

Antidepressant Medication Management (AMM)



The National Committee for Quality Assurance (NCQA) accredits health plans based on their structure and processes in place to maintain the highest level of clinical quality and patient satisfaction. NCQA is able to track and analyze the performance of a health plan through the use of Healthcare Effectiveness Data and Information Set (HEDIS).¹

The HEDIS measure Antidepressant Medication Management (AMM) is being used within the Ambetter from Superior HealthPlan (Marketplace) population, and has become a focal point. Major depression is a serious illness that has the potential to severely impact the quality of life for an individual. The effects of this illness can lead to a declination of health if not treated with the correct therapy. Clinical guidelines for depression¹ emphasize the importance of effective clinical management to help increase patients' medication adherence, monitoring treatment efficacy through identification and management of potential side effects.

AMM analyzes patients who have been diagnosed with Major Depressive Disorder (MDD) and are 18 years of age or older. For HEDIS to accurately identify the appropriate patients to place in the measure, it is imperative the MDD diagnosis codes (listed below) are used for patients who have a diagnosis of MDD.

The main diagnosis codes for MDD include, but are not limited to:

- ✓ F32.0 – F32.4
- ✓ F32.9
- ✓ F33.0 – F33.3
- ✓ F33.41
- ✓ F33.9

Using the correct diagnosis codes aids in the prevention of potential miscoding for other diseases such as Social Anxiety Disorder. The use of incorrect diagnosis codes can create an unreliable source of membership for the measure by grouping patients who may not need to take their antidepressant medication on a daily basis with those who do.

For a member that is part of the AMM measure, HEDIS will determine the rate of compliance of their new medication started through the following phases:

Phase	Description
Effective Acute Treatment Phase	84 days (12 weeks) of medication, with only a gap of 30 days
Effective Continuation Phase	180 days (6 months) of medication, with only a gap of 51 days total since the date of the newly started medication

Effective ways to help members with medication compliance include:

- Reminding the member that most antidepressants take 4–6 weeks to become effective, which is why it is vital to remain compliant to their medication regimen.
- Scheduling a follow-up visit within the first 30 days of the new medication being prescribed, to assess any variations to the member's health including experiencing side effects.
- Scheduling routine follow-ups to determine the medication's effectiveness for the member, or to discuss alternate medications from the formulary, if needed. Please visit [Ambetter's Pharmacy Resources webpage](#) to access the latest version of the Preferred Drug List (PDL).
- Advising the member about the risks of discontinuing the medication prior to six months, which is associated with a higher rate of recurrence of depression.
- Considering providing a 90-day supply once member is on a stable regimen.

Continue to encourage the member to take their medication as prescribed, even if they are feeling better. The level of effectiveness will be highest if the patient remains compliant to their medication.

For any questions, please contact the Ambetter Pharmacy Department at 1-800-218-7453, ext. 54019.

References:

1. Antidepressant Medication Management. NCQA. <https://www.ncqa.org/hedis/measures/antidepressant-medication-management/>. Accessed February 4, 2021.