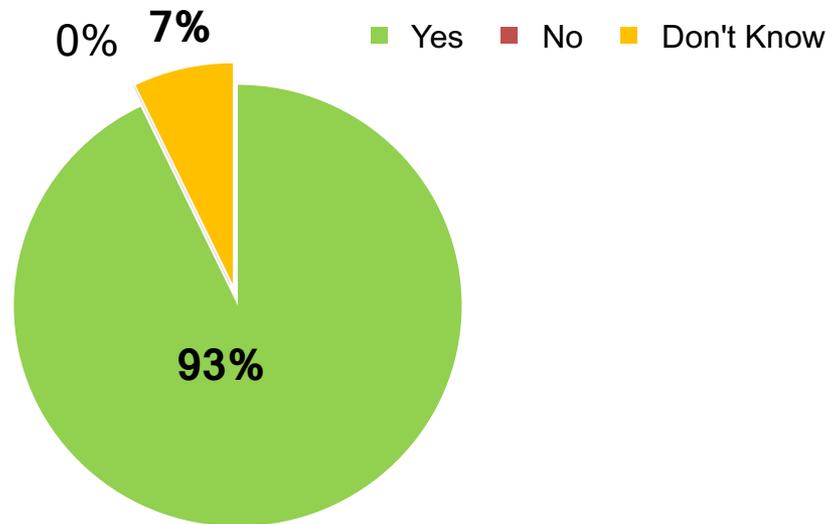
Enhanced
monitoring of
service-users



Service User Feedback

16 (32%) completed

Did you have confidence in the nurse prescriber?

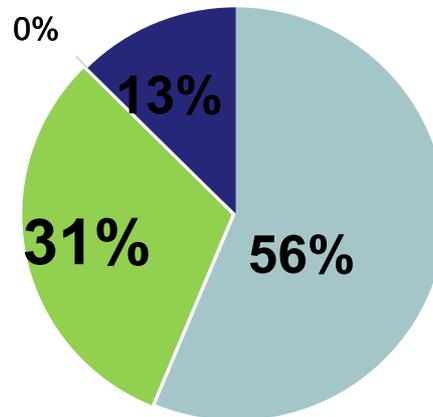




Service User Feedback 16 (32%) completed

Overall, how satisfied were you by the service you received from the nurse prescriber?

- Very satisfied
- Satisfied
- Dissatisfied
- Very dissatisfied
- Don't Know
- Did not answer





Where next?

- Extending pilot to three other depot clinics
- Expanding the criteria
- Identifying psychological need & access to therapy
- Considering feasibility of nurse prescribing for maintenance treatment for clozapine
- Exploring other recovery based interventions, through collaboration with social care & occupational therapy colleagues.



Thank you

- Any questions?