



Metabolic testing recommendations

For children and adolescents with severe mental illness and/or on antipsychotics

Metabolic testing recommendations

HEDIS® guidelines: Pediatric patients on antipsychotic medications should have the following metabolic tests **annually**:⁴

- Blood Glucose or Hemoglobin A1c
- LDL-C or Cholesterol

AAP guidelines: Pediatric patients on antipsychotic medications should have the following metabolic tests at **baseline and on an ongoing basis**:¹

- BMI
- Waist Circumference
- Fasting Blood Glucose
- Hemoglobin A1c
- Fasting Lipid Concentrations

Why metabolic testing is important

The American Academy of Pediatrics (AAP) and American Academy of Child and Adolescent Psychiatry recommend **baseline, ongoing and annual metabolic tests**¹ for pediatric patients with severe mental illness who have been prescribed antipsychotic medications. These tests can help monitor a patient’s overall health and can detect emerging health issues caused by medication side effects like:

- Metabolic syndrome¹
- Elevated prolactin levels¹⁻²
- Extrapyrimalidal symptoms¹
- Cardiovascular changes²
- Increased risk of diabetes and lipid abnormalities³

Coordination of care tools and resources

Shared responsibility and coordination of care between mental health and primary care providers is essential. The following resources can help coordinate care for pediatric patients:

1. [Coordination of Care](#)
Get tips, checklist and additional resources. Use the [Confidential Exchange of Information Form](#) to facilitate coordination of care among behavioral health and medical providers. Be sure to ask for contact information for other treating providers.
2. [Live and Work Well](#)
Find relevant articles, behavioral health provider search and patient resources (guest access code: clinician)
3. Discover severe mental illness educational materials, best practice tips and screening tools:
 - Behavioral Health Providers: [Clinical and Quality Measures Toolkit](#)
 - Primary Care Providers: [Child and Adolescent Behavioral Health Toolkit](#)

¹ Liwei, L., et. al. (2021). Collaborative Care in the Identification and Management of Psychosis in Adolescents and Young Adults. *Pediatrics* 147 (June). Available [e2021051486.10.1542/peds.2021-051486](#)

² Findling, R., et. al. (2011). Practice parameter for the use of atypical antipsychotic medications in children and adolescents. *American Academy of Child and Adolescent Psychiatry*. Available https://www.aacap.org/App_Themes/AACAP/docs/practice_parameters/Atypical_Antipsychotic_Medications_Web.pdf

³ Ali, R.A., et. al. (2020) Barriers to monitoring and management of cardiovascular and metabolic health of patients prescribed antipsychotic drugs: a systematic review. *BMC Psychiatry* (December). Available <https://doi.org/10.1186/s12888-020-02990-6>

⁴ National Committee for Quality Assurance 2025 HEDIS® Specifications, see NQF-Endorsed Measures at www.ncqa.org