



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

APM-E Measure Description¹

Assesses the percentage of children and adolescents 1–17 years of age 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.

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¹ Source: <https://www.ncqa.org/report-cards/health-plans/state-of-health-care-quality-report/measures-list/>

² Source: HEDIS MY 2025 Tech Specs Manual Vol. 2

Numerator Compliance²

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).

Data Collection Method²

Administrative (Claims)



Trillium Percentages/NCQA National Averages¹

APM (Data for APM-E is not available)	Measurement Year	Trillium	NCQA National Average
Rate 1: Blood Glucose	2023	55.17	56.59
	2022	54.9	-
Rate 2: Cholesterol	2023	37.48	39.06
	2022	33.5	-
Rate 2: Metabolic Testing	2023	34.70	37.61
	2022	32.7	36.3

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