Antipsychotics Medication and Weight Management in Learning Disability Webinar

Friday 9 January 2024

Learning objectives and outcomes

GAIN CLEAR UNDERSTANDING OF:

**1. Impact on antipsychotic medication on weight management:** Gain insights into the intricate ways antipsychotic medications influence weight management, considering both short-term and long-term health implications.

**2. Weight management in learning disability:** Explore holistic approaches to weight management for individuals with learning disabilities, emphasizing tailored behavioural and dietary strategies within collaborative care models.

**3. Health inequalities in learning disabilities:** Deepen understanding of health inequalities in the context of learning disabilities, recognizing determinants and exploring advocacy and policy implications for a more inclusive healthcare environment.

BE AWARE OF:

**1. Polypharmacy in Learning Disabilities and Mental Health:** Be aware of the risks associated with polypharmacy in individuals with learning disabilities, emphasizing effective communication with healthcare teams and the importance of patient and caregiver education.

**2. Different types of antipsychotic medication:** Familiarize yourself with the classifications, mechanisms, and side effect profiles of antipsychotic medications, considering individual response variability.

**3. Audit in community setting:** Understand the purpose and significance of community audits in healthcare practices, including data collection, analysis, and the implementation of continuous improvement strategies.

BE ABLE TO:

**1. Develop Tailored Weight Management Strategies:** Apply a comprehensive understanding of the impact of antipsychotic medications on weight management in individuals with learning disabilities. Develop and implement tailored weight management strategies that consider the unique challenges faced by this population, promoting holistic well-being.

**2. Recognize and Address Health Inequalities:** Demonstrate the ability to identify health inequalities in individuals with learning disabilities, particularly in the context of weight management. Implement strategies to address and mitigate these disparities, fostering a more inclusive and equitable approach to healthcare for individuals with learning disabilities.

**3. Evaluate Polypharmacy Risks and Conduct Audits:** Gain the skills to assess the risks associated with polypharmacy in individuals with learning disabilities and mental health concerns. Be able to differentiate between various types of antipsychotic medications and critically evaluate their impact. Additionally, develop the capability to conduct audits in community settings, ensuring that healthcare practices align with the best standards and contribute to improved outcomes for individuals with learning disabilities.

**Speaker**

Irem Deniz, Specialist Community Learning Disabilities Dietitian, East London NHS Foundation Trust

My dietetic adventure in the UK began in 2020 as a band 5 acute dietitian. A twist of fate led me to the Learning Disabilities Specialist Community Dietitian role. Nearly 2 years deep, cliché or not, every day unfolds with fresh lessons in this captivating niche.

**Irem’s talk will cover**

1. Prevalence of antipsychotic use in people with LD
2. Impact of antipsychotic use on weight management
3. How to conduct an audit in clinical setting

**Useful resources**

1. A UK Audit of Screening for the Metabolic Side Effects of Antipsychotics in Community Patients
2. Quality Checking Health Checks for People with Learning Disabilities A way of finding out what is happening locally
3. National Clinical Audit of Psychosis