

## 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® ADD measure looking at?

The rate of members aged 6 – 12 on ADHD medication who had at least 3 follow up care visits within 10 months (one within 30 days) of the first ADHD medication being dispensed.

There are two best-practices being evaluated:

- *Initiation Phase:* Members receiving a follow up visit with a prescribing provider within 30 days of receiving their medication.
- *Continuation & Maintenance Phase:* Members who continue taking ADHD medication during the nine months after the initiation phase and receiving two additional follow up visits within those nine months.

## Why is the HEDIS® ADD measure important?

According to a national 2016 parent survey, the estimated number of children (2-17 years of age) ever diagnosed with ADHD is 6.1 million (9.4%). Altogether, 77% were receiving treatment. Of these children:<sup>1</sup>

- About 30% were treated with medication alone
- About 15% were treated with behavioral therapy alone
- About 32% were treated with combination therapy (medication and behavioral therapy); and
- About 23% of children with ADHD were receiving neither medication treatment nor behavioral therapy

## Who is included in the measure?

All members aged 6 – 12 that are dispensed an ADHD medication so long as they have not received ADHD medication in the 120 days prior.

Members can be in the Initiation Phase without being in the Continuation & Maintenance Phase. Members must meet a 7-month ADHD medication requirement to be in the Continuation & Maintenance Phase.

## Which Members are excluded?

- Members with acute inpatient encounters for mental, behavioral, or neurodevelopmental disorders within 300 days after the medication dispense date
- Members with narcolepsy
- Members in hospice or using hospice services

## When does a Member 'pass' the measure?

- *Initiation:* When they attend an OP visit with a practitioner who has prescribing authority within 30 days of the prescription being dispensed. A visit *on* the prescription dispense date does not qualify for initiation.
- *Continuation & Maintenance:* When they are compliant in the initiation phase AND attend at least two follow-up visits on different dates with any practitioner from days 31 – 300 from the prescription being dispensed.

## What can providers do to help improve HEDIS® ADD rates?

**Monitor** dosage of meds after 30 days to make adjustments if needed.

**Remind** patients of their follow up appointments.

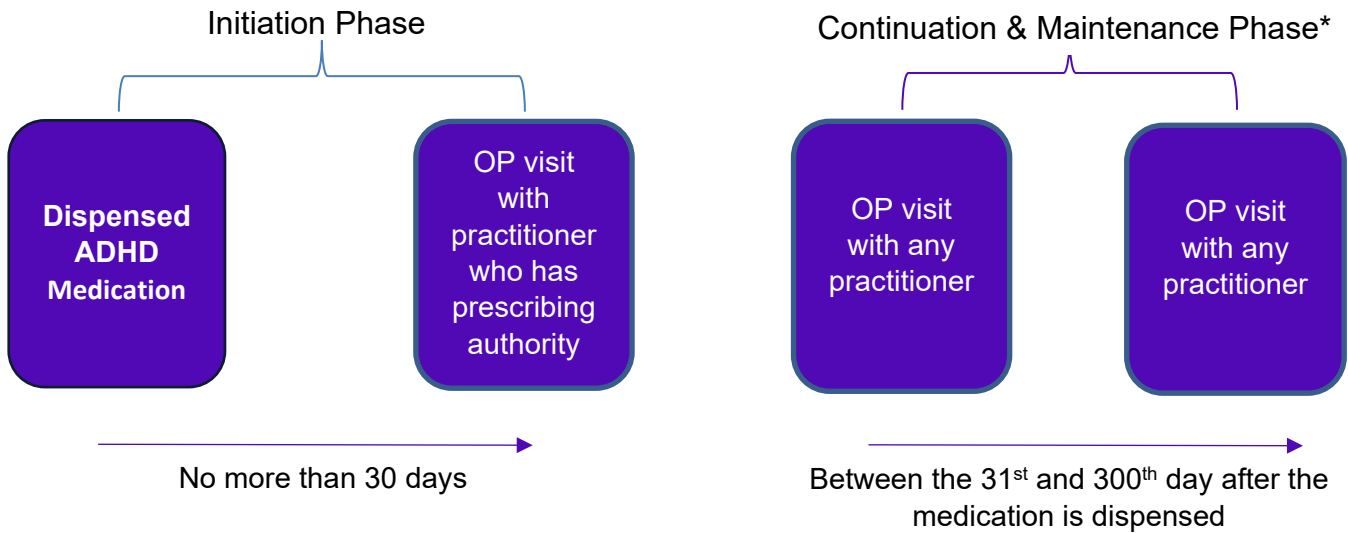
**Explain** to parents the medication options and side effects to come to a joint agreement on a treatment plan.

**Discuss** behavioral therapy, psychotherapy, family therapy, support groups, social skills training and/or parenting skills training in addition to medication therapy.

**Promote** continuity of care between primary care physicians, other providers and schools to ensure quality healthcare.

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

**ADD Measure At-a-Glance:**



\*Must remain on ADHD medication for at least 7 months of the 10-month measurement period to be included in the Continuation & Maintenance Phase; must be compliant with initiation phase in order to be compliant in Continuation & Maintenance Phase.

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<sup>1</sup> Centers for Disease Control and Prevention. Data and Statistics about ADHD. September 2021. <https://www.cdc.gov/ncbddd/adhd/data.html> Accessed 07/07/2022