

# Metabolic Testing for Children and Adolescents on Antipsychotics

## Importance of Metabolic Screening

According to the American Academy of Pediatrics (AAP), great care and consideration is advised before prescribing Antipsychotic medications.

Adverse effects include<sup>1</sup>

- **Metabolic Syndrome**
- **Increased Prolactin Concentrations**
- **Extrapyramidal Symptoms**
- **Cardiovascular Changes**

The AAP guidelines on metabolic monitoring for pediatric patients receiving antipsychotic medications include baseline and ongoing measurement of<sup>3</sup>

- **BMI**
- **Waist Circumference**
- **Fasting Blood Glucose**
- **Hemoglobin A1c**
- **Fasting Lipid Concentrations**

1. Liwei L. Hua, Elizabeth M. Alderman, Richard J. Chung, Laura K. Grubb, Janet Lee, Makia E. Powers, Krishna K. Upadhy, Stephenie B. Wallace; COMMITTEE ON ADOLESCENCE, Collaborative Care in the Identification and Management of Psychosis in Adolescents and Young Adults. *Pediatrics* June 2021; 147 (6): e2021051486. 10.1542/peds.2021-051486

2. National Committee for Quality Assurance 2021 HEDIS® Specifications, see NQF-Endorsed Measures at [www.ncqa.org](http://www.ncqa.org)

## Recommended Metabolic Tests

Based on HEDIS® specifications these tests should be done **yearly** for children and adolescents on antipsychotics.<sup>2</sup>

- **Blood Glucose or Hemoglobin A1c**
- **LDL-C or Cholesterol**

## Helpful Tools and Resources

- A HEDIS® Overview is posted on [providerexpress.com](http://providerexpress.com) (Quality Assurance)
- [liveandworkwell.com](http://liveandworkwell.com) You may find relevant articles and education and resources for your patients (guest access code: clinician)

## Refer to a Mental Health Professional

- Call the provider phone number on the back of the patient's health plan ID card or search [liveandworkwell.com](http://liveandworkwell.com)

Remember to ask for contact information for other treating providers in order to coordinate care; you may use this [form](#) to facilitate.

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