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Metabolic syndrome in patients with severe mental disorder: Physical activity program from the nursing consultant in the Mental Health Unit-First Steps.

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People with mental disorders have a higher risk of cardiovascular disease due to the higher prevalence of obesity, smoking, diabetes, hypertension, dyslipidemia and the side effects of anti-psychotics drugs. These risk factors are associated with changes in lifestyle as a result of social, emotional and economic impact of their disorder, they contribute to the development of metabolic syndrome (MS).

We evaluated the prevalence of MS in patients with severe mental disorders in the Mental Health Unit (MHU) of University Hospital of Vigo and the effects of different anti-psychotic drugs on the MS. The total sample was 89 individuals, 58% men, 30.68% met criteria for MS with ATP III criteria and 37.50% according to the IDF criteria. The 60.7% came from the MHU, 16.9% from the Day Hospital, and with 22.5% of controls. The diagnosis of schizophrenia had the highest rate of MS around 22.06%. We detected less incidence of MS in patients who are treated with Xeplion. We also observed a reduction of MS when the patients has a higher level of physical activity in comparison with patients with moderate physical activity.

The prevalence of MS in patients with severe mental disorder is significantly higher than in the control group. Since SM is a cardiovascular risk factor that reduces life expectancy 25 to 30 years the doctors should keep in mind when choosing the anti-psychotic. In clinical practice should be established protocols of MS detection in these patients and ensure they receive proper treatment for metabolic alterations that occur.

Biography

Maria del Carmen Vallejo Curto has completed her nursing studies at the University of Salamanca (Spain). She is nurse specialist in mental health in the Department of Psychiatry at the Hospital of Vigo and is currently doing his PhD at the Institute of Biomedical Research of Ourense Pontevedra-Vigo with Carlos Spuch, Ms.C, Ph.D (senior researcher of IBI, group of Neurology) and Jose Manuel Olivares, MD, Ph.D (Chief of Psychiatry Department). She is teacher in the school of nursing POVISA.

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