

## Metabolic Lab Testing Analysis of Medicaid Members Receiving Atypical Anti-psychotics

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In the United States, the risk of type 2 diabetes is growing to epidemic proportions, with many physicians unaware that disorders such as schizophrenia and bipolar disorder naturally place patients at increased risk for diabetes (Lieberman, et al, 2004). Another serious concern for physicians is the development of metabolic syndrome, also known as syndrome X, in patients suffering from schizophrenia. Metabolic syndrome encompasses medical conditions such as weight gain, hypertriglyceridemia, and increased insulin, glucose, and low-density lipoprotein cholesterol levels. Treatment with atypical anti-psychotics may increase the risk of metabolic syndrome and diabetes, and physicians need to be proactive when treating patients with these medications.

In January 2006, Community Care Behavioral Health Organization collaborated with three of the largest Medicaid MCO's in Pennsylvania on a quality initiative of patients receiving atypical anti-psychotics. This initiative assessed whether members taking these medications were tested for lipid and glucose levels during the prior 12 months. The lab database used for this analysis may not have included all laboratory assessments (e.g., labs may have been completed in institutions or under capitated lab arrangements), but did include most outpatient assessments during the prior 12 months.

Our review identified 9388 unique members in Allegheny County HealthChoices as having a paid prescription for an atypical anti-psychotic (including Symbyax) during the period April 1 through June30, 2005. 14.43% (n=1355) of those members were identified as having glucose and/or a lipid lab test during the prior 12 months. In Berks, York, and Adams Counties, of the 2408 unique members who were identified as receiving an anti-psychotic, 7.27% (n=175) had received a lab test.

Current guidelines recommended by the Consensus Development Conference on Antipsychotic Drugs and Obesity and Diabetes suggest baseline monitoring of fasting plasma glucose and lipid profile, along with weight and height (BMI), blood pressure and waist circumference. Physicians received educational letters and analysis will be repeated in one year.