

Lithium Monitoring Service Specification

Primary care responsibility does not preclude secondary care input/referral, but starts when the patient has been initially stabilised by secondary care.

1. Prescribing

All lithium prescriptions should be kept and signed separately to all other prescriptions.

Write lithium prescriptions, as appropriate, for all patients on the primary care lithium monitoring register. Do NOT prescribe for patients under secondary care only.

Prescribers must check that blood tests are monitored regularly and that it is safe to issue a repeat prescription.

Ensure systems are in place to identify and deal with medicines that might adversely interact with lithium therapy

2. Recording

Keep a Lithium register on which specified elements are recorded using the attached template. This will also act as an audit tool.

Record on the audit tool the prescription for the latest bloods that were reviewed **at the time the prescription is signed.**

Undertake and record any appropriate actions in respect of patient care and patient safety, again on the audit tool

3. Monitoring

Monitor as per "Lithium – monitoring protocol". GPs to order blood tests at the appropriate intervals, and blood to be **taken** in primary care premises (either by a practice member of staff or other phlebotomist) where possible.

Prescribers must check that blood tests are monitored regularly and that it is safe to issue a repeat prescription.

4. Information for patients

Throughout their treatment patients to receive:

- appropriate verbal and written information
- a record book to track lithium blood levels and relevant clinical tests

Lithium patient information booklet, lithium alert card and record book will be available from your primary care prescribing teams