

## Monitoring Parameters for Behavioral Health Medications

In an effort to assist with assuring the safe and effective use of behavioral health medications, we are providing some guidance on baseline and continued monitoring. This guidance relates to the HEDIS measures for compliance and monitoring of antipsychotic medications, some of which include Adherence to Antipsychotic Medications for Individuals with Schizophrenia (SAA) and Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM).

| Monitoring Parameters – First Generation Antipsychotics            |          |        |        |         |           |          |          |                         |
|--|----------|--------|--------|---------|-----------|----------|----------|-------------------------|
|  | Baseline | Week 4 | Week 8 | Week 12 | Quarterly | 6 months | Annually | As Clinically Indicated |
| Personal Family History  | ✓        |        |        |         |           |          | ✓        |                         |
| Medication Review  | ✓        |        |        |         |           |          | ✓        |                         |
| Fasting Plasma Glucose and A1c                                     | ✓        |        |        | ✓       |           |          | ✓        |                         |
| Fasting Lipid Profile  | ✓        |        |        | ✓       |           |          | ✓        | ✓                       |
| Blood Pressure/Pulse   | ✓        |        |        | ✓       |           |          | ✓        | ✓                       |
| Waist circumference  | ✓        |        |        |         |           |          | ✓        |                         |
| Weight/BMI   | ✓        |        |        | ✓       |           |          | ✓        |                         |
| Tardive Dyskinesia**   | ✓        |        |        | ✓       |           | ✓        | ✓        | ✓                       |
| EPS  | ✓        |        |        |         |           |          |          | ✓                       |
| Sexual function  | ✓        |        |        |         |           |          |          | ✓                       |
| Pregnancy status   | ✓        |        |        |         |           |          |          | ✓                       |
| Prolactin Level  | ✓        |        |        |         |           |          |          | ✓                       |
| Cardiac Monitoring (EKG: chlorpromazine Haloperidol, thioridazine) | ✓        |        |        |         |           |          |          | ✓                       |
| Ocular Evaluations chlorpromazine                                  | ✓        |        |        |         |           |          |          | ✓                       |

| Monitoring Parameters – Second Generation Antipsychotics                   |          |        |        |         |           |          |          |                         |
|--|----------|--------|--------|---------|-----------|----------|----------|-------------------------|
|  | Baseline | Week 4 | Week 8 | Week 12 | Quarterly | 6 months | Annually | As Clinically Indicated |
| Personal Family History  | ✓        |        |        |         |           |          | ✓        |                         |
| Medication Review  | ✓        |        |        |         |           |          | ✓        |                         |
| Fasting Plasma Glucose and A1c   | ✓        |        |        | ✓       |           |          | ✓        | ✓                       |
| Fasting Lipid Profile  | ✓        | *      |        | ✓       |           |          | ✓        |                         |
| Blood Pressure/Pulse   | ✓        |        |        | ✓       |           |          | ✓        | ✓                       |
| Waist circumference  | ✓        |        |        |         |           |          | ✓        |                         |
| Weight/BMI   | ✓        | ✓      | ✓      | ✓       | ✓         |          |          |                         |
| Tardive Dyskinesia**   | ✓        |        |        | ✓       |           | ✓        | ✓        | ✓                       |
| EPS  | ✓        |        |        |         |           |          |          | ✓                       |
| Sexual function  | ✓        |        |        |         |           |          |          | ✓                       |
| Pregnancy status   | ✓        |        |        |         |           |          |          | ✓                       |
| Prolactin Level (risperidone and paliperidone; or <u>if symptomatic</u> )  |          |        |        |         |           |          |          | ✓                       |
| Cardiac Monitoring (EKG: ziprasidone, quetiapine, risperidone, olanzapine) | ✓        |        |        |         |           |          |          | ✓                       |
| Ocular Evaluations (quetiapine)  | ✓        |        |        |         |           |          |          | ✓                       |

