

# HEDIS Tip Sheet

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



HEDIS measures are one of health care's most widely used performance improvement tools, offering insight on important aspects of clinical care and service. These best practices and tips can aid your practice in optimizing HEDIS scores by ensuring that the data reported accurately reflects your practice's performance and identifying opportunities to improve patient care.

The APM measure assesses the percentage of children and adolescents with ongoing antipsychotic medication use who had metabolic testing during the year.

- **Antipsychotic prescribing** for children and adolescents can increase their risk of developing metabolic health complications associated with poor cardiometabolic outcomes in adulthood.
- **Metabolic monitoring (blood glucose and cholesterol testing)** can help ensure early detection and appropriate management of these complications.



### Provider Best Practices

- **Contact** caregivers who cancel appointments and assist with rescheduling as soon as possible.
- **Consider** a patient's family history of metabolic health complications.
- **Measure** baseline lipid profiles, fasting blood glucose level, and body mass index.
- **Use** the lowest effective dose of antipsychotic medications.
- **Avoid** abrupt discontinuation of antipsychotic medications.
- **Test** blood glucose and cholesterol at a patient's annual checkup or physical.
- **Educate** the parent/guardian about the appropriate health screening for certain medication therapies.
- **Make sure** the patient's medical record includes contact information for all of the patient's current providers, for care coordination purposes.

### Did You Know?



An article published by **Frontiers in Psychiatry** in March 2021 indicates that:

- > Weight gain is commonly reported by patients and physicians as an important factor in non-adherence
- > Discontinuation of pediatric antipsychotic treatment is common and determining the long-term severity of adverse events after discontinuation is a concern