Metabolic Monitoring

• Goals
  – Identify treatable pathology in a high risk population and link to medical care
  – Monitor effect of antipsychotic medication on metabolic markers to inform ongoing medication treatment decisions.

• Barriers:
  – Obtaining lab results
    • Communication with primary care or labs
    • Patient barriers to completing labs.

• Point of Care Testing reduces barriers to completing labs
**Consensus Metabolic Monitoring Guidelines**
American Diabetes Association/ American Psychiatric Association
American Academy of Child and Adolescent Psychiatry

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**TABLE 1. After baseline metabolic parameters are obtained, suggested frequency of metabolic monitoring for patients who take antipsychotic medications**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Adult patients</th>
<th>Pediatric patients&lt;sup&gt;b&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal and family history&lt;sup&gt;c&lt;/sup&gt;</td>
<td>Annually</td>
<td>Annually</td>
</tr>
<tr>
<td>Lifestyle behaviors&lt;sup&gt;d&lt;/sup&gt;</td>
<td>N/A</td>
<td>Each visit</td>
</tr>
<tr>
<td>Height, weight, BMI</td>
<td>Every 4 weeks for the first 12 weeks, then every 3 months</td>
<td>Each visit</td>
</tr>
<tr>
<td>Waist circumference</td>
<td>Annually</td>
<td>N/A</td>
</tr>
<tr>
<td>Blood pressure, pulse; fasting blood glucose; lipids</td>
<td>12 weeks, then annually</td>
<td>3 months, then every 6 months</td>
</tr>
<tr>
<td>Electrocardiography</td>
<td>Not specified</td>
<td>N/A</td>
</tr>
</tbody>
</table>

<sup>a</sup> May be conducted more frequently, as indicated.

<sup>b</sup> Other parameters, including thyroid-stimulating hormone, prolactin, and sexual/reproductive dysfunction are also recommended in pediatric patients.

<sup>c</sup> For example, obesity, diabetes, dyslipidemia, hypertension, coronary heart disease.

<sup>d</sup> For example, exercise, diet, smoking.

N/A, not available; the guidelines do not specifically address these items.

Point of Care – CLIA waived glucose and lipid testing

• **Commercially available instruments use fingerstick testing**
  – Measure total cholesterol, HDL cholesterol, triglycerides and glucose and calculates lipid ratios.
    • Example – CardioChek PA analyzer

• **Elements to consider:**
  – Reagent storage requirements – refrigerated vs room temp storage
  – CLIA waived testing
  – CRMLN certified (Cholesterol Reference Laboratory Network)
  – FDA cleared
Operationalizing Point of Care Testing
Lab Requirements

- Clinical Laboratory Improvement Amendments (CLIA) defines a laboratory as any facility which performs testing on materials derived from the human body.
- CLIA waived tests - Simple laboratory exams or procedures that have insignificant risk of erroneous results
- Facilities which only use CLIA waived tests must still be certified, but can complete the CLIA Certificate of Waiver which requires only:
  - Complete certificate of waiver every 2 years
  - Follow manufacturers instructions for each waived tests
  - Notify State agency of any organizational changes or if you add tests which are not CLIA waived
  - Permit inspections by a CMS agent. However, there is no routine inspection schedule.
Operationalizing Point of Care Testing
Lab Requirements

• A CLIA certificate is required for each testing site with some specific exceptions.
  – Mobile testing is allowed including temporary testing sites, such as testing in the home.
  – The CLIA Certificate of Waiver application includes testing site descriptions. Mobile testing can be noted and covered under the certificate of waiver for the designated primary site.

• There are no specified personnel requirements for CLIA waived tests.
  – CLIA waived tests must be conducted in accordance with the manufacturers instructions. Providers should develop quality systems that assure that manufacturer requirements are met, including calibration requirements.
Operationalizing Point of Care Testing

• Apply for a CLIA certificate from CMS – Form 116 (waiver sections)

• Submit certificate to state agency
  Division of Health Service Regulation/CLIA Certification, 2713 Mail Service Center, Raleigh, NC 27699-2713
  https://www2.ncdhhs.gov/dhsr/ahc/clia/index.html

• CLIA waived tests
CLIA Waived Metabolic Tests – Billing

**Lipid Testing**

**CPT or Current Procedural Terminology codes:**

- **80061 QW** – (Lipid Panel) Lipid testing used for evaluating atherosclerotic cardiovascular disease and to monitor the progress of patients on lipid dietary management as well as pharmacological therapy for the treatment of elevated lipid disorders.

  - **QW** — A modifier used when coding for Medicare and Medicaid indicating that the test and laboratory have received a Certificate of Waiver. If overlooked or omitted when filing, it will result in denial of the Medicare or Medicaid claim.

**Lipid and Glucose Testing components:** Can be submitted separately; however, these CPT codes will be denied when submitted on the same day as a Lipid Panel (80061QW)

- 82465 — QW Cholesterol, blood
- 83718 — QW HDL Cholesterol
- 36416 — Collection of capillary blood (Fingerstick) specimen

**Glucose Testing**

**CPT Code:**

- **83036 QW** — For professional use in the management of diabetes mellitus where regular determinations of blood glucose levels are required. Glycated hemoglobin assesses glycemic control over a period of approximately 120 days.

  - **QW** — A modifier used when coding for Medicare and Medicaid indicating that the test and laboratory have received a Certificate of Waiver. If overlooked or omitted when filing, it will result in denial of the Medicare or Medicaid claim.

- 36416 — Collection of capillary blood (Fingerstick) specimen
- 36415 — Collection of venous blood (green top/heparin) by venipuncture

Source: Cardiocheck website

http://www.ptsdiagnostics.com/us-reimbursement.html
DMA Approved Billing Codes

• Taxonomy codes associated with billing codes:
  – 363LP0808X Psychiatric/Mental Health NP
  – 363L00000X (NP)

• Billing for Collection
  – Clinical Coverage Policy IS-3
    • Section 5.3
  – 82465QW-cholesterol
  – 83718QW-cholesterol
  – 84478QW-cholesterol
  – 80047QW-Glucose
  – 80048QW-Glucose
  – 80053QW-Glucose
  – 80069QW-Glucose
  – 82947QW-Glucose
  – 82950QW-Glucose
  – 82951QW-Glucose
  – 83036QW-HbA1c
  – 80061QW-LDL