AmeriHealth Caritas™
New Hampshire

To: AmeriHealth Caritas New Hampshire Providers

Date: June 13, 2025

Subject: **Metabolic Monitoring for Children/Adolescents on Antipsychotic Medication**

Summary: Please make sure to test children and adolescents on antipsychotic medications for both cholesterol and blood glucose.

APM — Metabolic Monitoring for Children and Adolescents on Antipsychotic Medication
Children and adolescents ages 1 through 17 years who had two or more antipsychotic prescriptions and had metabolic testing including both: • **Blood glucose testing** • **Cholesterol testing**

- Antipsychotics can increase the risk of metabolic side effects, such as diabetes and high cholesterol, in children and adolescents.
- Early detection and management of these side effects is crucial to ensuring appropriate health management of children and adolescents on antipsychotic medications.

What you can do
• Routinely review medications and follow up with patients. • If the provider prescribing the antipsychotic has not ordered glucose and cholesterol screening, please do so. • Educate the parent/guardian on the importance of completing the testing. • Document patient's response to medication. • Monitor glucose and cholesterol levels of children and adolescents on antipsychotic medications. • Establish baseline levels (glucose, cholesterol, BMI) and continuously monitor (at least annually).

Questions

If you have questions about this communication, please contact your Provider Account Executive or the Provider Services department at **1-888-599-1479.**

Reference: The American Academy of Child & Adolescent Psychiatry (AACAP) practice parameters endorse the American Psychiatric Association and American Diabetes Association recommendations for laboratory monitoring, including a fasting glucose and fasting lipid profile at baseline, 3 and 12 months (Findling, 2011).

Robert Findling et al., "Practice Parameter for the Use of Atypical Antipsychotic Medications in Children and Adolescents," *J Am Acad Child Adolesc Psychiatry*, 2011.