\*For patients taking olanzapine, quetiapine, clozapine

\*\* after week 12 done at month 6 and then at 6-month intervals and as clinically indicated

| Monitoring Parameters - Antidepressants   |          |                       |          |                         |
|---|----------|-----------------------|----------|-------------------------|
|   | Baseline | During dose titration | Annually | As Clinically Indicated |
| Blood pressure/pulse  | ✓        | ✓                     | ✓        | ✓                       |
| Weight/waist circumference  | ✓        |                       | ✓        |                         |
| Pregnancy status  | ✓        |                       |          | ✓                       |
| Suicidal ideation or behavior   | ✓        | ✓                     |          | ✓                       |
| Liver function tests<br>(bupropion, Cymbalta, fluvoxamine, MAOIs, nefazodone, mirtazapine, TCAs, venlafaxine) | ✓        |                       |          | ✓                       |
| Cardiac Monitoring<br>(EKG: TCAs, escitalopram, citalopram)   | ✓        |                       |          | ✓                       |
| Renal function<br>(bupropion, MAOIs, mirtazapine, venlafaxine)  | ✓        |                       | ✓        |                         |
| Seizure risk<br>(bupropion, maprotiline)  | ✓        |                       | ✓        |                         |
| Plasma levels (TCAs)  |          |                       |          | ✓                       |
| Sexual dysfunction  | ✓        |                       |          | ✓                       |
| Medication Review   | ✓        |                       | ✓        |                         |

| Monitoring Parameters – Mood stabilizers                |          |        |          |          |                  |          |                         |
|---|----------|--------|----------|----------|------------------|----------|-------------------------|
|   | Baseline | 1 Week | 3 Months | 6 Months | At Dosage Change | Annually | As Clinically Indicated |
| General physical assessment (BP, pulse, height, weight) | ✓        |        |          |          |                  | ✓        |                         |
| Pregnancy status  | ✓        |        |          |          |                  |          | ✓                       |

|   |   |        |          |          |                                     |          |                         |
|---|---|--------|----------|----------|-------------------------------------|----------|-------------------------|
| Suicidal behavior and ideation  | ✓                                       |        |          |          |                                     |          | ✓                       |
| <b>Therapeutic Drug Levels – Mood Stabilizers and Anticonvulsants</b> |   |        |          |          |                                     |          |                         |
| Lithium   | 0.6-1.2 mEq/L                           |        |          |          |                                     |          |                         |
| Carbamazepine   | 4-12 mcg/mL (Steady state: 2-5 days)    |        |          |          |                                     |          |                         |
| Valproic acid, total  | 50-125 mcg/mL (Steady state: 2-4 days)  |        |          |          |                                     |          |                         |
| Valproic acid, free   | 5-15 mcg/ml                             |        |          |          |                                     |          |                         |
| Ethosuximide  | 40-100 mcg/mL                           |        |          |          |                                     |          |                         |
| Phenytoin   | 10-20 mcg/mL                            |        |          |          |                                     |          |                         |
| Phenobarbital   | 15-40 mcg/mL (Steady state: 20-30 days) |        |          |          |                                     |          |                         |
| Primidone   | 5-12 mcg/mL                             |        |          |          |                                     |          |                         |
| <b>Lithium</b>  |   |        |          |          |                                     |          |                         |
|   | Baseline                                | 1 Week | 3 Months | 6 Months | At Dosage Change                    | Annually | As Clinically Indicated |
| Plasma level  | ✓                                       |        |          | ✓        | ✓<br>(5-7 days after dose increase) | ✓        | ✓                       |
| CBC   | ✓                                       |        |          |          |                                     | ✓        | ✓                       |
| Pregnancy status  | ✓                                       |        |          |          |                                     |          | ✓                       |
| TSH   | ✓                                       |        |          | ✓        | ✓                                   | ✓        | ✓                       |
| BUN/CrCl  | ✓                                       |        | ✓        | ✓        | ✓                                   | ✓        | ✓                       |
| EKG (if age 40+ or high risk)   | ✓                                       |        |          |          |                                     |          | ✓                       |
| Urinalysis  | ✓                                       |        |          |          |                                     |          |                         |
| Calcium   | ✓                                       |        |          |          |                                     | ✓        |                         |



