

## Annual Testing and Monitoring for Patients with Schizophrenia

Neighborhood News – October 2022

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Schizophrenia is a condition that occurs in between 0.25% and 0.64%<sup>i</sup> of the general population and severely affects a patient’s mental wellbeing as well as their friends and family. According to the [National Alliance on Mental Illness](#) “People with schizophrenia are subject to many medical risks, including diabetes and cardiovascular problems, and also smoking and lung disease. For this reason, coordinated and active attention to medical risks is essential.”<sup>ii</sup>

The National Committee for Quality Assurance (NCQA) has developed and implemented several [HEDIS measures](#) to monitor the annual testing of people who are prescribed antipsychotic medication, including patients with schizophrenia. These HEDIS measures and needed tests for monitoring are:

- Diabetes Screening for People With Schizophrenia or Bipolar Disorder Who Are Using Antipsychotic Medication (SSD)
  - Annual completion of a Glucose test or HbA1c Test
- Cardiovascular Monitoring for People with Cardiovascular Disease and Schizophrenia (SMC)
  - Annual completion of an LDL-C test
- Diabetes Monitoring for People with Diabetes and Schizophrenia (SMD)
  - Annual completion of an LDL-C test and HbA1c test

### How Can Primary Care Providers Help?

By using the following tips, you can help to ensure that these members are being properly monitored:

- Schedule annual appointments with eligible members to ensure they receive the proper annual tests.
- Discuss necessary testing and highlight the importance of the testing.
- Follow-up with the member to ensure that testing is completed timely and prior to the member’s next appointment.
- Ensure, as the primary care practitioner, you receive all information from specialist providers, especially behavioral health providers.

Schizophrenia is a complicated illness. Neighborhood’s behavioral health provider, Optum, has resources to help you with treating this member population:

[Care for Individuals Diagnosed with Schizophrenia and/or Prescribed Antipsychotic Medication](#)

[Guideposts for the Treatment of Schizophrenia](#)

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<sup>i</sup> <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Schizophrenia/Overview>

<sup>ii</sup> <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Schizophrenia/Treatment>