

Provider Bulletin

HEDIS® News You Can Use

Metabolic Monitoring for Children and Adolescents on Anti-psychotics (APM-E)



Importance of the APM-E measure

Rising antipsychotic use among children and adolescents poses a significant risk for serious metabolic complications with lasting effects into adulthood.

This bulletin offers information on any measure changes, best practice suggestions, links to codes and free resources.



Measure requirements

Annual metabolic (blood glucose and cholesterol) testing for persons aged 1-17 who had two or more antipsychotic prescriptions.

For more detailed measure info, go to [MC Gap Closure Reference Guide](#)



Coding information

APM-E metabolic testing codes (**glucose, HbA1C, cholesterol, LDL-C**) are captured through electronic data sources, so accurate coding is more critical than ever.

For up-to-date, measure specific codes to use, go to

[MC Gap Closure Reference Guide](#)



Common reasons for Gaps in Care

1. Unclear provider responsibility for ordering tests, monitoring.
2. Partial completion of required tests.
3. Poor data exchange between PCP and MHP (mental health provider).
4. Insufficient caregiver education on antipsychotic medication side-effects.

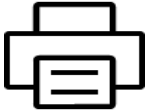
For members assigned but choosing not to establish care, go to

[MC PCP Change Request Form](#)



Family talking points

1. Children taking antipsychotic medications have an increased risk of metabolic health conditions, so **screening at least once a year is important.**
2. Families can support **collaboration between PCP and MHP** by sharing lab results, attending scheduled appointments, and keeping both providers informed.
3. Lab tests **do not require fasting.**
4. For members with travel limitations (DDD), **mobile in-home lab services** are available.



Great resources

NAMI

[Metabolic side effects of psychiatric medications](#)

NCQA

[Metabolic monitoring for children and adolescents on antipsychotics](#)

**Thank you for the care you provide
to our members**



Best Practices

Tips to improve results

1. **Consent verification:** Obtain parent/guardian consent for information exchange between providers.
2. **Trigger points for communication between PCP and MHP:** Medication initiation or change; lab orders or results; annual wellness visit; treatment plan updates.
3. **Use annual check-ups:** Schedule glucose and cholesterol tests during school physicals or annual wellness visits to avoid extra appointments.
4. **Establish baselines:** Record initial metabolic values and BMI before starting medication.
5. **Lab access:** Arrange for labs to be done while in office or schedule labs before leaving.

[mercycareaz.org](https://www.mercycareaz.org)