

The Importance of Metabolic Monitoring



Antipsychotic medications can elevate the risk for developing metabolic syndrome. Metabolic syndrome is a cluster of signs and symptoms, including insulin resistance, dyslipidemia, and hypertension, that increases subsequent risk of type 2 diabetes, heart disease, and stroke. An increased level of physical activity, improved sleep, and a well-balanced diet, as well as metabolic lab testing are proven interventions that can reduce the risk.¹

Provider Tips

- ▶ Complete a full comprehensive exam before diagnosing and prescribing.
- ▶ Discuss weight management options, physical activity, sleep, and a well-balanced diet.
- ▶ Educate patients and their caregivers on the importance of completing annual visits and blood work.
- ▶ To increase compliance, consider using standing orders to get HbA1c and LDL-C lab tests.
- ▶ Verify the lab is contracted with the health plan to ensure the patient will not incur unnecessary charges.
- ▶ Maintain appointment availability and schedule follow-up visits before the patient leaves the office.
- ▶ Discuss the importance of disease management, medication adherence, and lab work.
- ▶ Coordinate care with all medical and behavioral health providers.
- ▶ Partner with the health plan, address barriers, and refer patients and caregivers to community-based and case management services.

Measures

- ▶ Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)
- ▶ Diabetes Screening for People with Schizophrenia or bipolar disorder who are Using Antipsychotic Medications (SSD)
- ▶ Cardiovascular Monitoring for People with Cardiovascular Disease and Schizophrenia (SMC)
- ▶ Diabetes Monitoring for People with Diabetes and Schizophrenia (SMD)

Additional Support

- ▶ National Alliance on Mental Illness (NAMI): www.nami.org
- ▶ American Heart Association: www.heart.org
- ▶ Substance Abuse and Mental Health Services Administration (SAMHSA): www.samhsa.gov

Source:

¹ Bostwick, J.R. & Murphy, L.R. (2017, May 29). Metabolic monitoring of antipsychotic medications: what psychiatrists need to know. <https://www.psychiatrytimes.com/view/metabolic-monitoring-antipsychotic-medications-what-psychiatrists-need-know>