

What is HEDIS®?

HEDIS® (Healthcare Effectiveness Data Information Set) is a widely used set of performance measures in the managed care industry, developed and maintained by NCQA. HEDIS® measures drive improvement efforts surrounding best practices.

What is the HEDIS® AMM measure looking at?

The rate of members aged 18 and older with a diagnosis of major depression who were treated with an antidepressant and who remained on antidepressant medication.

There are two measures that assess medication adherence at different points in treatment:

- *Acute Phase*: Members who remained on their antidepressant for at least 84 days (12 weeks)
- *Continuation Phase*: Members who remained on their antidepressant for at least 180 days (6 months)

Why is the HEDIS® AMM measure important?

According to NCQA's "State of Health Care Quality 2013" report, approximately 50% of psychiatric patients and primary care patients prematurely discontinue antidepressant therapy (when assessed at six months after the initiation of treatment).

- Less than half of those impacted by depression receive treatment even though effective treatments are available.
- Appropriate dosing and continuation of medication therapy in both the short term and the long term treatment of depression decrease the recurrence of depressive symptoms.
- Increasing member compliance with prescribed medications, monitoring treatment effectiveness, and identifying and managing side effects are all best practices when managing care for members with depression.

Who is included in the measure?

- Members diagnosed with major depression in an inpatient, outpatient, partial hospitalization setting or telehealth visit who have not received an antidepressant medication within 105 days prior.
- Members aged 18+ covered under Commercial, Medicaid or Medicare LOB.

Which Members are excluded?

- Members using hospice services at any time during the year are excluded.

What are the diagnoses that include Members in the measure?

The following ICD-10 codes for major depression include members in the denominator (when paired with either an acute or non-acute inpatient stay or an outpatient visit):

F32.0, F32.1, F32.2, F32.3, F32.4, F32.9, F33.0, F33.1, F33.2, F33.3, F33.41, F33.9

When does the Member 'pass' the measure?

- *Acute Phase*: When they have remained on their antidepressant medication for at least 84 days (12 weeks)
- *Continuation Phase*: When they have remained on their antidepressant medication for at least 180 days (6 months)

What can providers do to help improve HEDIS® AMM rates?

Schedule a follow-up appointment no later than four weeks after starting a new prescription.

Remind patients about their appointments.

Assist members in setting up a follow-up appointment with a prescriber when patients are transitioning to another level of care.

Targeted outreach for members at risk of noncompliance via phone calls, medication prompts or case management.

Educate staff, patient, and family of the patient about the importance of adherence to prescription medications, side effects and benefits of antidepressant medication.

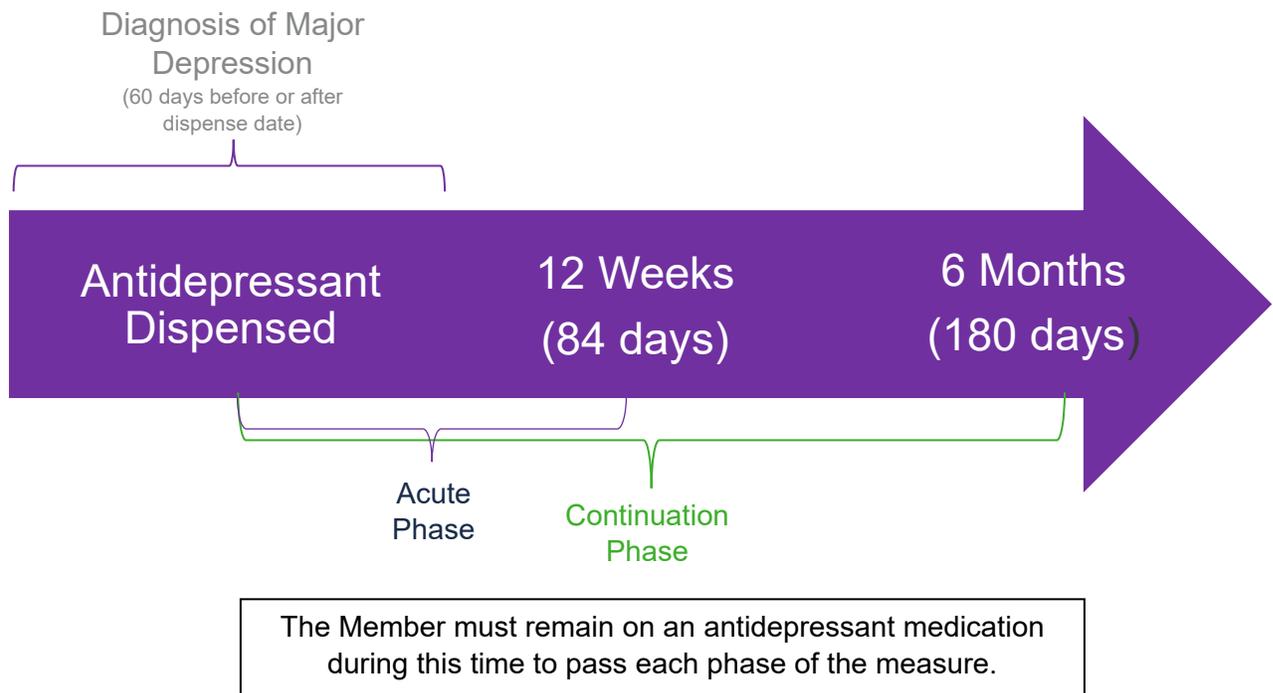
Involve the member and family in a collaborative discussion of treatment options, barriers to treatment, and promote member participation in decision-making.

Connect the member to health coaching programs, peer support and case management.

Communicate with other providers to ensure a whole health approach.

Use telehealth visits, where appropriate, when in-person services are not possible or telehealth services are preferred.

AMM Measure At-a-Glance



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