

HEDIS® measures - What they mean for your practice

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Magellan
HEALTHCARE®

Agenda

1 Review: What is HEDIS?

2 Follow-up Care for Children Prescribed ADHD Medication (ADD-E)

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 87 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 87 measures, there are 17 measures related to behavioral health

HEDIS measures relating to behavioral health



- ✓ Adherence to Antipsychotic Medications for Individuals with Schizophrenia (SAA)
- ✓ Diabetes and Cardiovascular Disease Screening and Monitoring for People with Schizophrenia or Bipolar Disorder (SSD, SMD, SMC)
- ✓ Follow-Up Care for Children Prescribed ADHD Medication (ADD)
- ✓ Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)

- ✓ Follow-Up After Emergency Department Visit for Substance Use (FUA)
- ✓ Follow-Up After Hospitalization for Mental Illness (FUH)
- ✓ Follow-Up After Emergency Department Visit for Mental Illness (FUM)
- ✓ Follow-Up After High-Intensity Care for Substance Use Disorder (FUI)



Follow-up Care for Children Prescribed ADHD Medication (ADD-E)

Follow-up Care for Children Prescribed ADHD Medication (ADD-E) – two rates reported



1

Initiation phase:

Assesses children between 6-12 years old

Children must have a new prescription for attention-deficit/hyperactivity disorder medication (ADHD)

Measures presence of **one follow-up visit** with a practitioner with prescribing authority **within 30 days** of when the first ADHD medication was dispensed

2

Continuity and maintenance phase:

Assesses children between 6-12 years old

Children must be diagnosed with ADHD and receive a prescription for ADHD medication

Must remain 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 ended

Why it matters



ADHD is one of the most common mental disorders affecting children



11.3% of children aged 5-17 years in the U.S. have been diagnosed with ADHD



Features of the illness: inattention, impulsivity, or hyperactivity that leads to functional impairment experienced in multiple settings



Medications can control the above symptoms, but they also have side effects (e.g., psychosis, anxiety, compulsive behavior, cardiac problems)



Why it matters *(continued)*



Children on these medications should be monitored by a physician (child psychiatrist, psychiatrist or pediatrician)



There may be psychiatric co-morbidity that must be addressed

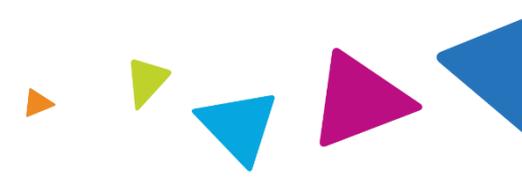
ADD results – follow-up care after initiation of treatment



| | Commercial | | Medicaid |
|-------------|------------|-------|----------|
| Year | HMO | PPO | HMO |
| 2023 | - | - | - |
| 2022 | 43.3% | 40.4% | 43.6% |
| 2021 | 38.7% | 35.6% | 39.7% |
| 2020 | 42.1% | 40.0% | 43.9% |

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

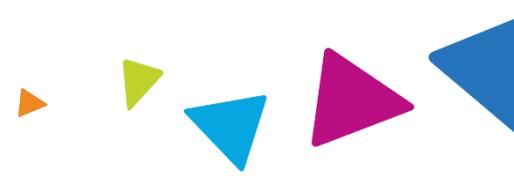
ADD results – follow-up care during continuation of treatment



