

Monitoring Psychotropics

Nursing

What each medicine group needs watched physically, and why it is routine.

Typical monitoring themes. Specific tests and intervals are set by local protocol.

Group	Monitor	Watch for
Antipsychotics	Weight, glucose, lipids, ECG	Movement disorders
Lithium	Levels, renal, thyroid	Toxicity in dehydration
Antidepressants	Mood, sodium, agitation	Early risk change
Mood stabilisers	Bloods per agent	Rash, sedation
Benzodiazepines	Sedation, respiration	Dependence, falls

Educational reference. Suspected lithium toxicity or a movement or fever syndrome is escalated immediately under local emergency