

Dear Provider,

MO HealthNet would like to ensure that all participants receiving Atypical Antipsychotic therapy are also receiving the recommended metabolic screening to identify and monitor for metabolic changes. It is well documented that persons taking Atypical Antipsychotics may experience adverse effects including, elevated blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels. This cluster of conditions, known collectively as **Metabolic Syndrome** —increases the risk of heart disease, stroke, and diabetes. As part of effective Atypical Antipsychotics therapy, identifying and managing metabolic changes can have a significant positive impact on both health and life expectancy for participants.

[Clinical Practice Guidelines](#) set out by the American Diabetes Association (ADA) and with consensus from the American Psychiatric Association (APA), the American Association of Clinical Endocrinologists (AACE), and the North American Association for the Study of Obesity (NAASO), state that anyone on Atypical Antipsychotic therapy should be monitored for Metabolic Syndrome. This includes baseline body mass index, waist circumference, blood pressure, fasting glucose, and a fasting lipid panel. The body mass index should be followed monthly for 3 months and then quarterly. Blood pressure, fasting glucose, and lipids should be followed up after 3 months and then yearly.

Diagnosis and timely intervention for Metabolic Syndrome make a tremendous difference in safety and long-term outcomes for our MO HealthNet participants.

Measure	Baseline	4 Weeks	8 Weeks	12 Weeks	Annually
Personal/family history of Diabetes and Hyperlipidemia	X				X
Body Mass Index (BMI)	X	X	X	X	X
Waist circumference	X				X
Blood pressure	X			X	X
Fasting blood glucose	X			X	X
Fasting lipid profile	X			X	X
<small>(Magellan Health Services. Second Generation Antipsychotic Tip Sheet. N.p.: Magellan Health Services, 12/11. Essential Tools for Atypical Antipsychotics Monitoring. Independence, Dec. 2011. Web. 19 Sep. 2012.)</small>					

Thank you for your continued support and care for Missouri's most vulnerable citizens.