



## Metabolic monitoring for children and adolescents on antipsychotics

Highmark Blue Cross Blue Shield (Highmark BCBS) partners with Wellpoint companies to administer certain services to Medicaid Managed Care (MMC), Health and Recovery Plan (HARP), and Child Health Plus (CHPlus) members. Please note, this information is specific to the MMC and CHPlus programs only.

Highmark BCBS collects quality data from our care providers to measure and improve the care our members receive. Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM) is just one aspect of care we measure in our quality programs. Quality measures evaluate a prior calendar year performance.

### What we measure

We gather the percentage of children and adolescents ages 1 to 17 years old who had two or more antipsychotic prescriptions and had metabolic testing. Three rates are reported:

- The percentage of children and adolescents on antipsychotics who received blood glucose testing
- The percentage of children and adolescents on antipsychotics who received cholesterol testing
- The percentage of children and adolescents on antipsychotics who received blood glucose and cholesterol testing. A higher rate represents more proper testing, which indicates better performance

APM is a HEDIS<sup>®</sup>/Quality Assurance Reporting Requirements (QARR) measure. Visit the [National Committee for Quality Assurance \(NCQA\)](#) website for more details.

### Why it matters

Antipsychotic prescriptions can elevate a child's risk for developing serious metabolic health complications. Considering the risks and potential lifelong consequences, metabolic monitoring (blood glucose and cholesterol testing) is an important component of ensuring appropriate management of children and adolescents on antipsychotic medications.

### Eligible population

Members ages 1 to 17 as of December 31 of the measurement year are included in this measure:

- Two age groups and a total are reported for this measure: ages 1 to 11 and 12 to 17.
- Exclusions: members in hospice

### Tips to consider:

- Track glucose and cholesterol levels for children and adolescents on antipsychotic medications.
- At least one test for blood glucose or HbA1c is needed.

HEDIS<sup>®</sup>/QARR is a registered trademark of the National Committee for Quality Assurance (NCQA).

### [providerpublic.mybcbswny.com](https://providerpublic.mybcbswny.com)

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- At least one test for LDL-C or cholesterol is needed.
- If your office does not perform in-house lab testing, make sure lab results are recorded in the medical record with your initials where you acknowledged review of results.
- Inform caregivers what to look for as metabolic disturbances.
- Establish a baseline and appropriately manage side effects of antipsychotic medications.

### How to document

Quality data is collected from claims only. Hybrid chart review does not apply. For more information, see [NCQA's HEDIS/QARR Measures and Technical Resources](#).



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