

Metabolic Testing & Monitoring

For Adult Patients with a Diagnosis of Schizophrenia, Bipolar, or Major Depressive Disorders



Second Generation Antipsychotics and Metabolic Monitoring

The prevalence of diabetes is 2-3-fold higher in people with severe mental illness than the general population. ¹

“Second generation antipsychotics (SGAs) can generate a metabolic syndrome, with insulin resistance, weight gain, and hypertension.” SGAs include Clozapine, Olanzapine, Ziprasidone, Risperidone, Olanzapine-fluoxetine (combination), and Quetiapine. ²

If your patient has a schizophrenia or bipolar diagnosis and has been prescribed an antipsychotic, or have comorbid diagnoses of diabetes or cardiovascular disease, please ensure they have received metabolic testing.

1. Association Between Antipsychotic Medication Use and Diabetes – PubMed Central, *National Institutes of Health*, Richard I. G. Holt (2019)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6718373/?mclkid=66e92b94cfd011e4cae4d5db953fc580>
2. Antipsychotic Drugs, *Merck Manual*, Adverse Effects of Antipsychotic Drugs (para 16) C.Tamminga, MD, UT Southwestern Medical Dallas (April 2022)
<https://www.merckmanuals.com/professional/psychiatric-disorders/schizophrenia-and-related-disorders/antipsychotic-drugs#v39693049>

Metabolic Monitoring

HbA1c and LDL-C

Complete metabolic testing upon initial diagnosis (or initial prescription of antipsychotic medication) and at least annually after that. More frequent assessments may be warranted based on patient results.

Source: National Committee for Quality Assurance 2021 HEDIS® Specifications, see NQF-Endorsed Measures at www.ncqa.org

Helpful Tools and Resources

- providerexpress.com > Clinical Resources:
 - A Confidential Exchange of Information Form is posted on providerexpress.com (About Us > Coordination of Care). You may use this form to facilitate timely exchange of pertinent knowledge and referrals to other levels of care.
 - A HEDIS® Overview is posted on providerexpress.com (Clinical Resources > Clinical and Quality Measures Toolkit for Behavioral Providers > Schizophrenia/Antipsychotic Medications).
- liveandworkwell.com You may find relevant articles and resources for your patients (access code: clinician).

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