

eMeasure Title	Depression Remission at Twelve Months		
eMeasure Identifier (Measure Authoring Tool)	159	eMeasure Version number	5.0.000
NQF Number	0710	GUID	8455cd3e-dbb9-4e0c-8084-3ece4068fe94
Measurement Period	January 1, 20XX through December 31, 20XX		
Measure Steward	MN Community Measurement		
Measure Developer	MN Community Measurement		
Endorsed By	National Quality Forum		
Description	<p>Patients age 18 and older with major depression or dysthymia and an initial Patient Health Questionnaire (PHQ-9) score greater than nine who demonstrate remission at twelve months (+/- 30 days after an index visit) defined as a PHQ-9 score less than five. This measure applies to both patients with newly diagnosed and existing depression whose current PHQ-9 score indicates a need for treatment.</p>		
Copyright	Copyright MN Community Measurement, 2016. All rights reserved.		
Disclaimer	This measure is "re-tooled" from the existing NQF # 710 measure. eMeasure development was a collaboration between MN Community Measurement and Telligen with technical assistance provided by Telligen.		
Measure Scoring	Proportion		
Measure Type	Outcome		
Stratification	None		
Risk Adjustment	None		
Rate Aggregation	None		
Rationale	<p>The Centers for Disease Control and Prevention states that nationally 15.7% of people report being told by a health care professional that they had depression at some point in their lifetime. Persons with a current diagnosis of depression and a lifetime diagnosis of depression or anxiety were significantly more likely than persons without these conditions to have cardiovascular disease, diabetes, asthma and obesity and to be a current smoker, to be physically inactive and to drink heavily. According to the National Institute of Mental Health (NIMH), 6.7% of the U.S. population ages 18 and older (14.8 million people) in any given year have a diagnosis of a major depressive disorder. Major depression is the leading cause of disability in the U.S. for ages 15 - 44. Additionally, dysthymia accounts for an additional 3.3 million Americans.</p>		
Clinical Recommendation Statement	<p>Improvement in the symptoms of depression and an ongoing assessment of the current treatment plan is crucial to the reduction of symptoms and psychosocial well-being of patients with major depression. Most people treated for initial depression need to be on medication at least six to twelve months after adequate response to symptoms, patients with recurrent depression need to be treated for three years or more and response with psychotherapy can take eight to twelve weeks of regular and frequent therapy to show improvement. Remission is defined as a Patient Health Questionnaire (PHQ-9) score of less than five at twelve months. The PHQ-9 tool is a widely accepted, standardized tool [Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.] that is completed by the patient, ideally at each visit, and utilized by the provider to monitor treatment progress. This tool was selected for measuring outcomes for this population because it is 1) validated with a sensitivity of .080 and a specificity of 0.92 with substantial heterogeneity I2 = 82%, 2) widely accepted and utilized in Minnesota, 3) available for clinical use, 4) translated into many languages and 5) easy for the patient to complete and the provider to score. Available at www.phqscreeners.com. This nine question tool contains the following questions which are scored on a scale of 0 to 27 based on the scale of Not at All (0), Several Days (1), More Than Half the Days (2), or Nearly Every Day (3) for responses to the questions over the last 2 weeks.</p> <ul style="list-style-type: none"> * Little interest or pleasure in doing things * Feeling down, depressed, or hopeless * Trouble falling or staying asleep, or sleeping too much * Feeling tired or having little energy * Poor appetite or overeating * Feeling bad about yourself - or that you are a failure or have let yourself or your family down * Trouble concentrating on things, such as reading the newspaper or watching television * Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual * Thoughts that you would be better off dead or of hurting yourself in some way 		
Improvement Notation	Higher score indicates better quality		
Reference	Institute for Clinical Systems Improvement (ICSI) Major Depression in Adults in Primary Care 16th edition September 2013 www.icsi.org .		
Reference	Screening for Depression in Medical Settings with the Patient Health Questionnaire (PHQ) A Diagnostic Meta Analysis. Gilbody, Simon et al Journal of General Internal Medicine Sept 2007.		

Reference	The PHQ-9: Validity of a Brief Depression Severity Measure Kurt Kroenke, MD, Robert Spitzer, MD J Gen Intern Med 2001 16:606-613.
Reference	Collaborative Care for Depression: a Cumulative Meta-analysis and Review of Longer-term Outcomes. Gilbody, Simon et al Archives Internal Medicine Dec 2006.
Definition	Index visit may occur from January 1 through December 31 of the prior year. Remission is defined as a PHQ-9 score of less than five. Twelve months is defined as the point in time from the date that a patient meets the Initial Population inclusion criteria (diagnosis and PHQ-9 score greater than nine) extending out twelve months and then allowing a grace period of thirty days prior to and thirty days after this date. Any PHQ-9 score less than five obtained during this two month period is deemed as remission at twelve months, values obtained prior to or after this period are not counted as numerator compliant (remission).
Guidance	None
Transmission Format	TBD
Initial Population	Patients age 18 and older with a diagnosis of major depression or dysthymia and an initial PHQ-9 score greater than nine during the index visit
Denominator	Equals Initial Population
Denominator Exclusions	1: Patients who died 2: Patients who received hospice or palliative care services 3: Patients who were permanent nursing home residents 4: Patients with a diagnosis of bipolar disorder 5: Patients with a diagnosis of personality disorder
Numerator	Patients who achieved remission at twelve months as demonstrated by a twelve month (+/- 30 days grace period) PHQ-9 score of less than five
Numerator Exclusions	Not Applicable
Denominator Exceptions	None
Supplemental Data Elements	For every patient evaluated by this measure also identify payer, race, ethnicity and sex

