



## 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 six (6) months for any child or adolescent continuously prescribed an anti-psychotic medication which can help 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>• Glucose</li><li>• Metabolic Panel</li><li>• Renal Function Panel</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 our records indicate that a member in their care has not received the appropriate monitoring for glucose and lipid levels within the last six (6) months.

### Provider Tips for Glucose & Lipid Monitoring

1. Order the lab on the same day of antipsychotic initiation, after 3 months, and then annually.
2. Discuss with members the importance of medication monitoring.
3. Consider and reduce barriers to blood draws:
  - Point of care monitoring in the office for lipids and glucose or hemoglobin A1c.
  - 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 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 Superior Pharmacy department at 1-800-218-7453, ext. 22080.