

# Metabolic Monitoring in Patients Prescribed Antipsychotics

Patients prescribed antipsychotic medications are at higher risk for adverse metabolic side effects, such as alterations in glucose metabolism, lipid abnormalities, and weight gain. Screening and monitoring members taking these medications is critical.

## Metabolic Monitoring Guidelines

### Children & Adolescents

*Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)*

Measure Description: Children and adolescents ages 1-17 years who had two or more antipsychotic prescriptions and had both of the following in the measurement year:

- Blood glucose or HbA1c annually
- LDL-C or cholesterol annually

★ **Current UPHP Provider Rate:** 19.7% (not meeting 10th percentile)  
**Goal Rate:** Achieve 25th percentile

### Adults

*Diabetes Screening for People with Schizophrenia or Bipolar Disorder Who are Using Antipsychotic Medications (SSD)*

Measure Description: Adults ages 18-64 years with schizophrenia or bipolar disorder, who were dispensed an antipsychotic medication and had the following in the measurement year:

- Blood glucose or HbA1c annually

★ **Current UPHP Provider Rate:** 88.9% (90th percentile)  
**Goal Rate:** Maintain 90th percentile

## Improve Screening Rates & Outcomes Together

Providers can improve rates of screening by:

- Educating patients and/or caregivers on why screening is recommended and the importance of timely completion
- Ordering laboratory tests in a timely manner
- Communicating and coordinating care between primary care providers (PCPs) and behavioral health specialists
- Using Verscend/Cotiviti Provider Intelligence to identify patients with care gaps

UPHP supports members by:

- Helping members locate laboratory facilities, PCPs, or behavioral health specialists
- Providing transportation or transportation reimbursement for appointments
- Providing care management services
- Covering nutritional therapy visits with a registered dietician for nutrition, exercise, and lifestyle modification
- Helping members access resources in the community, including those related to social determinants of health

**QUESTIONS?** Contact the UPHP Customer Service Department at 1-800-835-2556.

