

10th Global Nursing & Healthcare conference

August 18-19, 2016 Sao Paulo, Brazil

Prevalence of metabolic syndrome among patients with chronic schizophrenia in Taiwan

Chun-Ping Lin

Taipei City Hospital Songde Branch, Taiwan

Background: Lifestyles with longer sitting time and unhealthy diet patterns have become more and more common in the transiting society. The number of people with metabolic syndrome is increasing.

Objective: The objective of the study is to determine the prevalence of metabolic syndrome in patients with schizophrenia.

Method: This cross sectional study adopted a convenience sampling approach and recruited 260 chronic schizophrenia patients from a psychiatric hospital in Northern Taiwan. National Cholesterol Education Program Adult Treatment Panel III (NCEP-ATP IIIA) diagnostic criteria for metabolic syndrome were used.

Results: The prevalence rates of metabolic syndrome for all, male and female patients were 35.38%, 36.42% and 33.95%, respectively. Age \geq 40years, BMI \geq 24 were risk factors of metabolic syndrome.

Conclusion: This study supports the need for nurses to monitor the risk of metabolic syndrome in patients with schizophrenia with age \geq 40years, BMI \geq 24 and marital status. Increased frequency and intensity of physical activity in daily life are recommended for patients with schizophrenia with metabolic syndrome because their physical activities were lower than schizophrenia patients without metabolic syndrome.

Biography

Chun-Ping Lin has completed his Master's from National Yang-Ming University. She is currently working as a Registered Nurse.

ym50129006@gmail.com

Notes: