



Antidepressant Medication Management (AMM)

HEDIS® Measurement Year 2020 & 2021 Measures

Measure Description: The percentage of members 18 years of age and older who were treated with antidepressant medication, had a diagnosis of major depression and who remained on an antidepressant medication treatment. Two rates are reported.

Effective Acute Phase Treatment

The percentage of members who remained on an antidepressant medication for at least 84 days (12 weeks).

Effective Continuation Phase Treatment

The percentage of members who remained on an antidepressant medication for at least 180 days (6 months).

Strategies for Improvement

- Utilize NCQA coding tips to actively reflect care rendered.
- Talk to the patient about the importance of continuing medication and scheduling follow-up visits, even if they feel better.
- Discuss possible side effects that are more bothersome than life threatening.
- Advise patient about the risks of discontinuing the medication prior to six months and that is associated with a higher rate of recurrence of depression.
- Follow-up contact within 3 months of diagnosis or initiating treatment to increase likelihood of response to treatment.
- Inform member that most people treated for initial depression need to be on medication at least 6-12 months after adequate response to symptoms.

- Educate patient that medication may take time to become effective and discuss importance of medication adherence.
- Coordinate care with the patient's treating behavioral health specialists.
- Effective care may require collaboration between primary care provider, psychiatrist, and psychologist.

Measure Adherence

Adherence for the AMM measure is determined by the member remaining on their prescribed antidepressant medications 12 weeks up through 6 months. This is determined by pharmacy claims data (the plan will capture data each time the member fills their prescription). The medications the NCQA lists in the HEDIS specifications are below. This is a general list and should not replace the advice or care you provide your patients regarding what is optimal to meet their healthcare needs.

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Aetna Better Health® of Pennsylvania
Aetna Better Health® Kids

Antidepressant Medications

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