

Antidepressant Medication Management (AMM) Provider Tip Sheet

Ensuring coordination of care for members diagnosed with depression

The National Committee for Quality Assurance's (NCQA) Healthcare Effectiveness Data and Information Set (HEDIS®) surveys include a measure to assess adherence to **best practice protocols regarding follow-up care for adults receiving medication for major depression**. The measure includes:

- **Acute:** Members age 18 and older with major depression starting an antidepressant medication for the first time (at least 105 days negative medication history for depression medications), who stayed on the medication for 12 weeks (3 months). The member can see any prescribing practitioner. The measure is based on pharmacy data.
- **Continuation:** Percentage of members age 18 and older with major depression starting an antidepressant drug who stayed on medication 180 days (6 months). The member can see any prescribing practitioner. The measure is based on pharmacy data.

How you can help

- Consider the value of using a depression measurement tool, such as the PHQ-9, at baseline and at various points in the patient's progression.
- Follow up with the patient to be sure dosage is correct and the patient is not experiencing side effects, and to monitor the patient for risks and benefits.
- Monitor dosage after 30 days to determine if any adjustment is needed.
- Explain to patients the medication options and side effects of each medication, and come to a joint agreement on the treatment plan. Provide patient educational materials.
- Instruct patients to call you if they experience any serious side effects.
- Emphasize the importance of consistency and adherence to the medication regimen.
- Consider a thorough psychosocial assessment and obtain assistance from Magellan if needed.
- Refer the patient to a behavioral health provider for psychosocial support and skill building.

For assistance in identifying a behavioral health practitioner to whom you can refer patients, please call the number listed on the back of the patient's benefits ID card. For additional resources on this topic, visit www.MagellanPCPtoolkit.com.

References

<https://magellanprovider.com/MagellanProvider/do/LoadHome>
<http://www.magellanprovider.com/media/11745/depression.pdf>
<http://psychiatryonline.org/guidelines>
<http://www.magellanprovider.com/media/11790/f-pce10-pcp-dep.pdf>