

# Antidepressant Medication Management (AMM)

## Provider Tip Sheet

### Why is this measure important?

One of the most common health conditions in the United States is Major Depression. It can result in suicide, the 10th leading cause of death each year.<sup>1,2</sup> Once prescribed an antidepressant, 30% of patients stop taking their antidepressant medication within one month.<sup>3</sup> Providers play a key role in ensuring antidepressant medication adherence, monitoring treatment effectiveness, and identifying and managing side effects.

### Eligible Population

The AMM measure applies to members with a diagnosis of major depression who are 18 years and older who had a diagnosis of major depression—and were dispensed an antidepressant medication.

### Measure

- 1. Effective acute phase treatment** - Patients who remained on an antidepressant medication for at least 84 days (12 weeks).
- 2. Effective continuation phase treatment** - Patients who remained on an antidepressant medication for at least 180 days (6 months).

### Medical Record Documentation

Include all of the following in the documentation

- Date of service
- Diagnosis of major depression
- Clear evidence that an antidepressant was prescribed

### Coding Instructions

Use ICD-10 and CPT® codes to close gaps.

Major Depression		ICD-10 CM	
F32.0-F32.4	F32.9	F33.0-F33.3	F33.41-F33.9

<sup>1</sup> [National Institute of Mental Health](#). Major Depression.

<sup>2</sup> [NCQA](#). Antidepressant Medication Management (AMM).

<sup>3</sup> Rossom, R.C., et al. (2016). Antidepressant Adherence Across Diverse

## Best Practices

- Help members understand that most antidepressants take four to six weeks to work.
- Encourage members to continue any prescribed medication, even if they feel better. Inform them of the danger of discontinuing suddenly. If they take the medication for less than six months, they are at a higher risk of recurrence.
- Give members written instructions to reinforce the proper use of medication and what to do if they experience side effects.
- Encourage members to use their member card at the pharmacy to generate pharmacy claims and capture member compliance.
- Ensure patients receive a comprehensive medical and psychiatric exam before diagnosing major depression and prescribing an antidepressant.
- Coordinate care between behavioral health and primary care physicians by sharing progress notes and updates.
- Discuss other factors that may improve symptoms, such as aerobic exercise and counseling or therapy, which is particularly important in cases of severe depression. Emphasize the importance of proper sleep, diet, and exercise to enhance the effectiveness of treatment.
- Assess members within 30 days from when the prescription is first filled for any side effects and their response to treatment.
- Make follow-up calls to check on patients and remind them of upcoming visits. Reach out to members who cancel appointments and assist them with rescheduling as soon as possible.
- Monitor response to treatment with a standardized tool, such as the Patient Healthcare Questionnaire (PHQ-9) and consider non-adherence or inadequate dosing as contributing factors if there is limited or no response to treatment.
- Discuss the 988 Suicide & Crisis Lifeline ([988lifeline.org](https://www.988lifeline.org)) with patients and family.

## Support

We are committed to the care and well-being of our members. We are also committed to working with you as a partner to develop the best possible treatment plans for all patients.

Please view the Provider section of our website at [ambetterofnorthcarolina.com](https://ambetterofnorthcarolina.com) for additional tools and resources. You may also contact your Provider Engagement Administrator directly, or contact Provider Relations for assistance at **1-833-863-1310**.

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**This document is an informational resource designed to assist licensed healthcare practitioners in caring for their patients.** Healthcare practitioners should use their professional judgment in using the information provided. Antidepressant Medication Management (AMM) measures are not a substitute for the care provided by licensed healthcare practitioners and patients are urged to consult with their healthcare practitioner for appropriate treatment.

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