

Metabolic Monitoring for Children and Adolescents on Antipsychotics

Neighborhood News – April 2023

Neighborhood Health Plan of Rhode Island (Neighborhood) requests your help in improving plan performance on the HEDIS measure *Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)*.

How APM is Measured

The APM measure is based on the percentage of children and adolescents 1–17 years of age with two or more antipsychotic prescriptions who had metabolic testing during the past year. Metabolic testing has two components, blood glucose and cholesterol. The APM measure is stratified into the following three age groups: 1-11 years of age, 12-17 years of age, and 1-17 years of age (total population).

Importance of Metabolic Monitoring

As stated in the Agency for Healthcare Research (AHRQ) February 2019 report on the APM measure “Due to the potential negative health consequences associated with children developing cardio-metabolic side effects from an antipsychotic, it is important to establish a baseline and continuously monitor metabolic indices to ensure appropriate management of side effects. Thus, this measure assesses whether youth newly prescribed antipsychotics received a baseline metabolic screening (Metabolic Screening for Children and Adolescents, 2019).

Neighborhood’s Performance

Neighborhood’s Medicaid rates are well below the goal of achieving the 2022 National Medicaid Quality Compass (QC) 90th percentiles.

Medicaid APM Rates				
	MY 2019	MY 2020	MY 2021 / Quality Compass Percentile	Goal 2022 QC
APM – Glucose and Cholesterol Testing	30.44	25.60	28.51 / 25th	51.69

How You Can Help

- Schedule annual appointments to have metabolic testing completed for your children and adolescent patients currently on antipsychotic medications.
- Educate the parent or guardian of the child that properly monitoring cholesterol and glucose decreases risks of long-term illnesses.
- Talk to your patients about the importance of taking medications as prescribed and reporting any side effects that they may be experiencing.

Helpful Resources

Neighborhood's Behavioral Health partner, Optum, has specific resources available to all physicians that will help you identify mental health providers and schedule appointments for your patients.

- **Request coordination of care and referrals** for your patients by calling the number on the back of the member's health plan ID card to speak to a licensed clinician or by searching liveandworkwell.com using access code "clinician."
- **Find additional tools and information about behavioral health issues** on providerexpress.com > Clinical Resources > Clinical Tools and Quality Initiatives.
- **Patient education information** is available on liveandworkwell.com using access code "clinician." See "Mind & Body" at the top, scroll down to find the links to specific topics.

References

Metabolic Screening for Children and Adolescents. (2019, February). Retrieved from [ahrq.gov](https://www.ahrq.gov/sites/default/files/wysiwyg/pqmp/measures/chronic/chipra-149-fullreport.pdf):
<https://www.ahrq.gov/sites/default/files/wysiwyg/pqmp/measures/chronic/chipra-149-fullreport.pdf>