| Valproic Acid   |          |        |               |          |                  |          |                         |
|---|----------|--------|---------------|----------|------------------|----------|-------------------------|
|   | Baseline | 1 Week | 3 Months      | 6 Months | At Dosage Change | Annually | As Clinically Indicated |
| Plasma level  | ✓        |        |               |          | ✓                | ✓        | ✓                       |
| CBC with platelets  | ✓        |        |               |          | ✓                | ✓        | ✓                       |
| Pregnancy status  | ✓        |        |               |          |                  |          | ✓                       |
| Liver function tests*   | ✓        |        |               |          | ✓                | ✓        |                         |
| *Elevated ammonia levels may occur with chronic use of valproic acid. Providers should consider measuring ammonia levels if unexplained lethargy, vomiting, or changes in mental status, and also with concomitant topiramate use |          |        |               |          |                  |          |                         |
| Carbamazepine   |          |        |               |          |                  |          |                         |
|   | Baseline | 1 Week | Every 2 weeks | 3 months | At Dosage Change | Annually | As Clinically Indicated |
| Plasma level  |          | ✓      |               |          | ✓                | ✓        | ✓                       |
| Liver and renal function tests  | ✓        |        |               |          |                  | ✓        | ✓                       |
| CBC   | ✓        |        |               |          | ✓                | ✓        | ✓                       |
| Ophthalmic exam   | ✓        |        |               |          |                  | ✓        | ✓                       |
| Lamotrigine   |          |        |               |          |                  |          |                         |
|   | Baseline | 1 Week | 3 Months      | 6 Months | At Dosage Change | Annually | As Clinically Indicated |
| BUN/CrCl  | ✓        |        |               |          |                  |          | ✓                       |
| Liver function tests  | ✓        |        |               |          |                  |          | ✓                       |
| Rash assessment and education   | ✓        |        |               |          |                  |          | ✓                       |

## References:

1. <https://www.clinicalkey.com/pharmacology/>
2. <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2019.1760501>
3. <https://crediblemeds.org/healthcare-providers/>
4. [https://www.uptodate.com/contents/acquired-long-qt-syndrome-definitions-pathophysiology-and-causes?search=QT&sectionRank=2&usage\\_type=default&anchor=H8&source=machineLearning&selectedTitle=1~150&display\\_rank=1#H8](https://www.uptodate.com/contents/acquired-long-qt-syndrome-definitions-pathophysiology-and-causes?search=QT&sectionRank=2&usage_type=default&anchor=H8&source=machineLearning&selectedTitle=1~150&display_rank=1#H8) Accessed January 15, 2025
5. Walkup J et al, *Practice parameter on the Use of Psychotropic Medication in Children and Adolescents*. American Academy of Child and Adolescent Psychiatry. J Am Acad Child Adolesc Psychiatry, 2009. 48:9: p. 961-973.
6. <https://www.ncqa.org/hedis/measures/adherence-to-antipsychotic-medications-for-individuals-with-schizophrenia/>

7. <https://www.ncqa.org/hedis/reports-and-research/national-collaborative-for-innovation-in-quality-measurement/hedis-measures-for-the-safe-judicious-use-of-antipsychotic-medications-in-children-and-adolescents/>

**PREFERRED DRUG LIST UPDATES CAN BE FOUND HERE:**

|   |   |
|---|---|
|  |  |
| ACC-RBHA, DD, ALTCS and DCS CHP   | Behavioral Health (Non-Title 19/21)   |

**\*\* Drugs that are not on the formulary will require a PA (prior authorization) request to be submitted\*\***

**Reminder** for quicker determinations of a Prior Authorization use the ePA link for Our Providers: Please click [here to initiate an electronic prior authorization \(ePA\)](#) request.

*This newsletter is brought to you by the Mercy Care Pharmacy Team. For questions, please email Fanny A Musto ([MustoF@mercycaresaz.org](mailto:MustoF@mercycaresaz.org)), Denise Volkov ([VolkovD@mercycaresaz.org](mailto:VolkovD@mercycaresaz.org)) or Trennette Gilbert ([gilbert@mercycaresaz.org](mailto:gilbert@mercycaresaz.org))*