



## Monitoring for Metabolic Risk Factors

Improvements in the health and safety of our members is our common goal. Improvements in screening and monitoring for metabolic syndrome for individuals taking second generation antipsychotics (SGAs) is an important step towards this goal.

As a reminder, monitoring for metabolic risk factors should be performed before starting an SGA, three months later, and yearly for those on SGAs. The recommended monitoring protocol from the Consensus Development Conference on Antipsychotics Drugs and Obesity and Diabetes is summarized below:

Monitoring Protocol for Individuals on Second Generation Antipsychotics							
	Baseline	4 Weeks	8 Weeks	12 Weeks	Quarterly	Annually	Every 5 Years
Personal/Family History	X					X	
Weight (BMI)	X	X	X	X	X		
Waist Circumference	X					X	
Blood Pressure	X		X			X	
Fasting Plasma Glucose	X		X			X	
Fasting Lipid Profile	X		X				X
** BMI monitoring is important ** More frequent assessments may be warranted based on clinical status **							

*Continued*

The information presented by Alliance Health above is for informational purposes only. It is not intended for use in lieu of state guidelines or service definitions nor is it to be used to guide individualized treatment. Please refer to your Medicaid contract for additional details.

- No fasting is required! Non-fasting LDL and hemoglobin A1c can be obtained any time. Point of care (finger stick) testing can be used.
- If abnormalities are found, individualized lifestyle and or medication interventions should be pursued in collaboration with the member's primary medical doctor.
- Compared with adults, children and adolescents treated with a SGAs are at higher risk of weight gain and changes in glucose and lipid levels.
- For more detailed information related to current clinical practice guidelines visit [AllianceHealthPlan.org/alliance-clinical-guidelines](https://AllianceHealthPlan.org/alliance-clinical-guidelines).

Alliance Health assesses your efforts through HEDIS® measures. The Healthcare Effectiveness Data and Information Set is one of healthcare's most widely used performance improvement tools.

Alliance data reports include uncertified, unaudited HEDIS® measures. Performance measures are derived from HEDIS specifications, but have not been audited by a NCQA-Certified HEDIS® auditor.

## How to improve HEDIS® scores

- Share the attached educational handouts about metabolic syndrome when meeting with individuals taking SGAs.
- Help schedule a follow-up appointment in one to three months with their PCP to screen for metabolic risk factors.
- Ensure individuals (and/or caregiver) are aware of the risk of diabetes and have awareness of the symptoms of new onset of diabetes while taking antipsychotic medication.
- Order monitoring lab tests for those who do not have regular contact with their PCP.
- Ensure necessary authorization to release information forms are signed and in place to enable key providers to jointly foster the individual's work in improving/maintaining their physical health.
- Refer patient for care coordination/case management for additional support as needed.
- Use your electronic health record's (EHR) capability to alert you when monitoring is due.