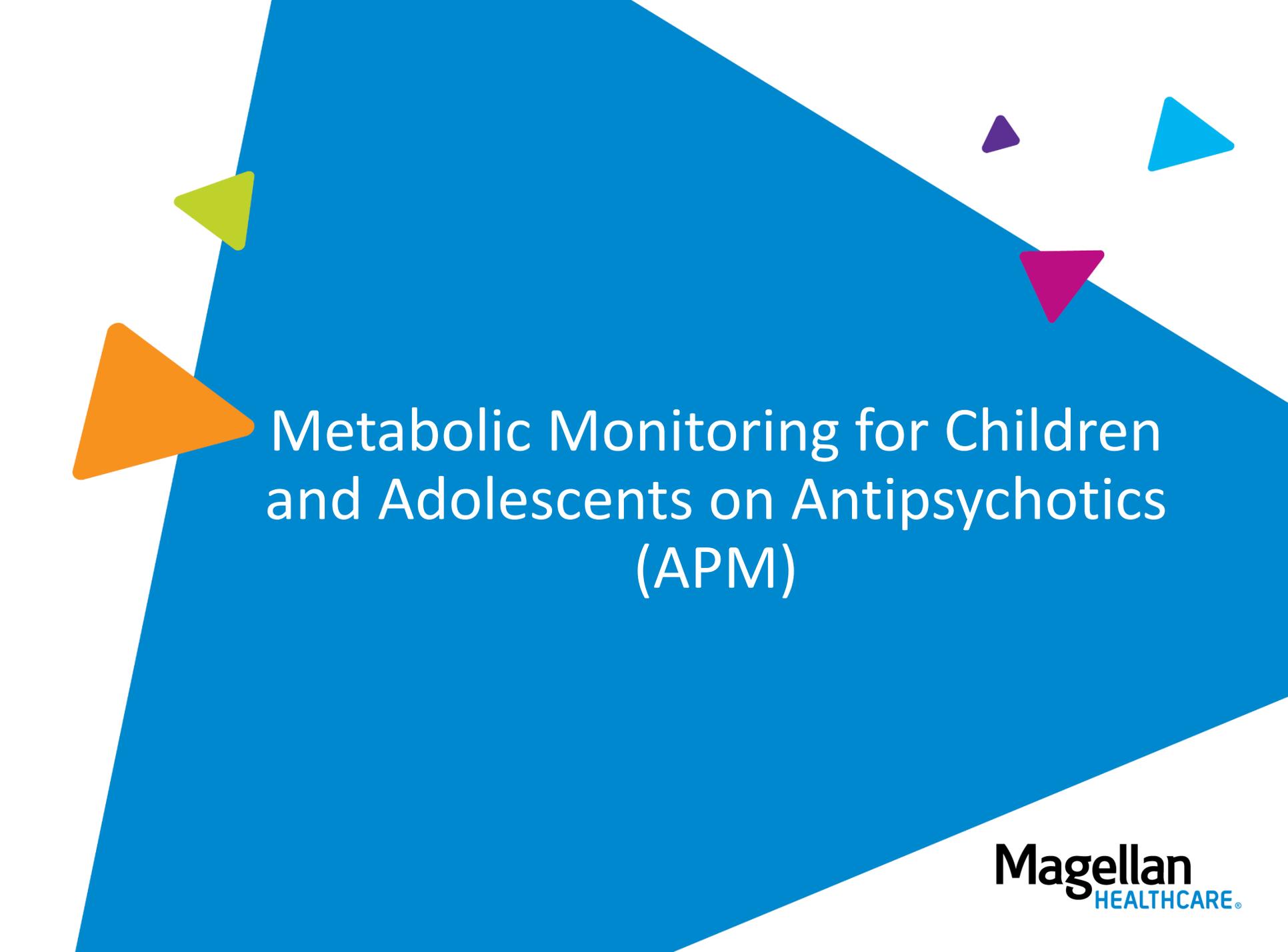
| | Commercial | | Medicaid |
|-------------|------------|-------|----------|
| Year | HMO | PPO | HMO |
| 2023 | - | - | - |
| 2022 | 48.5% | 46.7% | 53.1% |
| 2021 | 46.7% | 44.1% | 50% |
| 2020 | 48.8% | 47.4% | 53.5% |

