

## Provider Tip Sheet

### What is HEDIS®?

HEDIS® (Healthcare Effectiveness Data Information Set) is a widely used set of performance measures in the managed care industry, developed and maintained by NCQA. HEDIS® measures results and drives improvement efforts surrounding best practices.

### What is the HEDIS® APM measure looking at?

The rate of members aged 1 – 17 taking two or more antipsychotics, who received metabolic testing.

### Why is the HEDIS® APM measure important?

Antipsychotic medications can increase a child's risk for developing serious metabolic health complications<sup>1, 2</sup> associated with poor cardio-metabolic outcomes in adulthood.<sup>3</sup> Given these risks and the potential lifelong consequences, metabolic monitoring is important to ensure appropriate health management of children and adolescents on antipsychotic medications.

### Who is included in the measure?

- Members with at least 2 dispensing dates of antipsychotic medications
- Members aged 1 – 17 covered under Commercial or Medicaid LOB

### Which Members are excluded?

Members using hospice services at any time during the year.

### When does the Member 'pass' the measure?

There must be at least one blood glucose lab test AND one LDL-C lab test during the calendar year.

### What can providers do to help improve HEDIS® APM rates?

- Document patient's response to medication.
- Document lab results and any action that may be required.
- Use supplemental lab data to update medical records when applicable.
- Monitor the glucose and cholesterol levels of children and adolescents on antipsychotic medications.
- Monitor children on antipsychotic medications to help to avoid metabolic health complications such as weight gain and diabetes.
- Establish a baseline and continuously monitor metabolic indices to ensure appropriate management of side-effects of antipsychotic medication therapy.

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<sup>1</sup> Correll, C.U., P. Manu, V. Olshanskiy, B. Napolitano, J.M. Kane, and A.K. Malhotra. 2009. "Cardiometabolic risk of second-generation antipsychotic medications during first-time use in children and adolescents." *Journal of the American Medical Association*

<sup>2</sup> Andrade, S.E., J.C.Lo, D. Roblin, et al. December 2011. "Antipsychotic medication use among children and risk of diabetes mellitus." *Pediatrics* 128(6):1135-41

<sup>3</sup> Srinivasan, S.R., L. Myers, G.S. Berenson. January 2002. "Predictability of childhood adiposity and insulin for developing insulin resistance syndrome (syndrome X) in young adulthood: The Bogalusa Heart Study." *Diabetes* 51(1):204-9