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CLINICAL AUDIT ON NICE GUIDANCE ON ANTICHOLINESTERASES IN A MEMORY CLINIC

S. Bangar¹, R. Powell²

¹General Psychiatry, Driffield CMHT, Driffield, ²Old Age Psychiatry, Park Royal Centre for Mental Health, London, UK

Introduction: The National Institute for Clinical Excellence (NICE) has laid down certain guidelines for prescribing Anti-cholinesterases in patients with dementia. Keeping in mind the NICE guidance, an audit was conducted to see whether these were followed.

Aims and objectives: To ascertain the level of compliance to the NICE guidance and ensure they are adhered to.

Method: The data was collected from patients attending the memory clinic at Park Royal Centre for Mental Health in Central London over a six month period. Sixteen patients were randomly selected for this audit. The baseline MMSE score was recorded and also the medication prescribed.

Results:

The baseline MMSE score in all the 16 (100%) patients was above the recommended score of 12.

The MMSE score was done in 12(75%) patients during follow up at 4-6 months.

Of the 12 available MMSE scores at follow up, none were below 12 and hence continued treatment.

In 2 (12.5%) patients there was an improvement, in 6 (37.5%) patients there was a fall and in 4 (25%) patients there was no change in the MMSE score at follow up.

Conclusion: It was found that the NICE guidance was followed in most (75%) patients.