

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.

HEDIS ANTIDEPRESSANT MEDICATION MANAGEMENT (AMM) DESCRIPTION

The AMM measure focuses on compliance with medication regimens and appropriate follow-up as the key to improved care for eligible members.

- Patients 18 years of age and older who were dispensed an antidepressant medication and who were diagnosed with Major Depression in an inpatient, outpatient, or partial hospitalization setting
- AMM consists of two measures that assess medication adherence at different points in treatment:
 - 1) Rate of patients who remained on their antidepressant medication for at least 84 days (12 weeks)
 - 2) Rate of patients who remained on their antidepressant medication for at least 180 days (6 months)

JUSTIFICATION MEASURE FOR THE AMM MEASURE

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

- 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 client compliance with prescribed medications, monitoring treatment effectiveness, and identifying and managing side effects are all best practices when managing care for clients with depression.

WHAT CAN PROVIDERS DO TO IMPROVE OUTCOMES?

- When patients transition to another level of care, assist them in setting up a follow-up appointment with a prescriber.
- Schedule a follow-up appointment no later than four weeks after starting a new prescription.
- Provide targeted outreach for clients at risk of noncompliance via phone calls, medication prompts, or case management.
- Educate all staff about the importance of adherence to prescription medications, side effects, and benefits of antidepressant medication.
- Involve the client in a collaborative discussion of treatment options and promote client participation in decision-making.
- Link the client to health coaching programs, peer support, and case management.

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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