



ANTIPSYCHOTIC MEDICATION ADHERENCE & MONITORING



A recent report from the World Health Organization indicates that individuals with severe mental disorders (SMD) have a mortality rate that is 2-3x higher than that of the general population. This is comparable to a 10-20 year reduction in life expectancy. The majority of premature deaths in this population are due to physical health conditions. Individuals with SMD who are prescribed antipsychotic medication are at increased risk of both metabolic syndrome and cardiovascular disease.

Suggestions for health screening and monitoring:

- Ensure that a screening glucose test and/or an HbA1c test is performed at least annually
- Ensure that patients receive an LDL-C test at least once a year to screen for cardiovascular disease
- For patients diagnosed with diabetes, ensure that both an HbA1c and an LDL-C test are completed at least annually
- Inquire if the patient has a health care provider and involve them in treatment
- Provide education to the patient and/or caregiver about the importance of health screening tests and encourage compliance with appointments
- Consider antipsychotic medications with a lower risk of hyperglycemia and cardiovascular effects
- Review potential interactions between prescribed diabetes and/or cardiovascular medications and psychotropic medications
- Educate patients about behaviors that support wellness, such as maintaining a normal weight, healthy eating, and physical activity
- Patients who are on two or more concurrent antipsychotic medications should be treated and monitored closely by a psychiatric physician

Suggestions for improving antipsychotic medication adherence:

- Provide education about how antipsychotic medications work to decrease symptoms
- Review common side effects and how long they may last
- Emphasize that it is important to continue to take antipsychotic medications as prescribed even if the patient starts to feel better
- Remind patients/caregivers to refill medications before they run out
- Involve all health care providers in the effort to monitor and ensure adherence
- Engage the patient and their support system in developing a plan to address barriers to adherence

CareSource can help support health monitoring and compliance efforts:

The CareSource Intensive Care Management program is here to provide support with health issues, health plan questions, or assistance with a variety of member social support services. We encourage providers to make referrals to Case Management when they have a patient who needs assistance understanding their medical or behavioral health condition, or who are in need of resources in their local communities.

For more information please visit **CareSource.com** or contact Provider Relations at: **1-855-202-1058**.

Refer our members to Member Services: **1-855-202-0729** (TTY: 1-800-255-0056) or
CareSource24[®] Nurse Advise Line, Available 24/7: **1-844-206-5944**

The care management referral form can be found here on CareSource.com at:
<https://secureforms.caresource.com/en/caremanagementreferral/>

Sources

<http://apps.who.int/iris/bitstream/handle/10665/275718/9789241550383-eng.pdf?ua=1>

www.ncqa.org/hedis/measures/adherence-to-antipsychotic-medications-for-individuals-with-schizophrenia/

www.ncqa.org/hedis/measures/metabolic-monitoring-for-children-and-adolescents-on-antipsychotics/

www.ncqa.org/hedis/measures/diabetes-and-cardiovascular-disease-screening-and-monitoring-for-people-with-schizophrenia-or-bipolar-disorder/

www.ncbi.nlm.nih.gov/pmc/articles/PMC4404876/

<https://doi.org/10.2337/diacare.27.2.596>