

FACT SHEET

Performance Measures

KEY POINTS

- > In 2019, The National Committee for Quality Assurance (NCQA) added two new measures to the Healthcare Effectiveness Data and Information Set (HEDIS®) to assess whether pregnant and postpartum women are screened for depression and provided care.
- > Starting in 2020, healthcare systems will include performance measures for screening and care outcomes for depression during pregnancy and the postpartum period.
- > A variety of healthcare providers—including obstetric providers, pediatricians, and family physicians—can use these measures.
- > Although this is an important step forward, these measures do not address anxiety or other maternal mental health conditions such as bipolar illness, obsessive-compulsive disorder, or post-traumatic stress disorder.

Maternal mental health (MMH) conditions are the most common complications of pregnancy and childbirth, affecting 1 in 5 women (800,000) each year in the United States.



1/5 women will experience MMH conditions during pregnancy or first year following pregnancy¹⁻³





75% of women who experience MMH symptoms go untreated⁴

You get what you measure—you measure what you get.

Priorities reflect what is measured. Maternal depression is now being measured, so it will become a priority.

MEASURES FOR MATERNAL DEPRESSION

These measures assess whether women are screened and whether follow-up steps, including referral and care, are provided for women who screened positive.

Prenatal Depression Screening & Follow-Up	Postpartum Depression Screening & Follow-Up
 <p>Women should be screened every trimester during pregnancy. These measures apply to both Medicaid and commercial insurers.</p>	 <p>Women should be screened at all obstetric and pediatric visits during the first year following pregnancy.</p>
<p>Depression Screening: Percentage of deliveries in which women were screened for clinical depression using a standardized tool during pregnancy.</p>	<p>Depression screening: Percentage of deliveries in which women were screened for clinical depression using a standardized tool within 12 weeks (84 days) post-delivery.</p>
<p>Follow-up on positive screen: The percentage of deliveries in which pregnant women received follow-up care within 30 days of screening positive for depression.</p>	<p>Follow-up on positive screen: The percentage of deliveries in which postpartum women received follow-up care within 30 days of screening positive for depression.</p>

PRACTICAL IMPLICATIONS

These new measures should:

- Be an incentive for providers to screen and treat women for depression during pregnancy and in the postpartum period.
- Be initiated in 2020 and revised as necessary.
- Provide insight into clinical care as they draw from electronic medical records and administrative data rather than claims.



Read the full measure specifications at bit.ly/measurespecs

Citations

- 1 ACOG Committee Opinion 757 (2018).
- 2 Gavin (2005). *Obstetrics & Gynecology*, 106, 1071-83.
- 3 Fawcett (2019). *Journal of Clinical Psychiatry* (80)
- 4 Byatt (2015). *Obstetrics & Gynecology*, 126(5): 1048-1058.

What is the NCQA?



The National Committee for Quality Assurance (NCQA) is a nonprofit organization dedicated to improving healthcare quality. The NCQA administers evidence-based standards, measures, programs, and accreditation. Each year, the NCQA produces a revised set of HEDIS® measures.
www.ncqa.org

What are HEDIS® measures?



The Healthcare Effectiveness Data and Information Set (HEDIS®) is a set of 90+ performance measures widely used in the healthcare industry. Over 90% of health plans in the United States (with over 190 million people enrolled) utilize HEDIS®. Measures are added, deleted, and revised annually.
www.ncqa.org/hedis/

HOW HEDIS® MEASURES ARE USED

These performance measures:

- > Reward preventive care. By focusing on prevention, the number of overall doctor visits drops and patients experience better outcomes.
- > Ensure that preventive measures—such as immunizations, cancer screenings, flu shots, and behavioral health assessments—are routinely provided. Thus HEDIS® is a powerful tool in determining how and when healthcare is delivered.
- > Reflect the clinical quality performance of healthcare plans. HEDIS® helps by determining which healthcare services are performed and by showing if those services are improving health conditions.



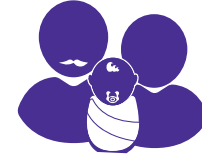
Providers

use HEDIS® to ensure timely and appropriate care for patients



Health Plans

use HEDIS® to identify gaps in care and opportunities for improvement



Consumers

use HEDIS® to compare health plans “apples to apples”

What is performance measurement?

Performance measurement is a process of setting goals and regularly checking progress toward meeting those goals. Data is collected, analyzed, and reported to show how processes are working.

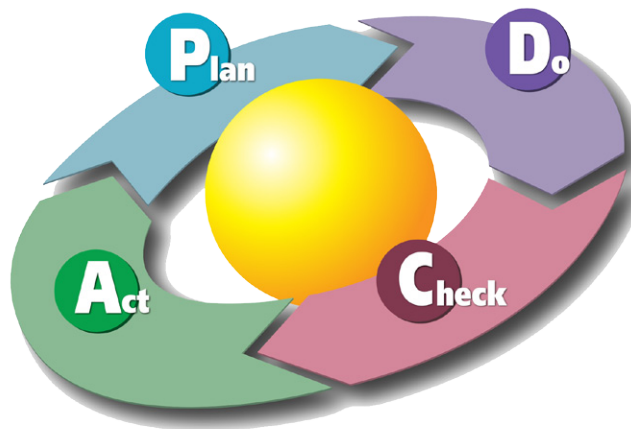
Why is it important to healthcare?

This information is used to drive decisions. Organizations use a cycle of planning, doing, checking, and acting to continuously improve processes and performance.

WAYS THESE MEASURES HELP ORGANIZATIONS

Using performance measures helps an organization understand, manage, and improve what it does.

Performance measures are critical to improving quality, enhancing transparency, and ensuring accountability—ultimately helping the organization to see how well it is providing care and support.



PLAN | Design or revise processes to improve results

DO | Implement the plan and measure its performance

CHECK | Assess the measurements and report the results to decision makers

ACT | Decide on changes needed to improve the process