

2022 HEDIS Measure Tips



One in a series of tip sheets that look at key Healthcare Effectiveness Data and Information Set measures, commonly referred to as HEDIS® measures.

This measure applies to both commercial and Medicare members.

Antidepressant Medication Management (AMM)

Effectiveness of Care HEDIS® Measure*

HEDIS measure description

The percentage of adults who had a diagnosis of major depression, who were treated with antidepressant medication, and who remained on an antidepressant medication treatment.

Measure population (denominator)

Adults ages 18 and older who had a diagnosis of major depression and were dispensed an antidepressant medication from May 1 of the prior year through April 30 of the measurement year.

Measure compliance (numerator)

Two rates reported:

- 1. Effective acute phase treatment:** The percentage of members who remained on an antidepressant medication for at least 84 days (12 weeks).
 - At least 84 days of treatment beginning on the earliest dispensing date through 114 days after (115 total days).
- 2. Effective continuation phase treatment:** The percentage of members who remained on an antidepressant medication for at least 180 days (6 months).
 - At least 180 days of treatment beginning on the earliest dispensing date through 231 days after (232 total days).

Exclusions

- Members in hospice or using hospice services anytime during the measurement year
- Members deceased during measurement year

Helpful HEDIS hints

- **Provide** National Suicide Prevention Lifeline number, 1-800-273-TALK, to all patients.
- **Treat** with a combination of medication and therapy — particularly important in cases of severe depression.
- **Discuss** and inquire specifically about potential side effects at follow-up visits.

continued



Did you know?

- Depression is one of the most common mental health conditions in the United States.
- Half of all patients on antidepressant therapy discontinue medications prematurely.
- Continued therapy with antidepressants is usually needed for 6 to 12 months after the resolution of an acute episode to prevent a relapse.

Helpful HEDIS hints *continued*

- **Educate** patients on the importance of taking medication daily for optimal effectiveness.
- **Explain** how to take antidepressants, their benefits, when they can expect to feel better and the typical duration of treatment.
- **Emphasize** the importance of continuing the medication even after they begin to feel better.
- **Stress** the importance of proper sleep, stress management, social and spiritual support, and diet and exercise to enhance the effectiveness of anti-depressants.
- **Encourage** patients to call or schedule a follow-up visit and educate them on what to do if they have questions or concerns related to their medication or side effects.
- **Make** follow-up telephone calls to check on patients and remind them of upcoming visits.
- **Monitor** response to treatment with a standardized tool such as PHQ9.
- **Consider** non-adherence or inadequate dosing as contributing factors if there is limited or no response to treatment.

Antidepressant medications

Description	Prescriptions		
Miscellaneous antidepressants	• Bupropion	• Vilazodone	• Vortioxetine
Monoamine oxidase Inhibitors	• Isocarboxazid • Phenelzine	• Selegiline	• Tranylcypromine
Phenylpiperazine antidepressants	• Nefazodone	• Trazodone	
Psychotherapeutic combinations	• Amitriptyline - chlordiazepoxide	• Amitriptyline - perphenazine	• Fluoxetine – olanzapine
SNRI antidepressants (Serotonin and Norepinephrine Reuptake Inhibitor)	• Desvenlafaxine • Duloxetine	• Levomilnacipran	• Venlafaxine
SSRI antidepressants (Selective Serotonin Reuptake Inhibitor)	• Citalopram • Escitalopram	• Fluoxetine • Fluvoxamine	• Paroxetine • Sertraline
Tetracyclic antidepressants	• Maprotiline	• Mirtazapine	
Tricyclic antidepressants	• Amitriptyline • Amoxapine • Clomipramine	• Desipramine • Doxepin (>6 mg) • Imipramine	• Nortriptyline • Protriptyline • Trimipramine

Resources

1. National Institute of Mental Health (NIH). 2022. "Major Depression" [nimh.nih.gov/health/statistics/major-depression.shtml](https://www.nimh.nih.gov/health/statistics/major-depression.shtml)
2. Centers for Disease Control and Prevention (CDC). 2022. "Facts About Suicide." [cdc.gov/suicide/facts/index.html](https://www.cdc.gov/suicide/facts/index.html)

* HEDIS®, which stands for Healthcare Effectiveness Data and Information Set, is a registered trademark of the National Committee for Quality Assurance, or NCOA.

No portion of this document may be copied without the express written permission of Blue Cross Blue Shield of Michigan, except that BCBSM participating health care providers may make copies for their personal use. In no event may any portion of this publication be copied or reprinted and used for commercial purposes by any party other than BCBSM. None of the information included herein is intended to be legal advice and, as such, it remains the provider's responsibility to ensure that all coding and documentation are done in accordance with all applicable state and federal laws and regulations.