



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)

### 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, diet and exercise to enhance the effectiveness of anti-depressants.

### Did you know?

- *Depression affects one in 10 Americans, but more than 80 percent of people with symptoms are not receiving any treatment.*
- *Fifty percent of patients on antidepressant therapy discontinue medications prematurely.*
- *Continued therapy with antidepressants is usually needed for six to 12 months to prevent a relapse.*
- *Nearly half of patients diagnosed with depression are also diagnosed with anxiety.*

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

# Tip:

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

## Antidepressant medications

Description	Prescriptions	
Miscellaneous antidepressants	<ul style="list-style-type: none"> <li>Bupropion</li> <li>Vilazodone</li> </ul>	<ul style="list-style-type: none"> <li>Vortioxetine</li> </ul>
Monoamine oxidase inhibitor	<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>
Phenylpiperazine antidepressants	<ul style="list-style-type: none"> <li>Nefazodone</li> </ul>	<ul style="list-style-type: none"> <li>Trazodone</li> </ul>
Psychotherapeutic combinations	<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>
SNRI antidepressants	<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>
SSRI antidepressants	<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>
Tetracyclic antidepressants	<ul style="list-style-type: none"> <li>Maprotiline</li> </ul>	<ul style="list-style-type: none"> <li>Mirtazapine</li> </ul>
Tricyclic antidepressants	<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>