



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



## HEDIS measure description

The percentage of children and adolescents 1 to 17 years of age who had two or more antipsychotic prescriptions and had both of the following in the measurement year:

- At least one test for blood glucose (blood glucose test or HbA1c test)
- At least one LDL-C test or cholesterol test

## Eligible population

**Ages:** 1 to 17 years of age as of December 31 of the measurement year

## Why is this measure important?

- Due to the risk of drug-related weight gain and the risk of diabetes in patients who are prescribed antipsychotic and atypical antipsychotic medications, it is important to monitor metabolic functioning.
- The American Diabetes Association, the American Psychiatric Association, the American Association of Clinical Endocrinologists, and the North American Association for the Study of Obesity have recommended stringent monitoring of metabolic status.

## How can I improve my HEDIS® scores?

- Educate your patients on the side effects of antipsychotic medications and the risk of weight gain or diabetes.
- Perform at least one test for blood glucose or HbA1c yearly.
- Perform at least one test for LDL-C or cholesterol yearly.
- Provide accurate billing to reflect that the above services were performed.
- Document what was done accurately and be specific.
- Metric can be improved with the utilization of Point of Care (POC) testing.

## Numerator codes

There is a large list of approved NCQA codes used to identify the services included in the APM measure.

The following are approved CPT® codes:

|                           |  |
|---------------------------|--|
| <b>Blood glucose test</b> | 80047, 80048, 80050, 80053, 80069, 82947, 82950, 82951 |
| <b>HbA1c tests</b>        | 83036, 83037, 3044F, 3046F, 3051F, 3052F               |
| <b>LDL-C tests</b>        | 80061, 83700, 83701, 83704, 83721, 3048F, 3049F, 3050F |
| <b>Cholesterol test</b>   | 82465, 83718, 83722, 84478                             |

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