



IMPROVING HEALTH CARE QUALITY

# Diabetes Screening

## for People With Schizophrenia or Bipolar Disorder Who Are Using Antipsychotic Medications

Blue Cross and Blue Shield of Texas (BCBSTX) collects quality data from our providers to measure and improve the care our members receive. Diabetes Screening for People With Schizophrenia or Bipolar Disorder Who Are Using Antipsychotic Medications (SSD) is one aspect of care we measure in our quality programs. Quality measures evaluate a prior calendar year performance.

### What We Measure

SSD captures our members 18 to 64 years old who have schizophrenia or bipolar disorder who:

- Use an antipsychotic medication at any time during the year, and
- Have an annual diabetes screening, such as a glucose or HgbA1c test

SSD is a Healthcare Effectiveness Data and Information Set (HEDIS®) measure. See the [National Committee for Quality Assurance \(NCQA\) website](#) for more details.

### Why It Matters

People with serious mental illness who use antipsychotic medications are at increased risk of diabetes, according to NCQA. **Regular screening for diabetes is important** for detecting, monitoring and in the treatment of the disease.

### Tips to Consider

- Order an annual diabetes screening test, such as a **glucose or HgbA1c test**, for our members with schizophrenia or bipolar disorder who are using antipsychotic medications.
- Build care gap alerts for screening tests in your electronic medical records.
- Reach out to our members who cancel appointments and help them reschedule as soon as possible.
- Encourage shared decision-making by educating our members and their caregivers about:
  - Increased risk of diabetes with antipsychotics
  - Importance of screening for diabetes
  - Diabetes symptoms
- Coordinate care between behavioral health and primary care physicians (PCPs) by requesting test results, communicating about test results or scheduling an appointment for testing.
- For members who don't have regular contact with their PCP, behavioral health practitioners may order diabetes screening tests and communicate the results to the PCP.

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