



## Depression Remission at Six Months Specifications 2013 (02/01/2012 to 01/31/2013 Dates of Service) Revised 08/10/2012

<b>Summary of Changes</b>	<b>Date of birth clarification</b> Added language to clarify date of birth range. Please note the changes in the denominator section.
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<b>Description</b>	A measure of the percentage of patients who have reached remission at six months (+/- 30 days) after being identified as having an initial PHQ-9 score > nine. Remission is defined as a PHQ-9 score less than five.
<b>Methodology</b>	Population identification is accomplished via a query of a practice management system or Electronic Medical Record (EMR) to identify the population of eligible patients (denominator). Data elements are either extracted from an EMR system or abstracted through medical record review. Full population data is required.
<b>Rationale</b>	The priority aim addressed by this measure is to improve the outcomes of treatment for patients with major depression or dysthymia. The Centers for Disease Control and Prevention states that 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 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. Suicide rates for Minnesotans are 10.4 per 100,000 or 1.3 suicides per day, with the highest rates among the following groups: males (four times greater than females), ages 30 to 49 years, and non-Hispanic whites.
<b>Measurement Period</b>	Measurement period will be a fixed twelve month period: 02/01/2012 to 01/31/2013. To collect data to calculate remission at six months, you will need to track patient index visits between 07/01/2011 to 06/30/2012.



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<b>Denominator</b>	<p>Patient who meets each of the following criteria is included in the population:</p> <ul style="list-style-type: none"> <li>• Patient was age 18 or older at the index visit (date of birth was on or prior to 02/01/1994).</li> <li>• Patient had visit or contact with an eligible provider in an eligible specialty between 07/01/2011 to 06/30/2012.</li> <li>• Patient had an initial PHQ-9 score &gt; nine.</li> <li>• Diagnosis of Major Depression or Dysthymia; ICD-9 diagnosis codes include: 296.2x, 296.3x and 300.4.             <ul style="list-style-type: none"> <li>○ For primary care providers, these diagnosis codes can be in any position, not only primary.</li> <li>○ For behavioral health providers, the depression or dysthymia diagnosis codes need to be listed as the primary diagnosis. This is to insure that the patient is primarily being treated for major depression and does not have other more serious psychiatric conditions like psychoses, schizophrenia or bipolar disorder with underlying depression.</li> </ul> </li> </ul> <p><u>Eligible specialties:</u> Family Practice (includes General Practice), Internal Medicine, Geriatric Medicine, Psychiatry, and Behavioral Health professionals (if physician on site).</p> <p><u>Eligible providers:</u> Medical Doctor (MD), Doctor of Osteopathy (DO), Physician Assistant (PA), Nurse Practitioner (NP), Clinical Nurse Specialist (CNS). If a physician is on site, then Licensed Psychologist (LP), Licensed Independent Clinical Social Worker (LICSW), Licensed Professional Clinical Counselor (LPCC), Licensed Marriage &amp; Family Therapist (LMFT).</p>
<b>Allowable Exclusions</b>	<ul style="list-style-type: none"> <li>• Patient was a permanent nursing home resident during the measurement period.</li> <li>• Patient was in hospice at any time during the measurement period.</li> <li>• Patient died prior to the end of the measurement period.</li> <li>• Patient has diagnosis of Bipolar Disorder (ICD-9 diagnosis codes listed below).</li> <li>• Patient has diagnosis of Personality Disorder (ICD-9 diagnosis codes listed below).</li> </ul>
<b>Numerator</b>	<p>The number of depression patients with an initial PHQ-9 score &gt; nine whose PHQ-9 score at six months (+/- 30 days) is less than five.</p>



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## Coding Conventions Used in MN Community Measurement Documentation

Unless otherwise noted, codes are stated to the minimum specificity required. For example, if a code is presented to the third digit, any valid fourth or fifth digits may be used. When necessary, a code may be specified with an “x,” which represents a required digit; for example, ICD-9-CM diagnosis code 651.0x indicates a fifth digit is required, but the fifth digit could be any number allowed by the coding manual. This coding convention is used to describe ranges of codes, please refer to the tables included for the complete list of codes.

## Major Depression and Dysthymia Diagnosis Codes

Table 1: ICD-9 Diagnosis Codes for Identifying Major Depression or Dysthymia

ICD-9 Diagnosis Code	ICD-9 Diagnosis Code Description
296.2	Major depressive disorder single episode
296.20	Major depressive affective disorder single episode unspecified degree
296.21	Major depressive affective disorder single episode mild degree
296.22	Major depressive affective disorder single episode moderate degree
296.23	Major depressive affective disorder single episode severe degree without psychotic behavior
296.24	Major depressive affective disorder single episode severe degree specified as with psychotic behavior
296.25	Major depressive affective disorder single episode in partial or unspecified remission
296.26	Major depressive affective disorder single episode in full remission
296.3	Major depressive disorder recurrent episode
296.30	Major depressive affective disorder recurrent episode unspecified degree
296.31	Major depressive affective disorder recurrent episode mild degree
296.32	Major depressive affective disorder recurrent episode moderate degree
296.33	Major depressive affective disorder recurrent episode severe degree without psychotic behavior
296.34	Major depressive affective disorder recurrent episode severe degree specified as with psychotic behavior
296.35	Major depressive affective disorder recurrent episode in partial or unspecified remission
296.36	Major depressive affective disorder recurrent episode in full remission
300.4	Dysthymic disorder

