

# Physical Health Monitoring



Regular assessment and charting of a few important physical parameters by the doctor at fixed intervals of time is called physical health monitoring.

It includes simple physical tests such as weight, blood pressure and pulse monitoring, performed by the doctor during the visit and some blood investigations. The interval of monitoring (e.g. monthly, weekly etc.) will be decided by your treating doctor and communicated to you.

Physical health monitoring is an integral part of managing a life with schizophrenia.

# Why should we do regular physical health monitoring?

- It can help in early detection of physical problems, which can help in managing them effectively.
- It can help prevent development of full-blown metabolic disorders such as diabetes, mellitus, blood pressure etc., through early detection.
- It helps motivate lifestyle modifications at the earliest, which aids in the improvement of physical health.
- It can help in early detection of side effects of medicines, if any.

# What are the reasons for increased physical health problems?

There are several reasons for increased physical health problems in patients with schizophrenia, such as:

- Lack of monitoring and assessment of various health parameters, which can help in early detection of physical problems.
- Healthcare needs of patients are sometimes overlooked.
- Patients are not able to communicate their physical problems to the doctor clearly.
- Improper dietary habits.
- Lack of physical activity.

- Disturbances in lifestyle due to schizophrenia (such as poor self-care, disturbed sleep).
- Not following the treatment regimen properly (such as poor medication adherence).
- Co-morbid substance use (like alcohol, tobacco, cannabis) worsens physical health.
- Side-effects of medication in some cases.

