

Antidepressant Medication Management

CBH is committed to ensuring members receive quality care. One such way to achieve this objective is by monitoring adherence to medications utilizing [Healthcare Effectiveness Data and Information Set \(HEDIS®\)](#) measures established by the [National Committee for Quality Assurance](#) (NCQA). This resource outlines the measure focused on improving adherence to antidepressant medications.

Major depression contributes to impairment in daily functioning and, if not treated, can result in serious morbidity and mortality. While medication management is an effective modality of treatment, approximately 30% of patients discontinue their antidepressants within the first six months of initiation. Providers play a crucial role in supporting members' adherence to medications.

Best Practices

- ➔ Encourage members to share concerns and ask questions.
- ➔ Educate members on how to appropriately take their medication and share what to expect— including length of treatment, possible side effects and how to mitigate them.
- ➔ Ensure member has adequate supply of medications and refills.
- ➔ Assess members' adherence at each visit. Use a tool such as the [M.A.R.S. Calculator](#).
- ➔ Address members' specific barriers to antidepressant adherence. Refer to the [PA DHS Preferred Drug List](#) to see which medications are preferred.
- ➔ Share the [CBH Antidepressant Medication Guide](#) with members.
- ➔ Engage in shared decision making, such that members are at the center of care.
- ➔ Collaborate with the member's primary care physician.

Resources

- ➔ [CBH: HEDIS Tip Sheets](#)
- ➔ [CBH: Pharmacy Education and Resources for Members](#)
- ➔ [CBH: Pharmacy Education and Resources for Providers](#)
- ➔ [CBH Clinical Practice Guidelines: Treatment of Adults with Major Depressive Disorder](#)
- ➔ [Pennsylvania Medical Assistance Preferred Drug List \(PDL\)](#)

HEDIS Measure Definition

Assesses adults 18 years of age and older with a diagnosis of major depression who were newly treated with antidepressant medication and remained on their antidepressant medications.

Rate 1

Effective Acute Phase Treatment	Adults who remained on antidepressant medication for at least 84 days (12 weeks)
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Rate 2

Effective Continuation Phase Treatment	Adults who remained on antidepressant medication for at least 180 days (6 months)
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Diagnosis Codes Associated with Measure

- ➔ **[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

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PA Medicaid Program [HealthChoices] Preferred Drug List (2024)

Class	Preferred Medications	
SSRI Antidepressants	➔ Citalopram Solution and Tabs ➔ Escitalopram Tabs ➔ Fluoxetine Solution, Tabs, and Caps ➔ Fluvoxamine Tabs	➔ Paroxetine Tabs ➔ Sertraline Concentrate Solution and Tabs ➔ Vilazodone Tabs
SNRI Antidepressants	➔ Duloxetine Caps (generic Cymbalta) ➔ Venlafaxine Tabs, ER Caps and Tabs	➔ Desvenlafaxine Succinate ER Tabs (generic Pristiq)
Tricyclic Antidepressants	➔ Amitriptyline Tabs ➔ Amoxapine Tabs ➔ Clomipramine Caps	➔ Doxepin Concentrate Solution and Caps ➔ Imipramine HCl Tabs ➔ Nortriptyline Caps
Tetracyclic Antidepressants	Mirtazapine Tabs and ODT	
Phenylpiperazine Antidepressants	Trazodone Tabs	
MAOI Antidepressants	Phenelzine Tabs	
Misc. Antidepressants	Bupropion Tabs, SR Tabs, and XL Tabs	

Lab Coverage Information

Health Plan	Laboratory Provider
Community Behavioral Health	Atlantic Diagnostic Laboratories Parkway Clinical Laboratories
Jefferson Health Plans	Quest Diagnostics
Keystone First	LabCorp
United Healthcare	LabCorp Quest Diagnostics
Gelsinger	LabCorp Quest Diagnostics Jefferson Health
PA Health and Wellness	LabCorp Quest Diagnostics
UPMC	Quest Diagnostics

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