## Codes used to identify patients who meet exclusion criteria

Table 2: ICD-9 Diagnosis Codes for Identifying Patients Meeting Exclusion Criteria

ICD-9 Diagnosis Code	ICD-9 Diagnosis Code Description
296.00	Bipolar I Disorder, Single Manic Episode, Unspecified
296.01	Bipolar I Disorder, Single Manic Episode, Mild
296.02	Bipolar I Disorder, Single Manic Episode, Moderate



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ICD-9 Diagnosis Code	ICD-9 Diagnosis Code Description
296.03	Bipolar I Disorder, Single Manic Episode, Severe Without Psychotic Features
296.04	Bipolar I Disorder, Single Manic Episode, Severe With Psychotic Features
296.05	Bipolar I Disorder, Single Manic Episode, In Partial Remission
296.06	Bipolar I Disorder, Single Manic Episode, In Full Remission
296.10	Manic disorder, recurrent episode; Unspecified
296.11	Manic disorder, recurrent episode; Mild
296.12	Manic disorder, recurrent episode; Moderate
296.13	Manic disorder, recurrent episode; Severe Without Psychotic Features
296.14	Manic disorder, recurrent episode; Severe With Psychotic Features
296.15	Manic disorder, recurrent episode; In Partial Remission
296.16	Manic disorder, recurrent episode; In Full Remission
296.40	Bipolar I Disorder, Most Recent Episode Manic, Unspecified
296.41	Bipolar I Disorder, Most Recent Episode Manic, Mild
296.42	Bipolar I Disorder, Most Recent Episode Manic, Moderate
296.43	Bipolar I Disorder, Most Recent Episode Manic, Severe Without Psychotic Features
296.44	Bipolar I Disorder, Most Recent Episode Manic, Severe With Psychotic Features
296.45	Bipolar I Disorder, Most Recent Episode Manic, In Partial Remission
296.46	Bipolar I Disorder, Most Recent Episode Manic, In Full Remission
296.50	Bipolar I Disorder, Most Recent Episode Depressed, Unspecified
296.51	Bipolar I Disorder, Most Recent Episode Depressed, Mild
296.52	Bipolar I Disorder, Most Recent Episode Depressed, Moderate
296.53	Bipolar I Disorder, Most Recent Episode Depressed, Severe Without Psychotic Features
296.54	Bipolar I Disorder, Most Recent Episode Depressed, Severe With Psychotic Features
296.55	Bipolar I Disorder, Most Recent Episode Depressed, In Partial Remission
296.56	Bipolar I Disorder, Most Recent Episode Depressed, In Full Remission
296.60	Bipolar I Disorder, Most Recent Episode Mixed, Unspecified
296.61	Bipolar I Disorder, Most Recent Episode Mixed, Mild
296.62	Bipolar I Disorder, Most Recent Episode Mixed, Moderate
296.63	Bipolar I Disorder, Most Recent Episode Mixed, Severe Without Psychotic Features
296.64	Bipolar I Disorder, Most Recent Episode Mixed, Severe With Psychotic Features
296.65	Bipolar I Disorder, Most Recent Episode Mixed, In Partial Remission
296.66	Bipolar I Disorder, Most Recent Episode Mixed, In Full Remission
296.7	Bipolar I Disorder, Most Recent Episode Unspecified



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ICD-9 Diagnosis Code	ICD-9 Diagnosis Code Description
296.80	Bipolar Disorder NOS
296.81	Atypical manic disorder
296.82	Atypical depressive disorder
296.89	Bipolar II Disorder
301.0	Paranoid personality disorder
301.1	Affective personality disorder
301.10	Affective personality disorder unspecified
301.11	Chronic hypomanic personality disorder
301.12	Chronic depressive personality disorder
301.13	Cyclothymic disorder
301.2	Schizoid personality disorder
301.20	Schizoid personality disorder unspecified
301.21	Introverted personality
301.22	Schizotypal personality disorder
301.3	Explosive personality disorder
301.4	Obsessive-compulsive personality disorder
301.5	Histrionic personality disorder
301.50	Histrionic personality disorder unspecified
301.51	Chronic factitious illness with physical symptoms
301.59	Other histrionic personality disorder
301.6	Dependent personality disorder
301.7	Antisocial personality disorder
301.8	Other personality disorders
301.81	Narcissistic personality disorder
301.82	Avoidant personality disorder
301.83	Borderline personality disorder
301.84	Passive-aggressive personality
301.89	Other personality disorders
301.9	Unspecified personality disorder