

## Pediatric Antipsychotic Glucose and Lipid Monitoring



Superior HealthPlan reviews pharmacy data for members enrolled in Medicaid and CHIP and follows the *Psychotropic Medication Utilization Parameters for Children and Youth Texas Public Behavioral Health (6<sup>th</sup> Version)*. The parameters require appropriate monitoring of **glucose** and **lipids** at least every 6 months for any child or adolescent continuously prescribed an antipsychotic medication. Regular monitoring helps to identify potential medication side effects, including the development of metabolic syndrome, hyperlipidemia and diabetes.

Providers can help improve the quality of care for a member by ordering **one lab from each column** in the table below (most common labs are in **bold**) as a fasting blood draw at baseline, and at least every 6 months thereafter while the child is prescribed an antipsychotic agent.

Column A – Glucose	Column B – Lipids
<ul style="list-style-type: none"><li>• <b>Basic Metabolic Panel</b></li><li>• <b>Comprehensive Metabolic Panel</b></li><li>• <b>General Health Panel</b></li><li>• <b>Hemoglobin A1c</b></li><li>• <b>Glucose</b></li><li>• <b>Metabolic Panel</b></li><li>• <b>Renal Function Panel</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Lipid Panel</b></li><li>• Total Cholesterol</li><li>• LDL-C</li><li>• HDL</li><li>• Triglycerides</li><li>• Lipoprotein</li></ul>

Superior aims to maintain a positive provider and member experience by implementing specific measures to ensure members are up to date with their labs. Superior will reach out to providers if records indicate that a member in their care has not received the appropriate monitoring for glucose and lipid levels within the last 6 months.

### Provider Tips for Glucose and Lipid Monitoring

1. Order the lab on the same day of antipsychotic initiation, after 3 months, then every 6 months.
2. Discuss with members the importance of medication monitoring.
3. Consider and reduce barriers to blood draws:
  - a. Point of care monitoring in the office for lipids and glucose or hemoglobin A1c.
  - b. List of local in-network laboratories convenient to the member.

If you would like more information on the prescribing parameters for Medicaid and CHIP members, please review the complete Texas Health and Human Services Commission (HHSC) report of the parameters: [Psychotropic Medication Utilization Parameters for Children and Youth in Texas Public Behavioral Health \(6th Version\) \(PDF\)](#)

For any questions, please contact the Pharmacy Services department at [1-800-218-7453](tel:1-800-218-7453), ext. 22080.