

# Metabolic Monitoring for Children and Adolescents on Antipsychotics

## Why Is Metabolic Monitoring Important?

Ongoing use of antipsychotic medications in children and adolescents increases the risk of developing diabetes and high cholesterol that can extend into adulthood. Metabolic monitoring can help ensure early detection and management of these potential complications.<sup>1</sup>

## Metabolic Monitoring Documentation<sup>2</sup>

Document metabolic testing for members ages 1 to 17 who were dispensed two or more antipsychotic medications during the year. If the medications are dispensed on different dates, even if it's the same medication, test **both blood glucose** with either a glucose or HbA1c test, **and cholesterol** with either a cholesterol or LDL-C test.

## Best Practices

- Reach out to caregivers who cancel appointments and assist with rescheduling as soon as possible
- Obtain a full family history of disorders that may increase the risk of complications from antipsychotic medications (e.g., diabetes, hypercholesterolemia, cataracts)
- Measure baseline lipid profiles, fasting blood glucose level and body mass index
- Measure any abnormal involuntary movements before starting an antipsychotic medication, at regular intervals during treatment and while tapering medication
- Frequently monitor for side effects
- When prescribing antipsychotics consider a “start low and go slow” approach to find the lowest effective dose; target dosing should be supported in the medical literature
- When one antipsychotic fails, consider an alternative class of drugs
- Avoid abrupt discontinuation of antipsychotic medications if possible

**Primary care providers (PCP) can improve** their quality of care and help our members by:

- Ordering a **blood glucose and cholesterol test** every year and building care gap alerts in the electronic medical record
- Testing blood glucose and cholesterol at a member's annual checkup or school physical to reduce additional visits
- Encouraging shared decision-making by educating members and caregivers about the:
  - Increased risk of metabolic health complications from antipsychotic medications
  - Importance of screening blood glucose and cholesterol levels

**Behavioral health providers can improve** their quality of care and help our members by:

- Ordering blood glucose and cholesterol screening tests for members who do not have regular contact with their PCP
- Ordering blood glucose and cholesterol screening tests within 1 month of changing a member's medication

## Coding Instructions

Use ICD-10, CPT® and HCPC to close care gaps

### Cholesterol Lab Test Codes

#### Non-LDL

**CPT:** 82465, 83718, 83722, 84478

#### LDL-C

**CPT:** 80061, 83700-1, 83704, 83721

**CPT-II:** 3048-50F

### Glucose Lab Test Codes

**CPT:** 80047-8, 80050, 80053, 80069, 82947, 82950-1

### HbA1c Lab Test Codes

**CPT:** 83036-7

**CPT-II:** 3044F, 3046F, 3051-2F

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<sup>1</sup> NCQA HEDIS MY 2020 & MY 2021, HEDIS measure for Metabolic Monitoring for Children and Adolescents on Antipsychotics; <https://www.ncqa.org/hedis/measures/metabolic-monitoring-for-children-and-adolescents-on-antipsychotics/>

<sup>2</sup> NCQA HEDIS MY 2020 & MY 2021 Technical specifications for health plans, volume 2, Washington DC, 2020