



Metabolic monitoring for children and adolescents on antipsychotic medications

A resource for clinicians

With growing evidence suggesting a link between atypical antipsychotic medications and metabolic syndrome, several agencies recommend regular clinical monitoring of weight, symptoms of hyperglycemia and hyperlipidemia.

As clinicians, it's important to incorporate metabolic monitoring into clinical practice and to understand the significance of metabolic changes that develop during antipsychotic treatment. We encourage clinicians to adopt a structured system for conducting and recording metabolic monitoring and to develop collaborations with family physicians, diabetes specialists, dieticians, and recreation therapists to facilitate appropriate medical care for antipsychotic-treated patients.

Our claims data suggests that many children and adolescents using these medications are not getting the recommended screenings.

What can prescribers and primary care providers do?

- Make sure your patients are getting the recommended HbA1c and LDL-C screenings regularly.
- Stress to your patients the importance of getting recommended care, including screening, tests, and self-care techniques to detect or prevent against diseases and other risk factors associated with taking these antipsychotic medications.
- Communicate results and any follow-ups from the screenings, including communication and coordination of care between the primary care provider and the prescriber of these medications.

Patients taking these antipsychotic medications may be at risk for metabolic syndrome

Description	Prescription		
Miscellaneous antipsychotic agents	<ul style="list-style-type: none"> • Aripiprazole • Asenapine¹ • Brexpiprazole¹ • Cariprazine¹ • Clozapine • Haloperidol 	<ul style="list-style-type: none"> • Iloperidone¹ • Loxapine • Lurasidone¹ • Molindone • Olanzapine • Paliperidone 	<ul style="list-style-type: none"> • Pimozide • Quetiapine • Quetiapine fumarate • Risperidone • Ziprasidone
Phenothiazine antipsychotics	<ul style="list-style-type: none"> • Chlorpromazine • Fluphenazine • Perphenazine 	<ul style="list-style-type: none"> • Prochlorperazine • Thioridazine • Trifluoperazine 	
Thioxanthenes	<ul style="list-style-type: none"> • Thiothixene 		
Long-acting injections	<ul style="list-style-type: none"> • Aripiprazole • Fluphenazine decanoate • Haloperidol decanoate 	<ul style="list-style-type: none"> • Olanzapine • Paliperidone palmitate • Risperidone 	

¹The brand name of this medication is not covered on our standard formulary.

Antipsychotic combination medications

Description	Prescription	
Psychotherapeutic combinations	<ul style="list-style-type: none"> • Fluoxetine-olanzapine 	<ul style="list-style-type: none"> • Perphenazine-amitriptyline



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What are the signs of metabolic syndrome?

Metabolic syndrome signs may include:

- Hypercholesterolemia, which can lead to coronary artery disease, and stroke
- Hypertension
- Abdominal obesity, or large waist circumference
- Insulin resistant-glucose intolerance

Goals and guidelines

The goals of metabolic monitoring are:

- Early identification of treatable metabolic conditions (diabetes, dyslipidemia, and hypertension)
- Identification of individuals at high risk for metabolic disorder (metabolic syndrome, prediabetes, severe obesity) for prevention and health promotion initiatives
- Evaluation of the association between prescribed antipsychotic medication and the development of metabolic disorder by collecting systematic clinical data
- Evaluation of the outcome of metabolic interventions (antipsychotic switching, pharmacotherapy, and psychotherapy)

Opportunities to improve performance

Please consider:

- Referring to the standard metabolic monitoring guideline² from the American Diabetes Association and American Psychiatric Association. It specifies:
 - Baseline and interval monitoring of glucose and lipid parameters
 - A review of the patient's medical history and physical measurements, including weight, waist circumference, and blood pressure.
 - A metabolic panel, which includes a liver function test
 - Diet and exercise
- Helping your patients to avoid, reduce, or quit smoking. Talk to your patients about the dangers of smoking, including how it impacts metabolic changes in the body.

HEDIS performance measures

NCQA's Health Care Effectiveness Data and Information Set (HEDIS) measures the rate of metabolic screening for children and adolescents ages 1 to 17 who were prescribed antipsychotic medications and met the following identification criteria during the year:

- Prescription history of filling at least a two-month supply of a qualified antipsychotic medication (as listed on page 1)
- Have at least one laboratory claim for both a blood glucose test (HbA1c) and a cholesterol test (LDL-C).

Resources for you

American Academy of Child and Adolescent Psychiatry

Practice parameter for the use of atypical antipsychotic medications in children and adolescents

aacap.org/App_Themes/AACAP/docs/practice_parameters/Atypical_Antipsychotic_Medications_Web.pdf

American Academy of Pediatrics

aap.org

Resources for your patients

Behavioral health case management program

Blue Cross offers a behavioral health case management program, which is voluntary, and available at no extra cost to members. Case managers can help:

- Coordinate with health care providers
- Help assess health plan benefits and community resources
- Promote and reinforce your plan of care

You can refer patients for these services by completing the [Patient Referral for Health Management Programs & Services Form](#) and return it to us at the fax number indicated on the form.

National Alliance on Mental Illness

nami.org

Stop smoking support

Patients can get help quitting by calling **1-800-QUIT-NOW**. They may also be eligible for free smoking cessation medications.

1. Source: Journal of the American Academy of Child & Adolescent Psychiatry. Accessed at jamanetwork.com/journals/jamapsychiatry/fullarticle/1731662.

2. Source: Psychiatric Times. Metabolic Monitoring for Patients on Antipsychotic Medications. Tony Cohn, MD. December 20, 2013.

Accessed at <http://www.psychiatrictimes.com/cme/metabolic-monitoring-patients-antipsychotic-medications/page/0/1>.

*Blue Cross Blue Shield of Massachusetts refers to Blue Cross Blue Shield of Massachusetts, Blue Cross Blue Shield of Massachusetts HMO Blue®, Inc., and/or Massachusetts Benefit Administrators LLC, based on Product participation. ©2017 Blue Cross and Blue Shield of Massachusetts, Inc. and Blue Cross and Blue Shield of Massachusetts HMO Blue®, Inc. MPC_082117-2K (10/17)