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Population Criteria

- **Initial Population =**
 - AND: Age >= 18 year(s) at: \$DepressionIndex
- **Denominator =**
 - AND: Initial Population
- **Denominator Exclusions =**
 - OR: Union of:
 - "Intervention, Order: Palliative Care"
 - "Encounter, Performed: Care Services in Long-Term Residential Facility"
 - <= 1 year(s) starts before end of "Measurement Period"
 - OR: Union of:
 - "Expired : Patient Characteristic Expired"
 - "Diagnosis: Bipolar Disorder"
 - "Diagnosis: Personality Disorder"
 - starts before end of "Measurement Period"
- **Numerator =**
 - AND: "Risk Category Assessment: PHQ-9 Tool" satisfies all:
 - (result < 5)
 - < 13 month(s) starts after end of First: \$DepressionIndex
 - > 10 month(s) starts after end of First: \$DepressionIndex
- **Numerator Exclusions =**
 - None
- **Denominator Exceptions =**
 - None
- **Stratification =**
 - None

Data Criteria (QDM Variables)

- **\$DepressionEncounter =**
 - "Encounter, Performed: Office Visit" satisfies all:
 - < 12 month(s) ends before start of "Measurement Period"
 - > 0 month(s) ends before start of "Measurement Period"
 - satisfies any:
 - overlaps "Diagnosis: Major Depression Including Remission"
 - overlaps "Diagnosis: Dysthymia"
- **\$DepressionEncounterBH =**
 - "Encounter, Performed: Psych Visit" satisfies all:
 - < 12 month(s) ends before start of "Measurement Period"
 - > 0 month(s) ends before start of "Measurement Period"
 - satisfies any:
 - (principal diagnosis: Major Depression Including Remission)
 - (principal diagnosis: Dysthymia)
- **\$DepressionF2FSnomed =**
 - "Encounter, Performed: Face to Face Interaction - No ED" satisfies all:
 - < 12 month(s) ends before start of "Measurement Period"
 - > 0 month(s) ends before start of "Measurement Period"
 - satisfies any:
 - overlaps "Diagnosis: Major Depression Including Remission"
 - overlaps "Diagnosis: Dysthymia"
- **\$DepressionIndex =**
 - "Risk Category Assessment: PHQ-9 Tool (result > 9)" during Union of:
 - \$DepressionEncounter
 - \$DepressionEncounterBH
 - \$DepressionF2FSnomed

Data Criteria (QDM Data Elements)

- "Diagnosis: Bipolar Disorder" using "Bipolar Disorder Grouping Value Set (2.16.840.1.113883.3.67.1.101.1.128)"
- "Diagnosis: Dysthymia" using "Dysthymia Grouping Value Set (2.16.840.1.113883.3.67.1.101.1.254)"
- "Diagnosis: Major Depression Including Remission" using "Major Depression Including Remission Grouping Value Set (2.16.840.1.113883.3.67.1.101.3.2444)"
- "Diagnosis: Personality Disorder" using "Personality Disorder Grouping Value Set (2.16.840.1.113883.3.67.1.101.1.246)"
- "Encounter, Performed: Care Services in Long-Term Residential Facility" using "Care Services in Long-Term Residential Facility Grouping Value Set (2.16.840.1.113883.3.464.1003.101.12.1014)"
- "Encounter, Performed: Face to Face Interaction - No ED" using "Face to Face Interaction - No ED SNOMEDCT Value Set (2.16.840.1.113762.1.4.1080.1)"
- "Encounter, Performed: Office Visit" using "Office Visit Grouping Value Set (2.16.840.1.113883.3.464.1003.101.12.1001)"
- "Encounter, Performed: Psych Visit" using "Psych Visit Grouping Value Set (2.16.840.113883.3.67.1.101.3.2445)"
- "Intervention, Order: Palliative Care" using "Palliative Care Grouping Value Set (2.16.840.1.113883.3.526.3.1024)"
- "Risk Category Assessment: PHQ-9 Tool" using "PHQ-9 Tool Grouping Value Set (2.16.840.1.113883.3.67.1.101.11.723)"
- Attribute: "Principal diagnosis: Dysthymia" using "Dysthymia Grouping Value Set (2.16.840.1.113883.3.67.1.101.1.254)"
- Attribute: "Principal diagnosis: Major Depression Including Remission" using "Major Depression Including Remission Grouping Value Set (2.16.840.113883.3.67.1.101.3.2444)"

Supplemental Data Elements

- "Patient Characteristic Ethnicity: Ethnicity" using "Ethnicity CDCREC Value Set (2.16.840.1.114222.4.11.837)"
- "Patient Characteristic Payer: Payer" using "Payer SOP Value Set (2.16.840.1.114222.4.11.3591)"
- "Patient Characteristic Race: Race" using "Race CDCREC Value Set (2.16.840.1.114222.4.11.836)"
- "Patient Characteristic Sex: ONC Administrative Sex" using "ONC Administrative Sex AdministrativeGender Value Set (2.16.840.1.113762.1.4.1)"

Risk Adjustment Variables

- None

Measure Set	None
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