

Metabolic Monitoring for Children and Adolescents on Antipsychotics

Neighborhood News – April 2025

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

A report from the Agency for Healthcare Research (AHRQ) on the APM measure recommends that “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.” (Metabolic Screening for Children and Adolescents, 2019)

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).

Neighborhood's Performance

Neighborhood's Medicaid HEDIS Measurement Year (MY) 2023 rate for APM total population (ages 1-17 years) is 30.8%. This rate is for children between the ages of 1 – 17 years who had blood glucose and cholesterol testing during MY2023. This rate is well below the 2024 National Medicaid Quality Compass 90th percentile rate of 52.57%.

How You Can Help

- Ensure metabolic testing is completed annually for your children and adolescent patients on antipsychotic medications.
- If the child does not complete their labs during the appointment, send out lab orders and inform patient's guardian that they may complete labs at a suitable time.
- Educate the child's parent or guardian that properly monitoring cholesterol and glucose decreases risks of long-term illnesses.

References

1. Harrison, J. N. (2013, September 19). *Antipsychotic Medication Prescribing Trends in Children and Adolescents*. Retrieved from US National Library of Medicine National Institutes of Health: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3778027/>

2. Mehrul Hasnain, M. (2021, April 28). *Addressing Obesity in Patients Taking Antipsychotics*. Retrieved from Psychiatric Times: <https://www.psychiatrictimes.com/view/addressing-obesity-patients-taking-antipsychotics>
3. *Metabolic Screening for Children and Adolescents*. (2019, February). Retrieved from ahrq.gov: <https://www.ahrq.gov/sites/default/files/wysiwyg/pqmp/measure/chronic/chpra-149-fullreport.pdf>