

# 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.<sup>1</sup>

## 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
- 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 use 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): [NAMI.org](https://www.nami.org)
- American Heart Association: [Heart.org](https://www.heart.org)
- Substance Abuse and Mental Health Services Administration (SAMHSA): [SAMHSA.gov](https://www.samhsa.gov)

<sup>1</sup><https://www.psychiatrytimes.com/view/metabolic-monitoring-antipsychotic-medications-whatpsychiatrists-need-know>