



## **IMPROVING SCREENING FOR METABOLIC SYNDROME IN MEMBERS TAKING ANITPSYCHOTIC MEDICATIONS**

Metabolic Syndrome is a cluster of features (hypertension, central obesity, glucose intolerance/insulin resistance and dyslipidemia) that is predictive of both Type 2 Diabetes and cardiovascular disease. Such features are prevalent in people with psychotic disorders who are receiving antipsychotic medication. The precise relationship between antipsychotic drugs, glucose homeostasis, obesity, and the metabolic syndrome remains uncertain, but it is clear that people with bipolar, schizophrenia, and other related disorders treated with antipsychotic medication have a high rate of the individual features of the metabolic syndrome and the syndrome itself. (Schizophrenia Bulletin vol. 33, no 6, pp.397-1403). In addition to antipsychotic medication, the negative symptoms of mental illness and vulnerability to stress, specifically in schizophrenia, can lead to a lifestyle that increases the risk for development of metabolic syndrome. (DeHert, et.al, 1999).

Studies suggest that screening rates for metabolic syndrome in individual's prescribed antipsychotic medication are below those recommended. Considerable evidence indicates that those with behavioral health diagnoses often do not receive adequate recognition or monitoring of care for their medical illnesses.

Reviews of the association between psychotic disorder, metabolic syndrome, diabetes, and antipsychotic drugs conclude that there is a critical need for active, routine physical health screening for patients' prescribed antipsychotic drugs, including appropriate management of metabolic adverse events associated with psychiatric medications.

Baseline monitoring measures should be obtained before (or as soon as clinically feasible) the initiation of any antipsychotic medication:

- Personal and family history of obesity, diabetes, dyslipidemia, hypertension or cardiovascular disease
- Height and weight
- BMI calculation (Weight in Pounds/(Height in inches x Height in inches) ) x 703
- Waist circumference (at umbilicus)
- Blood pressure
- Fasting plasma glucose
- Fasting lipid profile

### **Ongoing monitoring and recommendations include:**

- Baseline screening and regular monitoring for metabolic syndrome
- Consideration of metabolic risks when starting second generation antipsychotic medication
- Patient, family and caregiver education
- Referral to specialized services when appropriate
- Discussion of medication changes with patient and family



Current and ongoing interventions include:

- Distribution of results to practitioners involved in a metabolic screening survey
- Direct mailing of practice guideline “tip sheet” to practitioners
- Direct mailing of chart form for documentation of monitoring results
- Provider newsletter article regarding the importance of monitoring metabolic syndrome
- Education, training, CEU's; webinars, seminars for all psychiatrists on the importance of monitoring for metabolic issues
- Education on best practice of drug interventions
- Education on the importance of the prescriber “owning” the monitoring, even if there is coordination with the PCP, unless it is formally delegated to the PCP
- Redistributing the Provider Newsletter article regarding the importance of monitoring metabolic syndrome
- Emphasis in trainings and during treatment record review feedback Carelon Behavioral Health expectations regarding monitoring guidelines for metabolic syndrome.
- Increased the number of psychiatrist audited during the 2015 treatment record review for metabolic monitoring.

Based on the 2015 North Carolina Engagement Center (NCEC) annual provider treatment record audit review, the overall compliance for Medical Management indicators in 2015 with the threshold of 80 percent was not met for bipolar disorder, and the schizophrenia guidelines.

<b>Clinical Adherence Guideline</b>	<b>2013 Overall Score</b>	<b>2014 Overall Score</b>	<b>2015 Overall Score</b>
<i>Metabolic Monitoring Management of Bipolar</i>	47.9%	40%	53.9%
<i>Metabolic Monitoring Management of Schizophrenia</i>	72.2%	56.6%	42%

The NCEC and other provider stakeholders feel this is an important issue to continue to evaluate and educate providers on. Please download a copy of the Metabolic Monitoring form by visiting the link below:

[http://www.valueoptions.com/providers/Network/NCOC\\_State\\_Local\\_Government.htm](http://www.valueoptions.com/providers/Network/NCOC_State_Local_Government.htm)

The Center for Disease Control (BMI) Calculator is viewable at:

<http://www.cdc.gov/healthyweight/assessing/bmi/index.html>