



IMPROVING HEALTH CARE QUALITY

## Metabolic Monitoring for Children and Adolescents on Antipsychotics

Blue Cross and Blue Shield of Texas (BCBSTX) collects quality data from our providers to measure and improve the quality of 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 1–17 years of age 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 Healthcare Effectiveness Data and Information Set (HEDIS®) measure. See 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 Dec. 31 of the measurement year are included in this measure.

- Two age groups and a total are reported for this measure: ages 1-11 and 12-17.

**Exclusions:** Members in hospice

## Tips to Consider

- Track glucose and cholesterol levels for children and adolescents on antipsychotic medications.
- 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 Measures and Technical Resources](#).



## Questions?

Contact your BCBSTX Network Representative.



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