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## Diabetes Screening May Improve Health Outcomes for Patients on Antipsychotic Medications

Antipsychotic medications can increase the risk for diabetes, even among younger patients. Following The National Committee for Quality Assurance guidelines for **Diabetes Screening for Members on Antipsychotic Medications** and **Antipsychotic Medication Compliance for Patients with Schizophrenia** may help improve outcomes for members with behavioral health conditions.

### Quality of care measures include:

- 1) **Diabetes Screening for Members on Antipsychotic Medications.** Taking antipsychotics can increase the risk for diabetes. For early detection and management, we recommend **annual diabetes screening** for members with schizophrenia, schizoaffective disorder, or bipolar disorder who take antipsychotic medications. Specifically:
  - Screen members with a glucose or an HgbA1c test, and document the result in the medical records.
  - If you are a behavioral health provider, order diabetic screening tests for members who do not see a Primary Care Physician (PCP) regularly. Also, coordinate care by sharing test results with the member's PCP.
- 2) **Antipsychotic Medication Compliance for Patients with Schizophrenia.** Up to 60% of individuals diagnosed with schizophrenia do not take medications as prescribed. This may lead to negative outcomes like hospitalization and interference with the recovery process. We recommend the following activities to support antipsychotic medication adherence:
  - Discuss how to remove barriers related to adherence.
  - Encourage the use of reminder aids.
  - Enlist and train family members and caregivers to assist with management of daily medications.
  - **Use New Directions Behavioral Health\* Network and Case Management Services.** You can receive support coordinating care for your patients by calling the New Directions case management and physician assistance number at **1-866-350-2280**. Hours are 7:30 a.m. to 5:30 p.m., Monday through Friday.

\*Florida Blue Medicare contracts with New Directions Behavioral Health to provide behavioral health services and programs.

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