

Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)

Dear Parkland Community Health Plan Participating Provider,

As part of our ongoing commitment to enhancing the quality of care and health outcomes for our members, we are reaching out to provide guidance on improving the performance of the **Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)** measure, a key component of the **Healthcare Effectiveness Data and Information Set (HEDIS)** metrics. This measure is designed to assess the percentage of children and adolescents 1-17 years of age who have had two or more antipsychotic prescriptions and had metabolic testing.

To support you in meeting this critical metric, we strongly encourage all providers to implement the following best practices, which are aimed at improving APM performance and, more importantly, ensuring the delivery of optimal care for your patients:

Best Practices for Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)

1. **Monitor** fasting glucose and lipid panel on antipsychotic medications to help avoid metabolic health complications such as weight gain and diabetes.
2. **Document** the patient's response to medication and lab results with any action that may be required.
3. **Utilize caregivers and outreach** on what to look for as a metabolic disturbance and refer members for case management support.
4. **Engage with members**, discussing barriers to managing comorbidities and medications.

Why This Matters

Improving performance on the APM measure matters because antipsychotic prescriptions can elevate a child's risk for developing serious metabolic health complications. Considering the risks and potential lifelong consequences, blood glucose and cholesterol testing are an essential component of ensuring appropriate management of antipsychotic medications in children and adolescents.

Next Steps for Providers

- **Schedule** metabolic screenings annually.
- **Explain the importance** of follow-up care to the parents/caregivers.
- **Share** these best practices with your care teams to enhance awareness and improve adherence to the guidelines.

The APM Tip Sheet is attached for your reference. This resource provides additional details and actionable steps to help guide your practice in improving care and meeting the APM HEDIS measure.

If you have any questions or require additional resources, please do not hesitate to contact Jeniffer Gonzalez at Jeniffer.Gonzalez@phhs.org or visit our Provider Portal for further assistance.

Thank you for your dedication to providing high-quality care to our members. By working together, we can continue to positively impact maternal and child health throughout our community.

Sincerely,
PCHP Provider Relations

Metabolic Monitoring for Children and Adolescents on Antipsychotics | APM

Did you know?

Parkland Community Health Plan members received a blood glucose test (36%), a cholesterol test (20%), or both (18%), for metabolic monitoring in 2023.



Measure Description

The percentage of children and adolescents 1–17 years of age who had two or more antipsychotic prescriptions and had metabolic testing.

Rates Reported

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.

APM Measurement Period

Members 1–17 years of age as of December 31 of the measurement year

How Can You Improve Your Performance?

- Schedule metabolic screenings annually.
- Discuss barriers to the member managing comorbidities and medications.
- Refer members for case management support.

Coding*

Metabolic Screening

Glucose Lab Test CPT: 80047, 80048, 80050, 80053, 80069, 82947, 82950, 82951

SNOMED CT: 22569008, 33747003

HbA1c Test CPT: 83036, 83037

LDL-C Test CPT: 80061, 83700, 83701, 83704, 83721

Antipsychotic Medications

- Miscellaneous antipsychotic agents
- Phenothiazine antipsychotics
- Thioxanthenes
- Long-acting injections

Antipsychotic Combination Medications

- Psychotherapeutic combinations

Prochlorperazine Medications

- Phenothiazine antipsychotics

**Additional codes are available upon request from the Parkland Community Health Plan Quality Department.*