



IMPROVING HEALTH CARE QUALITY

## Follow-Up Care for Children Prescribed ADHD Medication

Blue Cross and Blue Shield of Montana (BCBSMT) collects quality data from our providers to measure and improve the care our members receive. Follow-up Care for Children Prescribed Attention-Deficit Hyperactivity Disorder (ADHD) Medication is one aspect of care we measure in our quality programs. Quality measures evaluate a prior calendar year performance.

### What We Measure

We capture the percentage of children ages 6 to 12 who are newly prescribed ADHD medication and who have at least three follow-up visits within 10 months. One of these visits is within 30 days of the ADHD medication first being dispensed. Rates are reported for two phases:

#### Initiation Phase

- One follow-up visit with a provider with prescribing authority within 30 days of the first prescription

#### Continuation and Maintenance Phase

- Two or more follow-up visits with a provider within 270 days (nine months) after the initiation phase
- Member remains on the ADHD medication for at least 210 days

Visits for both phases can be by telehealth, depending on the member's benefits.



This measure is a Healthcare Effectiveness Data and Information Set (HEDIS®) measure. See the [National Committee for Quality Assurance \(NCQA\) website](#) for more details.

## Why It Matters

ADHD is one of the most common behavioral health disorders in children, according to the [Centers for Disease Control and Prevention](#). ADHD medication can help manage symptoms, which include hyperactivity, impulsiveness and inattention. It's important that children be monitored by a provider with prescribing authority to ensure medication is prescribed and managed correctly. Learn more from [NCQA](#).

## Eligible Population

Members included in this measure must be age 6 (as of March 1 of the year before the measurement year) to age 12 (as of the last day of February of the measurement year).

**Exclusions:** Members are excluded from this measure who:

- Are receiving hospice care
- Have a diagnosis of narcolepsy before or during the measurement year

## Tips to Consider

- Educate members and caregivers about:
  - Common medication side effects
  - Potential for abuse and use of legal medication for illegal purposes
- Consider limiting the first prescription to a 14- or 21-day supply so that members are re-evaluated before refilling the prescription.
- Schedule an initial visit and a back-up appointment during the initiation phase in case members need to reschedule the initial visit.
- Schedule follow-up visits before members leave the office. Reach out to those who cancel appointments and help them reschedule as soon as possible.
- Learn more from the American Academy of Pediatrics about [ADHD](#).

## How to Document

Data for this measure is collected from claims data. Hybrid chart review doesn't apply.

For more information, see [NCQA's HEDIS Measures and Technical Resources](#).



## Questions?

Contact your BCBSMT Network Representative.

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