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## Annual Testing and Monitoring for Patients with Schizophrenia

### Neighborhood News – October 2024

Schizophrenia affects between 0.25% and 0.64%<sup>i</sup> of the population and significantly impacts both mental wellbeing and physical health. According to the [National Alliance on Mental Illness](#): “People with schizophrenia are subject to many medical risks, including diabetes and cardiovascular problems, and also smoking and lung disease. For this reason, coordinated and active attention to medical risks is essential.”<sup>ii</sup>

The National Committee for Quality Assurance (NCQA) has developed [HEDIS measures](#) to ensure annual testing for patients prescribed antipsychotic medication, including those with schizophrenia. The measures are:

1. Diabetes Screening for People With Schizophrenia or Bipolar Disorder Taking Antipsychotic Medication (SSD)
  - **Action:** Annual glucose test or HbA1c Test
2. Diabetes Monitoring for People with Diabetes and Schizophrenia (SMD)
  - **Action:** Annual LDL-C test and HbA1c test
3. Cardiovascular Monitoring for People with Cardiovascular Disease and Schizophrenia (SMC)
  - **Action:** Annual LDL-C test

### How Primary Care Providers Can Help

- Coordinate with behavioral health providers to schedule necessary lab work for patients on antipsychotics.
- Discuss the importance of testing with your patients.
- Follow up to confirm that testing is completed on time.
- Maintain open communication with behavioral health providers to ensure you receive comprehensive patient information.
- Send lab results to patients before office visits to facilitate review.

Schizophrenia requires thoughtful and comprehensive care. Optum, Neighborhood’s behavioral health provider, offers additional resources to help you with treating this member population:

- [Care for Individuals Diagnosed with Schizophrenia and/or Prescribed Antipsychotic Medication](#)
- [Guideposts for the Treatment of Schizophrenia](#)

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<sup>i</sup> <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Schizophrenia/Overview>

<sup>ii</sup> <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Schizophrenia/Treatment>