

Antidepressant Medication Management (AMM)

Why is AMM Important?

- Suicide is the 10th leading cause of death in the United States each year. ~ 16 million adults suffer from depression per CDC.
- Effective treatment of Major Depression reduces the risk of suicide, while improving your patients' overall health and daily functioning.
- Antidepressant medications typically take some time and potentially adjustments in dosing to be effective for many patients.

Best Practices:

- When Major Depression is diagnosed, initiate a 30-day supply of medication as medically appropriate.
- Prior to patient leaving the office, schedule a 29-day follow-up visit to assess medication effectiveness.
- Encourage members to make an appointment if they have questions or are considering to stop their medication.
- Schedule routine follow ups to titrate medication as needed. Recommend at least one 29-day follow-up appointment after every dosage or medication change.
- Remind patients that antidepressants can take at least 6 weeks to reach effectiveness, discontinuing medication prior to 6 months is correlated with a higher rate of depression and adverse outcomes. Please also encourage members to take medication even when feeling better.
- Prescribe a 90 day supply once stable.
- Antidepressants are more successful when in combination with mental health therapy. Please if appropriate, refer and encourage your patient to engage in regular counseling.
- Refer to Equality Health Care Coordination/pharmacy team for additional resources and support.

Our Focus:

The AMM measure focus on adults 18 years of age and older who were treated with antidepressant medication, had a diagnosis of major depression and who remained on the prescribed medication for at least 180 days after prescription.

Reminders:

- Many patients need additional support. Please refer these patients to Equality Health to assist with:
 - Transportation if needed
 - Access to adequate food and nutrition
 - Access to safe shelter/housing
 - Identifying and assisting with social determinant health needs.

ICD-10 Codes*

- Major Depression: F32.0-F32.4, F32.9, F33.0-F33.3, F33.41, F33.9
- **CPT Codes***
- **AMM Stand Alone Visits:** 98960-98962, 99078, 99201-99205, 99211-99215, 99217-99220, 99241-99245, 99341-99345, 99347-99350, 99384-99387, 99391-99397, 99401- 99404, 99411, 99412, 99483, 99510
- **AMM Visits:** 90791, 90792, 90832-90834, 90836-90840, 90845, 90847, 90849, 90853, 90867-90870, 90875, 90876, 99221-99223, 99231-99233, 99238, 99239, 99251-99255
- **ED:** 99281-99285
- **CPT Telephonic and Telehealth:** 99441-99443, 98966-98968, 99444, 99212-99215, 99201-99205
- **Telephone Modifier Value Set:** 95, GT, 02
- **Antidepressant Medications*:** Bupropion, Vilazodone, Vortioxetine, Isocarboxazid, Selegiline, Phenelzine, Tranylcypromine, Nefazodone, Trazodone, Amitriptyline-chlordiazepoxide, Amitriptyline-perphenazine, Fluoxetine-olanzapine, Desvenlafaxine, Levomilnacipran, Duloxetine, Venlafaxine, Citalopram, Fluoxetine, Paroxetine, Escitalopram, Fluvoxamine, Sertraline, Maprotiline, Mirtazapine, Amitriptyline, Amoxapine, Doxepin, Protriptyline, Clomipramine, Imipramine, Trimipramine