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

References

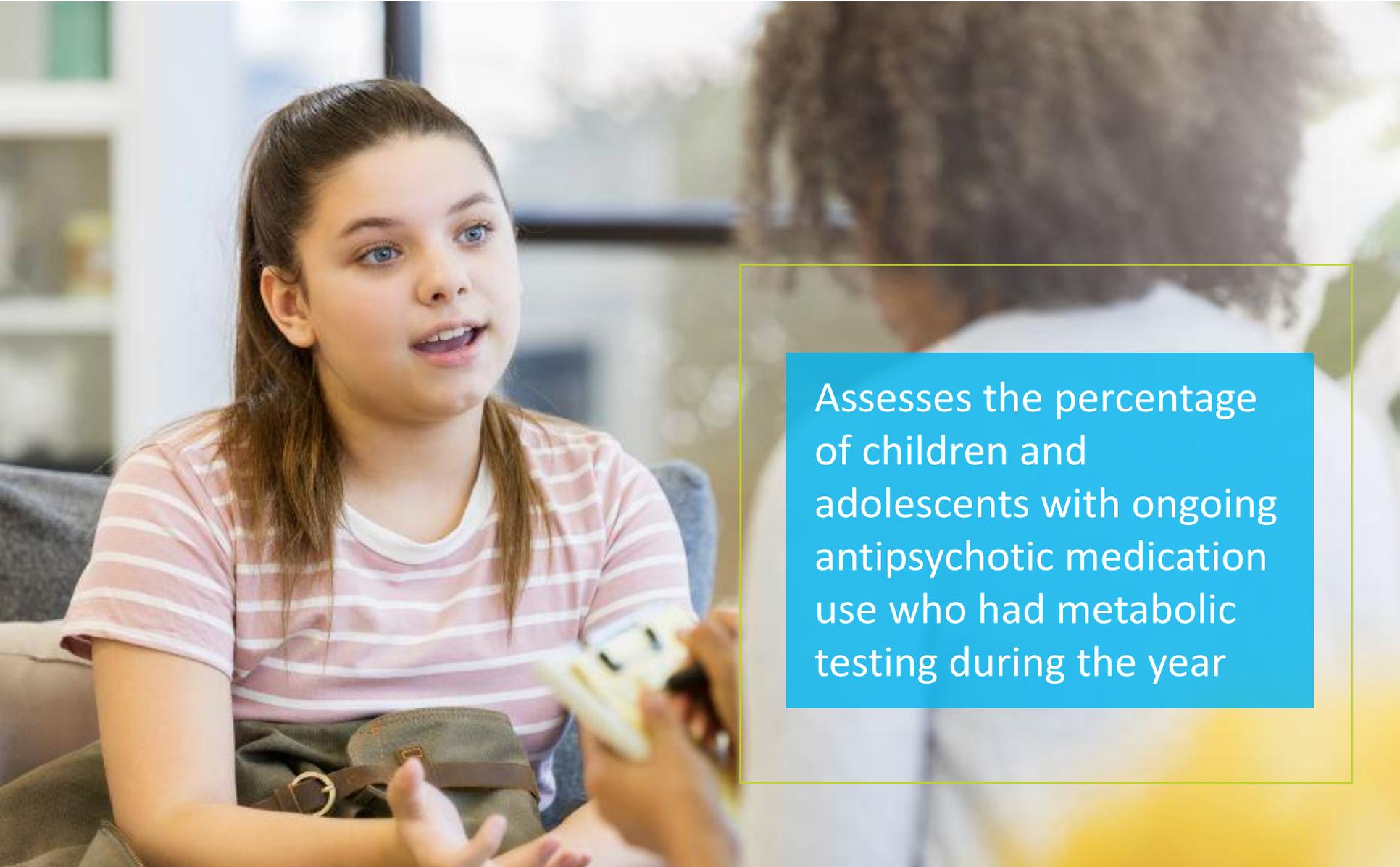
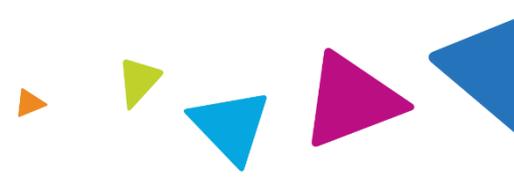


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Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)

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

Why it matters



» Prescribing antipsychotic medication in children and adolescents has increased rapidly in recent years

» Metabolic complications can accompany the use of antipsychotics

» These can result in cardiac problems in adulthood

» Metabolic monitoring is important to ensure appropriate management of potential side effects with this medication

Why it matters *(continued)*



Magellan's Antipsychotic Medications Tip Sheet outlines recommended tests for metabolic monitoring



It is recommended that practitioners treating children and adolescents with antipsychotic medication read the SAMHSA strategies to promote best practice in antipsychotic prescribing for children and adolescents

FDA recommended monitoring for patients on second-generation antipsychotics



| Measure | Baseline | 4 weeks | 8 weeks | 12 weeks | Quarterly | Annually |
|-------------------------|----------|---------|---------|----------|-----------|----------|
| Personal/family history | X | | | | | X |
| Body mass index | X | X | X | X | X | X |
| Waist circumference | X | | | | | X |
| Blood pressure | X | | | X | X | X |
| Fasting blood glucose | X | | | X | X | X |
| Fasting lipid profile | X | | | X | X | X |

American Diabetes Association; American Psychiatric Association; American Association of Clinical Endocrinologists; North American Association for the Study of Obesity. Consensus development conference on antipsychotic drugs and obesity and diabetes. Diabetes Care 2004; 27 (2): 596-601.

