



Metabolic testing information

For patients with severe mental illness and/or on antipsychotics

Adults with severe mental illness and/or who take antipsychotic medication are at increased risk for cardiovascular (CV) and metabolic problems.¹

Which patients need testing:

- Diagnosis of severe mental illness (e.g., Schizophrenia, bipolar, schizoaffective disorder) and/or taking prescribed antipsychotics
- Diabetes or cardiovascular disease diagnosis and taking prescribed antipsychotics

What kind of metabolic testing is needed:

- Hemoglobin A1C (HbA1c)
- Low-density lipoprotein cholesterol (LDL-C)

When to complete testing:

- At initial diagnosis or initial prescription of antipsychotic medication
- Annually for all patients prescribed antipsychotics
- As needed based on patient's results

Helpful tools and resources:

1. [Adult Behavioral Health Toolkit – for primary care providers \(PCPs\)](#)

Designed specifically for PCPS, provides severe mental illness educational materials, best practice tips and screening tools

2. [Live and Work Well](#)

Find relevant articles and resources for patients (guest access code: clinician)

3. [Coordination of Care](#)

Information and resources to help manage care and increase awareness between medical and behavioral health providers.

¹Shin, S., et. al. (2024). Impact of institutional quality improvement initiatives on metabolic monitoring in mental disorder in patients treated with antipsychotics: A meta-analysis of intervention studies. *Journal of Global Health*, 14, 04074. <https://doi.org/10.7189/jogh.14.04074>