

Children and Adolescents on Antipsychotics Medications

Antipsychotic medications may serve as an effective treatment for a narrowly defined set of psychiatric disorders. However, studies show that providers are increasingly prescribing these medications to pediatric patients with conditions such as ADHD, depression, anxiety disorders, behavioral disorders, and even insomnia.

For these nonprimary indications, psychosocial interventions are the recommended treatment options.

Psychosocial Care is Recommended as the First-Line of Treatment ¹

The American Academy of Pediatrics (AAP) advises providers to take great care and consideration before prescribing these medications, given their adverse effects, which include²

- Metabolic Syndrome
- Increased Prolactin Concentrations
- Extrapyrarnidal Symptoms
- Cardiovascular Changes

1. Agency for Healthcare Research and Quality. Use of First-Line Psychosocial Care for Children and Adolescents on Antipsychotics (APP). Available at: <http://www.ahrq.gov>.
2. Hua, L. L., & COMMITTEE ON ADOLESCENCE (2021). Collaborative Care in the Identification and Management of Psychosis in Adolescents and Young Adults. *Pediatrics*, 147(6), e2021051486. <https://doi.org/10.1542/peds.2021-051486>
3. National Committee for Quality Assurance 2021 HEDIS® Specifications, see NQF-Endorsed Measures at www.ncqa.org

The AAP reports that the guidelines on metabolic monitoring for pediatric patients receiving antipsychotic medications include baseline and ongoing measurement of²

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

Based on HEDIS® specifications the following tests should be done **yearly** for children and adolescents on antipsychotics.³

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

Helpful Tools and Resources

- 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).
- [Become a Virtual Visits Telemental Health Provider](#) Virtual visits can increase flexibility for scheduling appointments. Visit our provider website at the following link for more information.

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