

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.¹ While medication management is an effective modality of treatment, approximately 30% of patients discontinue their antidepressants within the first 6 months of initiation.^{1,2} Providers play a crucial role in supporting members' adherence to medications.

1. NCQA Reference: <https://www.ncqa.org/hedis/measures/antidepressant-medication-management/>
2. Rossom RC, Shortreed S, Coleman KJ, et al. Antidepressant Adherence Across Diverse Populations and Healthcare Settings. *Depress Anxiety*. 2016;33(8):765-774. doi:10.1002/da.22532

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 MARS adherence questionnaire* at each visit.
- ➔ 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 (Available in English and Spanish).
- ➔ Engage in shared decision making, such that members are at the center of care. Learn more about shared decision making in AHRQ's Provider Toolkit.*
- ➔ Collaborate with the member's primary care physician.

**Tools available in the Resources section*

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

PA Medicaid Program [Health Choices] Preferred Drug List (2024)

Class	Preferred Medications	
SSRI Antidepressants	Citalopram Solution & Tabs Escitalopram Tabs Fluoxetine Solution, Tabs, & Caps Fluvoxamine Tabs	Paroxetine Tabs Sertraline Concentrate Solution & Tabs Vilazodone Tabs
SNRI Antidepressants	Duloxetine Caps (generic Cymbalta) Venlafaxine Tabs, ER Caps & Tabs	Desvenlafaxine Succinate ER Tabs (generic Pristiq)
Tricyclic Antidepressants	Amitriptyline Tabs Amoxapine Tabs Clomipramine Caps	Doxepin Concentrate Solution & 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, & XL Tabs	

Resources for Providers

- ➔ Pennsylvania Department of Human Services Statewide Preferred Drug List <https://papdl.com/preferred-drug-list>
- ➔ MARS Adherence Questionnaire <http://pub.basecase.com/EvGWaXTPrR/>
- ➔ Centers for Medicare & Medicaid Services Measures Inventory Tool <https://cmit.cms.gov/cmit/>
- ➔ NCQA Letter: NCQA Supports Medicaid Behavioral Measure Reporting <https://ncqa.org/comment-letter/ncqa-supports-medicare-behavioral-measure-reporting/>
- ➔ AHRQ Shared Decision-Making Tools <https://www.ahrq.gov/health-literacy/professional-training/shared-decision/tools/index.html>
- ➔ CBH Clinical Practice Guideline for Treatment of Adults with Major Depressive Disorder https://cbhphilly.org/wp-content/uploads/2023/09/CBH_CPG_Adult-MDD_2023-09.pdf

Resources to Share with Members

- ➔ CBH Antidepressant Medication Guide for Members [\(English\)](#) [\(Spanish\)](#)
- ➔ CBH Medication Wallet Card for Members [\(English\)](#) [\(Spanish\)](#)
- ➔ Healthy Minds Philly Coping with Depression Guide https://healthymindsphilly.org/wp-content/uploads/2017/11/Coping_with_Depression_Flyer-1.pdf