APM results



| | Commercial | | Medicaid |
|-------------|------------|-------|----------|
| Year | HMO | PPO | HMO |
| 2023 | - | - | - |
| 2022 | 37% | 34.8% | 36.3% |
| 2021 | 35.6% | 34.6% | 36.6% |
| 2020 | 32.3% | 30.3% | 32.1% |

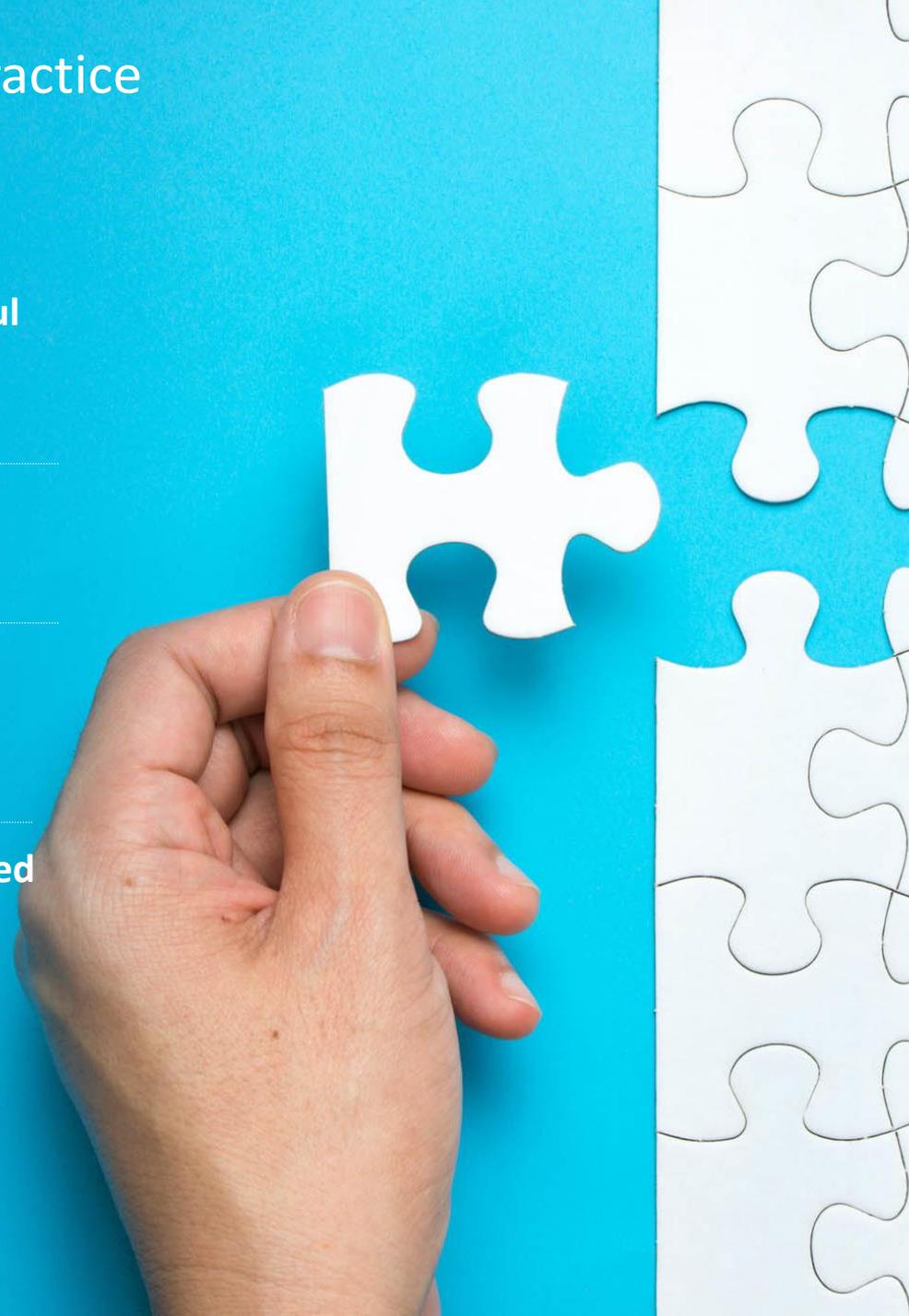
Improving effectiveness in your practice

The utilization of antipsychotic medication to treat children and adolescents is most successful when done in conjunction with a multifaceted approach.

Monitoring labs and vital signs are part of the management process.

Collaboration and slow introduction with consistent monitoring are required to establish safe and beneficial treatment outcomes.

It is suggested that this population not be treated with more than one antipsychotic at a time and that all other resources are considered prior to induction of an antipsychotic medication.



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A large blue triangle on the left side of the slide contains several smaller, colorful triangles: a large orange one, a smaller lime green one, and a purple one. On the right side, there are three more triangles: a small purple one, a medium blue one, and a medium magenta one.

