

WHAT IS HEDIS® (HEALTHCARE EFFECTIVENESS DATA INFORMATION SET)?

HEDIS is a widely used set of performance measures in the managed care industry, developed and maintained by NCQA. HEDIS measures results and drives improvement efforts surrounding best practices.

MEASURE FOR ATTENTION DEFECIT HYPERACTIVITY DISORDER (ADHD)

NCQA outlines best-practice protocols regarding follow-up care for children with ADHD. The measure includes:

- **Initiation Phase:** Members 6-12 years old newly prescribed with ADHD medications require a follow-up visit within 30 days of receiving medication.
- **Maintenance Phase:** Members 6-12 years old who continue taking ADHD medications during the nine months after the initiation phase require two additional follow up visits within those nine months.

JUSTIFICATION FOR THE ADHD MEASURE

- ADHD is the most common mental health disorder affecting children, five to seven percent worldwide.¹
- Nine out of 10 children with ADHD were treated with medication and/or behavioral therapy, both of which are recommended ADHD treatments. Of these children about:
 - Four in 10 (43 percent) were treated with medication alone — the most common single ADHD treatment
 - One in 10 (13 percent) received behavioral therapy alone
 - Three in 10 (31 percent) were treated with combination therapy (medication and behavioral therapy)
 - One in 10 (6.5 percent) children with ADHD were receiving neither medication treatment nor behavioral therapy
 - One in 10 (6.5 percent) were taking dietary supplements for ADHD, which are not currently recommended for the treatment of ADHD²

WHAT CAN PROVIDERS DO TO IMPROVE OUTCOMES?

- Monitor dosage of meds after 30 days to make adjustments if needed.
- 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.
- If covered by the plan, telehealth can be used for one visit in the maintenance phase to ensure compliance.
- Promote continuity of care between primary care physicians, multiple providers, and schools to ensure quality healthcare.

BEACON CAN HELP!

Beacon's website (www.beaconhealthoptions.com) offers a number of member- and provider-level tools to assist in finding needed member services and other useful resources.

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¹ Matthews M, Nigg JT, Fair DA. Attention deficit hyperactivity disorder. *Curr Top Behav Neurosci*. 2014;16:235–66. doi: 10.1007/7854_2013_249. Accessed 6/30/16.

² CDC. Key Findings: Treatment of Attention-Deficit/Hyperactivity Disorder (ADHD) among Children with Special Health Care Needs. April 2016. <http://www.cdc.gov/ncbddd/adhd/features/adhd-keyfindings-treatment-special-needs-children.html>. Accessed m8/5/2 /2016.