HEDIS® measures - What they mean for your practice

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Agenda

1. Review: What is HEDIS?
2. Follow-up Care for Children Prescribed ADHD Medication (ADD)
3. Metabolic Monitoring for Children & Adolescents on Antipsychotics (APM)
4. Diabetes and Cardiovascular Disease Screening and Monitoring for People with Schizophrenia or Bipolar Disorder (SSD, SMD, SMC)
What is HEDIS?

- Full name: Healthcare Effectiveness Data and Information Set (HEDIS®)
- Includes more than 90 measures across six domains of care
  - Effectiveness of Care
  - Access/Availability of Care
  - Experience of Care
  - Utilization and Risk-Adjusted Utilization
  - Health Plan Descriptive Information
  - Measures Collected Using Electronic Clinical Data Systems
- NCQA collects HEDIS data from health plans and other healthcare organizations
- Performance in these measures may be incorporated into pay-for-performance contracts
- Of the 90 measures, 8 relate to behavioral health
HEDIS measures relating to behavioral health

- Adherence to Antipsychotic Medications for Individuals with Schizophrenia (SAA)
- Antidepressant Medication Management (AMM)
- Diabetes and Cardiovascular Disease Screening and Monitoring for People with Schizophrenia or Bipolar Disorder (SSD, SMD, SMC)
- Follow-Up After Emergency Department Visit for Mental Illness (FUM)
- Follow-Up After Emergency Department Visit for Alcohol and Other Drug Abuse or for Alcohol and Other Drug Abuse or Dependence (FUA)
- Follow-Up After Hospitalization for Mental Illness (FUH)
- Follow-Up Care for Children Prescribed ADHD Medication (ADD)
- Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)
Follow-up Care for Children Prescribed ADHD Medication (ADD)
Follow-up Care for Children Prescribed ADHD Medication (ADD) – two rates reported

1. **Initiation phase:**
   - Assesses children between 6-12 years old
   - Children must be diagnosed with attention-deficit/hyperactivity disorder (ADHD)
   - Measures presence of **one follow-up visit** with a prescriber **within 30 days** of their first ADHD prescription

2. **Continuity and maintenance phase:**
   - Assesses children between 6-12 years old
   - Children must be diagnosed with ADHD, and receive a prescription for ADHD treatment
   - Measures continuation on the medication for at least **210 days**
   - Measures whether the child had **at least two follow-up visits** with a practitioner in the **9 months** after the initiation phase
Why it matters

ADHD is one of the most common mental disorders affecting children

11% of children in the U.S. have been diagnosed with ADHD

Features of the illness: hyperactivity, impulsiveness and inability to sustain attention or concentration

- 6.1% of children with ADHD are taking ADHD medication

Medications can control the above symptoms, but they also have side effects (e.g., psychosis, anxiety, compulsive behavior, cardiac problems)
Children on these medications should be monitored by a child psychiatrist, psychiatrist or pediatrician.

There may be psychiatric co-morbidity that must be addressed.
ADD results – follow-up care after initiation of treatment

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https://www.ncqa.org/hedis/measures/follow-up-care-for-children-prescribed-adhd-medication
ADD results – follow-up care during continuation of treatment

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https://www.ncqa.org/hedis/measures/follow-up-care-for-children-prescribed-adhd-medication
References


Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)
Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)

Assesses the percentage of children and adolescents with ongoing antipsychotic medication use who had metabolic testing during the year.
Prescribing antipsychotic medication in children and adolescents has increased rapidly $^{1, 2}$

Metabolic complications can accompany the use of antipsychotics $^{3, 4}$

These can result in cardiac problems in adulthood $^{5}$

Metabolic monitoring is important to ensure appropriate management of potential side effects with this medication
The American Psychiatric Association in concert with the American Diabetic Association established guidelines for metabolic monitoring for patients on antipsychotic medications. Magellan’s Antipsychotic Tip Sheet outlines recommended tests for metabolic monitoring.
ADA-APA-AACE recommended monitoring for patients on second-generation antipsychotics

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## APM results

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References


References (continued)


Diabetes and Cardiovascular Disease Screening and Monitoring for People with Schizophrenia or Bipolar Disorder (SSD, SMD, SMC)
Assesses adults ages 18-64 with schizophrenia or bipolar disorder and who were dispensed an antipsychotic medication and who had a diabetes screening test during the measurement year.
Assesses adults ages 18-64 with schizophrenia and diabetes.

Measures LCL-C testing and HBA1c testing during the measurement year.
Diabetes and Cardiovascular Disease Screening and Monitoring for People with Schizophrenia or Bipolar Disorder (SMC)

**CARDIOVASCULAR MONITORING**

Assesses adults age 18-64 with schizophrenia and cardiovascular disease

Measures LDL-C testing during the measurement year
Why it matters

Heart disease and diabetes - among the top 10 leading causes of death in the U.S.

Persons with serious mental illness on antipsychotic medications are at increased risk for diabetes and cardiovascular disease.

Screening for these conditions is important.

Lack of appropriate monitoring can lead to the emergence and worsening of diabetes.
Lack of appropriate monitoring can lead to the emergence and worsening of cardiovascular disease. These conditions can lead to worsening health and death. Patients with these illnesses have a high incidence of non-compliance with diet and exercise regimens. Patients with schizophrenia have a high incidence of smoking.
Why it matters (continued)

Addressing metabolic and cardiovascular issues can improve health and quality of life
SSD results

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### SMC results

| Year | Commercial  |  | Medicaid  |  | Medicare  |  |
|------|-------------|  |-----------|  |-----------|  |
|      | HMO | PPO | HMO |  | HMO | PPO |
| 2017 | ---- | ---- | 78.5 |  | ---- | ---- |
| 2016 | ---- | ---- | 77.8 |  | ---- | ---- |
| 2015 | ---- | ---- | 78.0 |  | ---- | ---- |
| 2014 | ---- | ---- | 76.2 |  | ---- | ---- |
| 2013 | ---- | ---- | 79.1 |  | ---- | ---- |
References


A helpful tool

Magellan primary care physician toolkit – MagellanPCPtoolkit.com

Includes:

- Educational materials about behavioral health conditions
- Tip sheets useful for assessments
- Diagnostic tools such as the PHQ-9 and CAGE-AID
- Patient education materials
- Quality measures
Questions?
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