

HEDIS Measure Performance

Antidepressant Medication Management (AMM)



The National Committee for Quality Assurance (NCQA) accredits health plans based on their structure and processes in place to maintain the highest level of clinical quality and patient satisfaction. NCQA is able to track and analyze the performance of a health plan through the use of Healthcare Effectiveness Data and Information Set (HEDIS).¹

Antidepressant Medication Management (AMM)

The HEDIS measure known as Antidepressant Medication Management (AMM) has become a focal point for Superior Medicaid (STAR, STAR Health, STAR Kids and STAR+PLUS), CHIP, STAR+PLUS Medicare-Medicaid Plan (MMP), Allwell from Superior HealthPlan (HMO and HMO SNP) and Ambetter from Superior HealthPlan populations.

Major depression is a serious illness that has the potential to severely impact quality of life. The effects of this illness can lead to a decline in overall health if not treated with the correct therapy. Clinical guidelines for depression emphasize the importance of effective clinical management to help increase members' medication adherence, monitoring treatment efficacy through identification and management of potential side effects.

Strategies to help members with medication adherence include²:

- Providing education on how antidepressants work.
- Explaining the benefits of antidepressant treatment.
- Identifying and communicating ways of coping with medication side effects.
- Discussing expectations regarding the remission of symptoms (4-6 weeks at a therapeutic dose).
- Scheduling a follow-up visit within 30 days of starting a new medication, along with routine follow-ups.
- Encouraging the member to make an appointment if they have any questions or are considering stopping their medication.
- Referring the member for more frequent psychotherapy sessions.
- Titrating appropriately and as applicable to receive therapeutic effect.
- Consider a 90-day supply when clinically appropriate while maintaining routine evaluation once stable.
- Encouraging adherence for at least 6-12 months even in the presence of symptom remission.

AMM Adherence Rates

AMM analyzes members who have been diagnosed with Major Depressive Disorder (MDD) and are 18 years of age or older. For a member that is part of the AMM measure, HEDIS determines the rate of antidepressant adherence through the following phases:

Phase	Description
Effective Acute Treatment Phase	84 days (12 weeks) of medication, with only a gap of 30 days or less in the 114 days since the date of the newly started medication
Effective Continuation Phase	180 days (6 months) of medication, with only a gap of 51 days or less in total in the 231 days since the date of the newly started medication

Coding for MDD

In order for HEDIS to accurately identify the appropriate members for the AMM measure, a clinical diagnosis for MDD must be solidified and coded prior to treatment for MDD with psychotherapy, pharmacotherapy or a combination. The main diagnosis codes for MDD include, but are not limited to:

ICD 10 Code(s)	Description
F32.0 – F32.4	Major Depressive Disorder, Single Episode, with severity/course specifiers
F32.9	Major Depressive Disorder, Single Episode, Unspecified
F33.0 – F33.4	Major Depressive Disorder, Recurrent Episode, with severity/course specifiers
F33.9	Major Depressive Disorder, Recurrent Episode, Unspecified

The Wrong Code Could Impact the MDD Measure in a Negative Manner

The use of incorrect diagnosis codes can create an unreliable source of membership for the measure by grouping patients who may not need to take their antidepressant medication on a daily basis with those who do. Disorder codes **not** applicable to MDD include, but are not limited to:

ICD 10 Code(s)	Description	Difference from MDD Treatment
F32.81	Premenstrual Dysphoric Disorder	Antidepressant may be prescribed on a cyclic basis.
F43.20 – F43.29	Adjustment Disorder <i>With an identifiable stressor, including death, loss, divorce, life-threatening experiences, etc.</i>	Symptom-targeted therapy should be utilized instead of antidepressants.

MDD Differential Diagnoses and Symptoms

The graphic below can help differentiate depressive symptoms in a variety of conditions and help keep treatment on the correct path. The AMM measure analyzes patients with the MDD diagnosis, largest circle, where antidepressants are a main stay of therapy. Many other behavioral health issues may have depressive symptoms. With the exception of Anxiety and Obsessive Compulsive Disorder the outlying conditions, smaller circles, are generally treated with other treatment modalities and **not** generally an antidepressant.



Additional Information

- For behavioral health resources, please visit Superior's Behavioral Health webpage.
- For questions, please contact Superior's Pharmacy department at 1-800-218-7453, ext. 54019.

References:

1. Antidepressant Medication Management. NCQA. <https://www.ncqa.org/hedis/measures/antidepressant-medication-management/>. Accessed January 20, 2021.
2. Practice Guideline for the Treatment of Patients with Major Depressive Disorder. Third Edition. <https://www.umhealthpartners.com/wp-content/uploads/2016/10/DepressionAPA.pdf>. Copyright 2010.