



Strategies to Improve Cardiovascular, Diabetes, and Metabolic Monitoring

*2023 / Optimizing the Impact of Behavioral
Health APM, SSD, SMC, and SMD HEDIS®
Measures*



Purpose of the Training

To recognize the intent of the measures and share strategies to impact quality care and outcomes for our members.



Why is HEDIS® Important to Providers?

- Value-Based Service and other Pay-for-Performance Incentive Programs
- Focuses on preventative care and supports better patient outcomes
- The focus on quality outcomes can help members get the most from their benefits, which ultimately means better use of limited resources.
- It is a validated set of measurements by which one can measure the effectiveness of treatment interventions.



HEDIS® Measures

APM

- Metabolic Monitoring for Children and Adolescents on Antipsychotics

SSD

- Diabetes Screening for people with Schizophrenia or Bipolar on Antipsychotics

SMC

- Cardiovascular Monitoring for People with Cardiovascular Disease and Schizophrenia

SMD

- Diabetes Monitoring for People with Diabetes and Schizophrenia



Antipsychotic Medications and Metabolic Syndrome



Antipsychotic Medications

- Can elevate the risk for developing metabolic syndrome lasting into adulthood

Metabolic Syndrome

- Is a cluster of signs and symptoms, including insulin resistance, dyslipidemia, and hypertension, that increases subsequent risk of type 2 diabetes, heart disease, and stroke

Interventions to Reduce the Risk

- Increase level of physical activity, improved sleep, and a diet consisting of fruits, vegetables, whole grains, and fish oil supplementation
- Establish a baseline and continuously monitor metabolic indices to ensure appropriate management of side-effects

Factors That Impact the Quality of an Individuals' Life



Type 2 Diabetes Mellitus rates 3x higher in patients with Bipolar Disorder

Individuals diagnosed with Schizophrenia have a 2-5x higher prevalence of Diabetes

Schizophrenia is associated with a shortened lifespan of up to 30 years

Second generation agents increase metabolic risks

Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)



Measure Components

- Medicaid members 1-17 years of age
- Received two or more antipsychotic medication dispensing events of the same or different medications, on different dates of service during the measurement year

Meeting the Measure

- The member must receive at least one blood glucose or HbA1c, and LDL-C or a cholesterol test between Jan. 1 and Dec. 31

Why It Matters

- To help providers monitor metabolic indices and adjust medication or treatment as warranted

Diabetes Screening for People with Schizophrenia or Bipolar Disorder Who are Using Antipsychotic Medications (SSD)



Measure Components

- Medicaid members aged 18-64
- Diagnosed with Schizophrenia, Schizoaffective, or Bipolar Disorder
- Dispensed antipsychotic medication
- Excludes members with a diagnosis of Diabetes

Meeting the Measure

- The member must receive a HbA1c or glucose screen between Jan 1 and Dec 31

Why It Matters

- Proactive screening may lead to earlier identification and treatment of diabetes.

Cardiovascular Monitoring for People with Cardiovascular Disease and Schizophrenia (SMC)



Measure Components

- Medicaid members ages 18-64
- Diagnosed with Schizophrenia or Schizoaffective Disorder
- Diagnosed with Cardiovascular Disease during the measurement year or year prior

Meeting the Measure

- The member must receive an annual LDL-C test between Jan. 1 and Dec. 31

Why It Matters

- Lack of appropriate care for Cardiovascular Disease for people with Schizophrenia who use antipsychotic medications can lead to worsening health and death.

Diabetes Monitoring for People with Diabetes and Schizophrenia (SMD)



Measure Components

- Medicaid members ages 18-64
- Diagnosed with Schizophrenia or Schizoaffective Disorder
- Diagnosed with Diabetes during the measurement year or year prior

Meeting the Measure

- The member must receive an annual LDL-C and an HbA1c test between Jan. 1 and Dec. 31

Why It Matters

- Screening and monitoring of physical health needs is an important way to improve health, quality of life, and economic outcomes downstream.

Strategies to Impact Metabolic Monitoring

Engage the member/guardian in the treatment plan:

- Provide longer visits and easy-to-understand instructions
- Encourage family support and psychoeducation for disease and medication management
- Partner with the Health Plan
- Obtain signed release of information forms to coordinate care

Strategies to Impact Metabolic Monitoring

- Discuss weight management programs
- Include goals to address weight and lab monitoring
- Order diabetes and cholesterol testing with contracted labs
- Provide resources for at home monitoring
- Consider a medication switch, if clinically feasible



The Role of the Provider in HEDIS®

- Demonstrate commitment to quality care and improved patient outcomes
- Know the BH HEDIS® measure requirements and provide appropriate care or referrals within the designated timeframes
- Accurately code all claims and clearly document ALL services provided
- Collaborate with the Health Plan for effective programs and interventions
- Play an active role in coordinating care for our members



Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution; it represents the wise choice of many alternatives.”
- William A. Foster



Thank You!

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of Behavioral Health APM, SSD, SMC, and SMD
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