**HEDIS® SSD Measure:**

**Diabetes Monitoring for People with Schizophrenia or Bipolar Disorder Who are using Antipsychotic Medications**

“Atypical antipsychotic medications can cause major weight gain and changes in a person’s metabolism. This may increase a person’s risk of getting diabetes and high cholesterol. A doctor should monitor a person’s weight, glucose levels, and lipid levels regularly while the individual is taking an atypical antipsychotic medication.” ¹ Because persons with serious mental illness who use antipsychotics are at increased risk of cardiovascular diseases and diabetes, screening and monitoring of these conditions is important. ²

**What is the HEDIS® SSD measure?**

The percentage of members 18-64 years of age with schizophrenia or bipolar disorder, who were dispensed an antipsychotic medication and had a diabetes screening test during the measurement year.

**What are best practices regarding this HEDIS® measure?**

- Encourage members to share contact information for all Medical, Behavioral, or Substance Use Providers
- Facilitate coordination of care between Medical and Behavioral Health Providers to ensure tests are administered and results shared in a timely manner.
- Engage members in treatment discussions explaining the importance of having these tests administered.
- Create an HbA1c and LDL-C testing reminder in your EHR for each member who does not have a diabetes diagnosis and is taking antipsychotic medications.

**What is the relevance of this measure?**

“Lack of appropriate care for diabetes and cardiovascular disease for people with schizophrenia or bipolar disorder who use antipsychotic medications can lead to worsening health and death. Addressing these physical health needs is an important way to improve health and economic outcomes downstream.” ²

Individuals treated with antipsychotic medications have a higher rate of type 2 diabetes than those who are not treated with antipsychotics. ³

People with diabetes and schizophrenia or bipolar disorder have a 50% higher risk of death than diabetics without a mental illness. ⁴

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