



## MH-1: Depression Remission at Twelve Months

### 2024 Performance Year

Medicare (MSSP)

#### Measure Description

Adolescent patients 12 to 17 years of age and adult patients 18 years of age and older with a diagnosis of major depression or dysthymia and a PHQ-9 or PHQ-9M with a score of less than five (5) twelve months (+/- 60 days) after the initial PHQ-9 or PHQ-9M greater than nine (9).

Patients may be assessed using PHQ-9 or PHQ-9M up to seven days prior to the encounter (including the day of the encounter).

#### Required Exclusions

- Patients with a diagnosis of bipolar disorder
- Patients with a diagnosis of select personality disorders (cyclothymic, borderline, histrionic and factitious),
- Patients with a diagnosis of schizophrenia or psychotic disorder
- Patients with a diagnosis of pervasive developmental disorder
- Patients with a diagnosis of personality disorder emotionally labile
- Patients who were permanent nursing home residents
- Patients who utilize hospice or palliative care services
- Patients who passed away anytime during the performance year

#### Documentation Tips

- Remission is defined as a PHQ-9 or PHQ-9M score of less than five.
- Full PHQ-9 or PHQ-9M must be documented, a PHQ-2 is not accepted.
- PHQ-9 or PHQ-9M administration does not require a face-to-face visit; multiple modes of administration are acceptable (telephone, mail, e-visit, email, patient portal, iPad/tablet, or patient kiosk)

#### Best Practices

- Clinicians should establish and maintain follow-up with patients.
- Consider collaborative care as it has been shown to significantly lower depression severity.
- Use the PHQ-9 to monitor treatment outcomes and severity and modify the treatment plan as necessary.
- Urgent referral to crisis specialty health care is advised if the suicidality is of high risk on the PHQ-9
- Remember, response and remission take time. It can take 6 weeks of treatment or longer for patients to respond.
- Educate patients on the need for treatment of depression.

#### Resources

2024 CMS WebInterface V8.0