

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

Measures Requiring the Use of a Screening Instrument

Utilization of the PHQ-9 to Monitor Depression Symptoms for Adolescents and Adults (DMS-E)

Measure Description

The percentage of members 12 years of age and older with a diagnosis of major depression or dysthymia, who had an outpatient encounter with a PHQ-9 score present in their record in the same assessment period as the encounter.

How You Can Help

- Use the PHQ-9 instrument for the appropriate age group.
- Document use of PHQ-9 – date administered and score.
- Administer the PHQ-9 on a regular basis. Regular basis means at least once every 4-month calendar assessment period (January–April, May–August, September–December) or at least once every 120 calendar days (4 months).
- See “General Recommendations” below.

Depression Remission or Response for Adolescents and Adults (DRR-E)

Measure Description

The percentage of members 12 years of age and older with a diagnosis of depression and an elevated PHQ-9 score, who had evidence of response or remission within 120–240 days (4–8 months) of the elevated score.

- Follow-Up PHQ-9. The percentage of members who have a follow-up PHQ-9 score documented within 120–240 days (4–8 months) after the initial elevated PHQ-9 score.
- Depression Remission. The percentage of members who achieved remission (PHQ-9 total score of <5) within 120–240 days (4–8 months) after the initial elevated PHQ-9 score.
- Depression Response. The percentage of members who showed response (PHQ-9 total score of at least 50% lower) within 120–240 days (4–8 months) after the initial elevated PHQ-9 score.

How You Can Help

- Use the PHQ-9 instrument for the appropriate age group.
- Document use of PHQ-9 – date administered and score.

- Administer the PHQ-9 on a regular basis. Regular basis means at least once every 4-month calendar assessment period (January–April, May–August, September–December) or at least once every 120 calendar days (4 months).
- See “General Recommendations” below.

Measure Requiring the Use of Both a Follow-up Appointment and a Screening Instrument

Depression Screening and Follow-Up for Adolescents and Adults (DSF-E)

Measure Description

The percentage of members 12 years of age and older who were screened for clinical depression using a standardized instrument and, if screened positive, received follow-up care.

- **Depression Screening.** The percentage of members who were screened for clinical depression using a standardized instrument.
- **Follow-Up on Positive Screen.** The percentage of members who received follow-up care within 30 days of a positive depression screen finding.

How You Can Help

- Routinely screen members who are not already diagnosed with depression or bipolar disorder.
- Use standard assessment instruments that have been normalized and validated for the appropriate patient population including age group. The PHQ-9 is recommended but not required.
- Document use of standard assessment instrument – instrument name, date administered, and score.
- The threshold for a positive result varies by instrument. Be familiar with positive thresholds.
- For members who receive a positive depression screen finding, refer to follow-up care within 30 days of screening, preferably with a behavioral health provider for therapy and/or medication.
- See “General Recommendations” below.
- See “General Recommendation for Appointments” below.