Diabetes and Cardiovascular Disease Screening and Monitoring for People with Schizophrenia or Bipolar Disorder (SSD, SMD, SMC)

Diabetes Screening People with Schizophrenia or Bipolar Disorder who are using Antipsychotic Medications (SSD)



DIABETES SCREENING

Assesses adults ages 18-64 with schizophrenia, schizoaffective disorder, or bipolar disorder

and

Who were dispensed an antipsychotic medication

and

Who had a diabetes screening test during the measurement year



Diabetes Monitoring for People with Diabetes and Schizophrenia (SMD)



DIABETES MONITORING

Assesses adults ages 18-64 with schizophrenia, schizoaffective disorder, and diabetes

Measures LCL-C testing and HbA1c testing during the measurement year



Cardiovascular Monitoring for People with Cardiovascular Disease and Schizophrenia (SMC)



CARDIOVASCULAR MONITORING

Assesses adults ages 18-64 with schizophrenia, schizoaffective disorder, 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

Why it matters *(continued)*



» 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

SSD results



| | Medicaid |
|------|----------|
| Year | HMO |
| 2023 | - |
| 2022 | 79% |
| 2021 | 79.2% |
| 2020 | 76.7% |

SMD results



| | Medicaid |
|------|----------|
| Year | HMO |
| 2023 | |
| 2022 | 67.9% |
| 2021 | 67.1% |
| 2020 | 64.8% |

SMC results



| | Medicaid |
|------|----------|
| Year | HMO |
| 2023 | - |
| 2022 | 76.0% |
| 2021 | 74.9% |
| 2020 | 72.8% |

Improving effectiveness in your practice

Second-generation antipsychotics should be used for approved indications

Second-generation antipsychotics can have significant metabolic side effects; these effects vary between the different drugs

Monitoring can reduce the risk of metabolic side effect

Practitioners should base selection of antipsychotic on individual risk factors for each patient:

- previous response
- side effect profiles
- family history
- co-morbid conditions
- medical vulnerabilities
- tolerances
- patient preference/expectations



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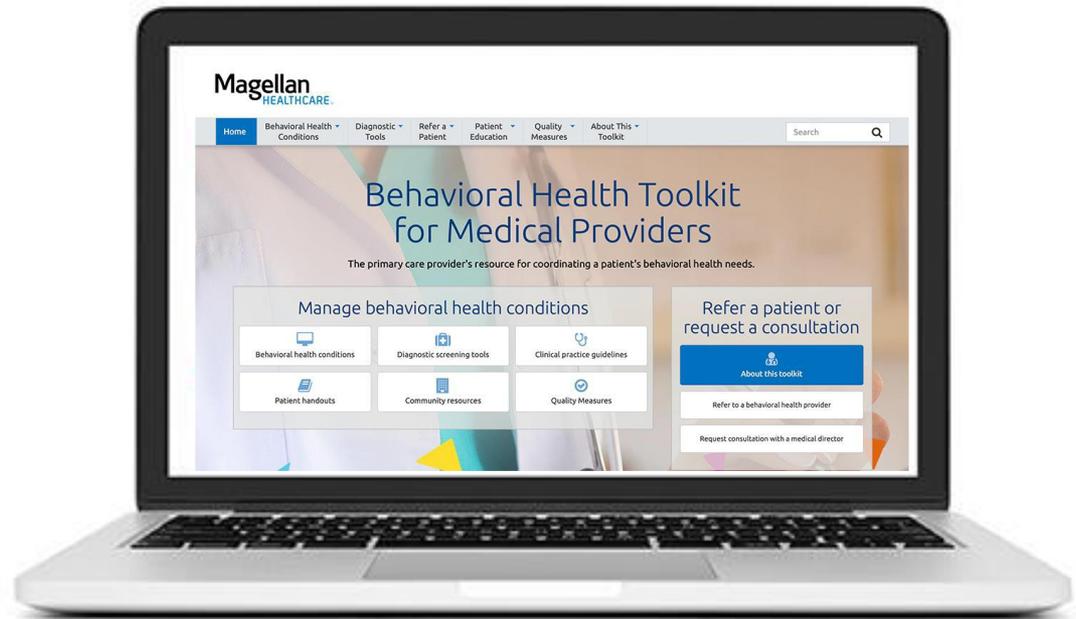
A helpful tool



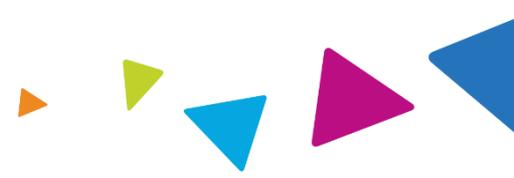
Magellan primary care physician toolkit – **MagellanPCPtoolkit.com**

Includes:

- ✓ Descriptions of common behavioral health conditions
- ✓ User-friendly screening tools for diagnosing behavioral health and substance use disorders
- ✓ Easy-to-read patient handouts
- ✓ Provider tip sheets
- ✓ Assistance with consultations and referrals to behavioral health experts



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