

# Provider Notice

## Molina Complete Care Quality Quick Tips

### HEDIS<sup>®</sup> Antidepressant Medication Management Measure

#### What is HEDIS<sup>1</sup>?

HEDIS (Healthcare Effectiveness Data Information Set) is a set of performance measures, developed and maintained by the National Committee for Quality Assurance (NCQA). HEDIS is a widely used tool to measure and improve the quality, timeliness and access to healthcare services. HEDIS includes several measures focused on behavioral health medications, including the Antidepressant Medication Management (AMM) measure.

#### What is the focus of this measure?

AMM focuses on medication adherence 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 metrics 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)

#### Why is this measure important?

Major depression is one of the most common mental health conditions and can result in suicide, a leading cause of death each year in the United States. Although antidepressant medications are effective in helping patients manage their condition, early stoppage of antidepressants is common – about 30% of patients discontinue antidepressants within 30 days. Appropriate dosing and continuation of medication therapy in both the short- and long-term treatment of depression can help decrease depressive symptom recurrence.

#### What can providers do to improve outcomes?

- When patients transition to another level of care, assist them in getting a follow-up appointment with a prescriber.
- Schedule a follow-up appointment no later than four weeks after starting a new prescription.

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<sup>1</sup> HEDIS<sup>®</sup> is a registered trademark of the National Committee of Quality Assurance (NCQA).

- Provide targeted outreach for patients 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 patient in a collaborative discussion of treatment options and promote patient participation in decision-making.
- Link the patient to health coaching programs, peer support and case management.

## Questions?

For more information and provider support for the HEDIS® AMM measure, please contact Molina Complete Care Quality and Risk Adjustment Department at [MCCAZ-HEDIS@MolinaHealthCare.com](mailto:MCCAZ-HEDIS@MolinaHealthCare.com).