



One of a series of tip sheets that look at key Healthcare Effectiveness Data and Information Set measures

## Antidepressant medication management

This measure examines the percentage of adults age 18 and older who had a diagnosis of major depression and who were treated with antidepressant medication and remained on this treatment. Two rates are reported:

- **Effective acute phase treatment.** The percentage of members who remained on an antidepressant medication for at least 84 days (12 weeks)
- **Effective continuation phase treatment.** The percentage of members who remained on an antidepressant medication for at least 180 days (6 months)

**Exclusion:** Members in hospice are excluded from this measure.

### Did you know?

- Fifty percent of patients on antidepressant therapy discontinue medications prematurely.
- Continued therapy with antidepressants is usually needed for six to 12 months after resolution of an acute episode to prevent a relapse.
- Nearly half of patients diagnosed with depression are also diagnosed with anxiety.
- Depression often coexists with chronic medical conditions, and depressed patients have worse health and more severe disabilities than patients with chronic conditions alone.

### Improving HEDIS® scores\*

- **Educate** patients on the importance of taking medication daily for optimum effectiveness.
  - Reinforce how to take antidepressants, their benefits, when they can expect to feel better and the typical duration of treatment.
  - Emphasize the importance of continuing the medication even after they begin to feel better.
  - Discuss potential side effects and inquire specifically about potential side effects at follow-up visits.
  - Let patients know when they should call or schedule a follow-up visit and what to do if they have questions or concerns.
  - Stress the importance of proper sleep, stress management, social and spiritual support, diet and exercise to enhance the effectiveness of anti-depressants.

\*HEDIS, which stands for Healthcare Effectiveness Data and Information Set, is a registered trademark of the National Committee for Quality Assurance.

- **Monitor** response to treatment with a standardized tool such as PHQ9.
  - Studies show that the most effective treatment, especially in cases of severe depression, is a combination of medication and therapy.
  - If there is limited or no response to treatment, consider nonadherence or inadequate dosing as contributing factors.

## Tip:

Create a system of follow-up telephone calls to check on patients and remind them of upcoming visits.

### Antidepressant medications

Description	Prescriptions	
<b>Miscellaneous antidepressants</b>	<ul style="list-style-type: none"> <li>• Bupropion</li> <li>• Vilazodone</li> </ul>	<ul style="list-style-type: none"> <li>• Vortioxetine</li> </ul>
<b>Monoamine oxidase inhibitor</b>	<ul style="list-style-type: none"> <li>• Isocarboxazid</li> <li>• Phenelzine</li> </ul>	<ul style="list-style-type: none"> <li>• Selegiline</li> <li>• Tranylcypromine</li> </ul>
<b>Phenylpiperazine antidepressants</b>	<ul style="list-style-type: none"> <li>• Nefazodone</li> </ul>	<ul style="list-style-type: none"> <li>• Trazodone</li> </ul>
<b>Psychotherapeutic combinations</b>	<ul style="list-style-type: none"> <li>• Amitriptyline - chlordiazepoxide</li> <li>• Amitriptyline - perphenazine</li> </ul>	<ul style="list-style-type: none"> <li>• Fluoxetine - olanzapine</li> </ul>
<b>SNRI antidepressants</b>	<ul style="list-style-type: none"> <li>• Desvenlafaxine</li> <li>• Duloxetine</li> </ul>	<ul style="list-style-type: none"> <li>• Levomilnacipran</li> <li>• Venlafaxine</li> </ul>
<b>SSRI antidepressants</b>	<ul style="list-style-type: none"> <li>• Citalopram</li> <li>• Escitalopram</li> <li>• Fluoxetine</li> </ul>	<ul style="list-style-type: none"> <li>• Fluvoxamine</li> <li>• Paroxetine</li> <li>• Sertraline</li> </ul>
<b>Tetracyclic antidepressants</b>	<ul style="list-style-type: none"> <li>• Maprotiline</li> </ul>	<ul style="list-style-type: none"> <li>• Mirtazapine</li> </ul>
<b>Tricyclic antidepressants</b>	<ul style="list-style-type: none"> <li>• Amitriptyline</li> <li>• Amoxapine</li> <li>• Clomipramine</li> <li>• Desipramine</li> <li>• Doxepin (&gt;6 mg)</li> </ul>	<ul style="list-style-type: none"> <li>• Imipramine</li> <li>• Nortriptyline</li> <li>• Protriptyline</li> <li>• Trimipramine</li> </ul>