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

APM-E Measure Description[1]

Assesses the percentage of children and adolescents with ongoing antipsychotic medication use who had metabolic testing during the year.

Why is APM-E Important?[1]

Antipsychotic prescribing for children and adolescents has increased rapidly in recent decades. These medications can elevate a child's risk for developing serious metabolic health complications associated with poor cardiometabolic outcomes in adulthood.

Given these risks and the potential lifelong consequences, metabolic monitoring (blood glucose and cholesterol testing) is an important component of ensuring appropriate management of children and adolescents on antipsychotic medications.

Best Practices

- ✓ Consider the family history of disorders that may increase risk of complications.
- ✓ Review pharmacy locations where a patient gets refills and identify transportation needs (if any).
- ✓ Review patients access to prescribed medications and capacity for purchasing/affording medications.
- ✓ For antipsychotic medication, follow a 'start low and go slow' approach to find the lowest effective dosage.
- ✓ Educate parents about the need of appropriate health screenings with certain medication therapies.

[1] Source: ncqa.org/hedis/measures
[2] Source: HEDIS MY 2024 Tech Specs Manual Vol. 2

Numerator Compliance[2]

Rate 1: Blood Glucose - Members who received at least one test for blood glucose or HbA1c during the measurement period.

Rate 2: Cholesterol - Members who received at least one test for LDL-C or cholesterol during the measurement period.

Rate 3: Metabolic Testing (Blood Glucose & Cholesterol) - Members who were compliant for both the blood glucose and cholesterol indicators (rate 1 and rate 2).

Numerator Codes[2]

Refer to HEDIS Numerator Codes Dashboard on the Trillium HEDIS Resources website.

Data Collection Method[2]

Administrative (Claims)

Trillium Percentages/NCQA National Averages[1]

APM (Data for APM-E is not available)	Calendar Year	Trillium	NCQA National Average
Rate 1: Blood Glucose	2022	54.9	-
	2021	56.3	-
Rate 2: Cholesterol	2022	33.5	-
	2021	38.6	-
Rate 2: Metabolic Testing	2022	32.7	36.3
	2021	36.5	36.6

[1] Source: ncqa.org/hedis/measures
[2] Source: HEDIS MY 2024 Tech Specs Manual Vol. 2