

# Antidepressant Medication Management (AMM)

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## APPLICABLE LINES OF BUSINESS

- Commercial
- Medicare

## MEASURE DEFINITION

Percentage of patients 18 years of age and older who were treated with antidepressants and had a diagnosis of major depression and who remained on an antidepressant medication treatment. HEDIS evaluates two separate rates in this measure:

- Effective Acute Phase Treatment: Patients who remained on an antidepressant medication for at least 84 days (12 weeks).
- Effective Continuation Phase Treatment: Patients who remained on an antidepressant medication for at least 180 days (6 months).<sup>i</sup>

## EXCLUSION

- Patients who didn't have an encounter with a diagnosis of major depression during the 121-day period from 60 days prior to the Index Prescription Start Date (IPSD) through the IPSD and 60 days after.
- Received hospice care any time during the measurement year

## PATIENT MEDICAL RECORDS SHOULD INCLUDE

When documenting major depression, make sure to include information about the following:

- Date of service
- Diagnosis of major depression:
  - Whether the episode was single or recurrent
  - The severity of the episode, including mild, moderate, severe without psychotic features, or severe with psychotic features
  - The clinical status of the patient and whether they're in partial or full remission
- Clear evidence that an antidepressant medication was prescribed

Antidepressant Medications:

Description	Prescription		
Miscellaneous Antidepressants	Bupropion	Vilazodone	Vortioxetine
Monoamine Oxidase Inhibitors	Isocarboxazid	Selegiline	
	Phenelzine	Tranylcypromine	
Phenylpiperazine Antidepressants	Nefazodone	Trazadone	
Psychotherapeutic Combinations	Amitriptyline-chlordiazepoxide		Fluoxetine-olanzapine
	Amitriptyline-perphenazine		

SNRI Antidepressants	Desvenlafaxine	Levomilnacipran	
	Duloxetine	Venlafaxine	
SSRI Antidepressants	Citalopram	Fluoxetine	Paroxetine
	Escitalopram	Fluvoxamine	Sertraline
Tetracyclic Antidepressants	Maprotiline	Mirtazapine	
Tricyclic Antidepressants	Amitriptyline	Desipramine	Nortriptyline
	Amoxapine	Doxepin (>6mg)	Protriptyline
	Clomipramine	Imipramine	Trimipramine

## PATIENT CLAIMS SHOULD INCLUDE

- ICD-10<sup>ii</sup> Major Depression codes:

ICD-10 Codes	Description
F32.0-F32.4	Major depressive disorder, single episode
F32.9	Major depressive disorder, single episode, unspecified
F33.0-F33.3	Major depressive disorder, recurrent
F33.41	Major depressive disorder, single episode, in partial remission
F33.9	Major depressive disorder, recurrent unspecified

## TIPS FOR SUCCESS

- Set expectations about the recommended length of medication treatment based on the severity of the patient's depression and patterns of recurrence.
- Discuss the importance of continuing medication as prescribed (even if the patient starts feeling better) and the risks of stopping medication before 6 months, notably increased rates of recurrence.
- Discuss possible side effects of the medication and ways the patient can contact your office with questions and concerns.
- To ensure your patients complete a follow-up visit within 30 days of a new prescription, prescribe a 30-day supply of medication at the first visit and require a follow-up visit to continue the medication.
- Ensure patients schedule follow up care within 3 to 6 weeks after they start a new prescription to reassess symptoms, side effects, and adjust the type or dose of medication if needed.
- To ensure the patient completes at least 2 more follow-up visits within 9 months of the first appointment, schedule all follow-up appointments while the patient is at your office for their first visit.
- Use the Patient Health Questionnaire (PHQ-9) to help assess the specificity of Major Depressive Disorder for your patients. This questionnaire incorporates DSM-IV depression diagnostic criteria with other leading major depressive symptoms into a brief self-report tool, and can objectively determine if the episode is mild, moderate, or severe. The Patient Health Questionnaire is available at [www.phqscreeners.com](http://www.phqscreeners.com).

<sup>i</sup> National Committee for Quality Assurance. HEDIS® Measurement Year 2020 & Measurement Year 2021 Volume 2 Technical Specifications for Health Plans (2020), 238-243

<sup>ii</sup> ICD-10-CM created by the National Center for Health Statistics (NCHS), under authorization by the World Health Organization. World Health Organization-copyright holder.