

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

BlueCross BlueShield of Western New York partners with Amerigroup companies to administer certain services to Medicaid Managed Care (MMC) and Child Health Plus (CHPlus) members. Please note, this notice is specific to the MMC and CHPlus programs only.

### Measurement description

- This measures the percentage of children and adolescents 1 to 17 years of age who had two or more antipsychotic prescriptions and had metabolic testing.
  - Three rates are reported for:
    1. Children and adolescents on antipsychotics who received blood glucose testing.
    2. Children and adolescents on antipsychotics who received cholesterol testing.
    3. Children and adolescents on antipsychotics who received blood glucose and cholesterol testing.
- There are no exclusions.

### Baseline metabolic testing performed should include:

- At least one blood glucose or HbA1c test.
- At least one LDL-C or cholesterol test.

Testing should include both after the initial prescription. The testing is recommended to be conducted at least once per year by NCQA and New York State for as long as the member is on the medication.

### Quick provider reference antipsychotic medication guide:

Antipsychotic medications:	
Miscellaneous antipsychotic agents:	
Brand = Abilify	Generic = Aripiprazole
Brand = Saphris	Generic = Asenapine
Brand = Rexulti	Generic = Brexpiprazole
Brand = Vraylar	Generic = Cariprazine
Brand = Clozaril	Generic = Clozapine
Brand = Haldol	Generic = Haloperidol
Brand = Fanapt	Generic = Iloperidone
Brand = Loxitane & Adasuve (inhalation only)	Generic = Loxapine
Brand = Latuda	Generic = Lurasidone
Brand = Moban	Generic = Molindone
Brand = Zyprexa	Generic = Olanzapine
Brand = Invega	Generic = Paliperidone
Brand = Orap	Generic = Pimozide
Brand = Seroquel	Generic = Quetiapine, Quetiapine fumarate
Brand = Risperdal	Generic = Risperidone

### <https://providerpublic.mybcbswny.com>

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<b>Antipsychotic medications:</b>	
<b>Miscellaneous antipsychotic agents:</b>	
Brand = Geodon	Generic = Ziprasidone
<b>Phenothiazine antipsychotics:</b>	
Brand = Thorazine, Largactil	Generic = Chlorpromazine
Brand = Modecate	Generic = Fluphenazine
Brand = Trilafon	Generic = Perphenazine
Brand = Mellaril	Generic = Thioridazine
Brand = Stelazine	Generic = Trifluoperazine
<b>Thioxanthenes:</b>	
Brand = Navane	Generic = Thiothixene
<b>Long-acting injections:</b>	
Brand = Abilify	Generic = Aripiprazole
Brand = Prolixin	Generic = Fluphenazine deconate
Brand = Haldol	Generic = Haloperidol deconate
Brand = Zyprexa	Generic = Olanzapine
Brand = Invega	Generic = Paliperidone palmitate
Brand = Risperdal	Generic = Risperidone
<b>Antipsychotic combination medications:</b>	
<b>Psychotherapeutic combinations:</b>	
Brand = Symbyax	Generic = Fluoxetine-olanzapine
Brand = Etrafon	Generic = Perphenazine-amitriptyline
<b>Prochlorperazine medications:</b>	
<b>Phenothiazine antipsychotics:</b>	
Brand = Compazine	Generic = Prochlorperazine

<b>Side effects:</b>
Drowsiness, dizziness, restlessness, weight gain (especially with atypical or SGA), dry mouth, constipation, nausea, vomiting, blurred vision, low blood pressure, uncontrollable movements (especially with typical), seizures, rigidity, spasm, tremor, restlessness (especially with typical)
These medications are FDA-approved in the pediatric population for treatment of schizophrenia, Tourette disorder, irritability/agitation with autistic disorder and bipolar disease. Non-FDA-approved use of antipsychotics in the pediatric population are being used to treat attention-deficit/hyperactivity disorder (ADHD) and aggressive behavior.
<b>For further reference:</b>
HEDIS® 2020 NCQA Medication List Directory: <a href="https://tinyurl.com/Medication-List-Directory">https://tinyurl.com/Medication-List-Directory</a>
1 American Academy of Child and Adolescent Psychiatry: <i>Practice Parameter for the Use of Atypical Antipsychotic Medication in Children and Adolescents 2011</i> . <a href="http://www.aacap.org">http://www.aacap.org</a>
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### **Why are we reaching out?**

- Western New York historically performs lower than New York State as a whole in the APM measure. Statistics show only one out of four kids received best practice testing in 2019. The NCQA 75th percentile is 46%. Measurement Year (MY) 2019 rate for Western New York was only 25%, which was still short of the 50th percentile.
- The goal for MY2020 is the 75th percentile, or 46%.
- 46% may seem like a large goal to attain, but with a relatively small amount of members in this measure, we know this is achievable with concerted, consistent efforts as outlined in this forum.

### **How providers and clinical staff can collaborate to implement best practices and improve performance**

- Create a routine for lab tests to be done in-office during a member's visit or schedule lab testing before the member and parent/guardian leave the office.
- Assess status of your electronic medical records. Is it able to flag for lab tests based on diagnosis or when antipsychotic medications are added to the treatment plan?
- Educate the parent/guardian about the appropriate health screening for certain medication therapies.
- Ensure the medical record contains contact information of all the patient's current providers for care coordination.
- If the patient reports having previous lab work, providers must obtain official results. Patient reporting is not valid for medical record entry.

Eligible members must have metabolic testing done when at least two antipsychotic dispensing events of the same or different medications occur on different dates of service during the measurement year: one test for blood glucose or HbA1c and one test for LDL-C or cholesterol.

### **Let us help**

#### **Initiatives identified to help members obtain and enhance results:**

- Some behavioral health (BH) providers may lack the ability or have staff available to draw needed blood lab work (in other words, glucose, HbA1c, cholesterol, LDL-C).
- Some primary care providers (PCPs) can complete the blood lab work but may not have the equipment to complete the test results for HbA1c and LDL-C.
- Lack of adequate BH/PCP coordination.
- Lack of member knowledge of side effects of antipsychotic medications on children and adolescents.
- Lack of local in-network labs in proximity to member residence.

#### **Interventions identified to help members obtain and enhance results:**

- Assist prescribing primary care and behavioral health providers with the coordination of members completing ordered blood tests by outreaching to caregiver/parent of member to encourage completing bloodwork post office visits.
- Discuss with member's caregiver/parent the importance of completing bloodwork and following up with their provider as necessary.
- Educate and help to facilitate PCPs and BH prescriber's coordination of care.
- Develop and deploy educational member materials regarding side effects of antipsychotic medications on children and adolescents.
- Provide educational member materials to PCPs and BH providers to share with caregivers/parents.
- Contract with laboratory vendors close to member's residence.

### **Resources**

- National Committee for Quality Assurance Guidelines for Effectiveness of Care Measures
- <https://www.ncqa.org>
- <https://tinyurl.com/QARR-and-HEDIS>