



Resource Guide

Antidepressant

Medication Management

A helpful resource for primary care physicians

2017



Health Partners Plans



Depression Management

Managing your patients with depression

This booklet provides an overview of the many resources Health Partners Plans provides to help you manage your patients with depression.

These resources include:

- Pharmacists and clinical case managers dedicated to managing member care
- Educational materials for your patients
- Medication Adherence reports
- A complex patient multidisciplinary team of medical case managers and behavioral health case managers
- Partnerships with behavioral health resources (including Magellan Health Services and Community Behavioral Services)

Increasing Medication Compliance in the Depressed Patient

Collaboration / Coordination

According to the CDC, approximately 8% of Americans report current depression and nearly 20% of adults are affected by some kind of major depressive disorder at least once in their lifetime. Studies have shown that a majority of these patients will initiate care with their primary care physician rather than a mental health professional. Therefore, it is clear that effective collaboration between the PCP and the behavioral health provider is critical in the successful treatment of depression.

What effective treatment can achieve:

- Pharmacotherapy has been shown to be a critical part of the effective treatment of patients with depression. Coupled with appropriate forms of psychological therapy, most patients experience good outcomes with appropriate antidepressants taken for the proper duration. The most common treatments include antidepressant medication, psychotherapy or a combination of the two.
- Early treatment is more effective and helps prevent the likelihood of serious recurrences.

- Patients need to be monitored very carefully during the acute phase (the first three months) and the initial continuation phase (the first six months) of treatment, so the clinician can adjust the dosage or type of medication, if necessary. The risk of depression is higher in patients with serious medical co-morbidities and treatment of depression may have a beneficial effect on their overall functioning and recovery.
- About 2/3 of those who suffer from major depression can achieve full remission.

Medical Compliance:

Medication Compliance is a major component of a successful therapeutic outcome. Recent studies show that 42% of patients taking an anti-depressant will become non-compliant with medication within the first 30 days, while a total of 72% of patients will become non-compliant before the 90th day.

Source: Magellan



Increasing Medication Compliance in the Depressed Patient (cont.)

According to the American Psychiatric Association (APA) Practice Guidelines for the Treatment of Patients with Major Depressive Disorders:

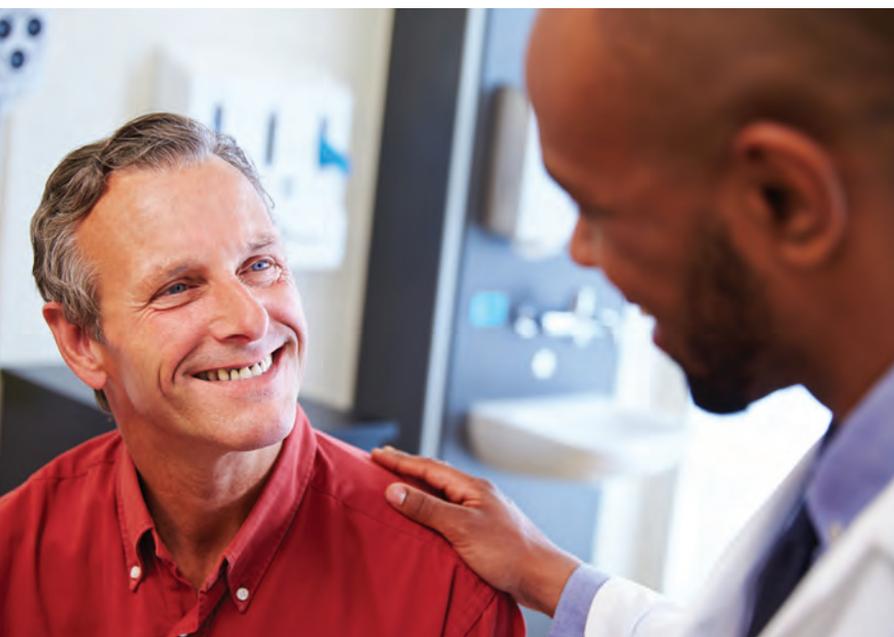
- **Factors to consider when choosing medication include:**

- Anticipated side effects
- Safety/tolerability
- History of prior response
- Cost
- Potential drug interactions
- Patient preference
- Co-occurring psychiatric and medical conditions

- **Patience is important.** Improvement with pharmacotherapy may not be seen until after four to eight weeks of treatment. If there is not at least moderate improvement by eight weeks, then a reappraisal of the treatment regimen should be conducted.

- **The goals of the acute phase.** These include inducing a remission of symptoms and a resumption of baseline functional status.
- **Continuation Phase.** Patients should be kept on treatment at the same dose, intensity, and frequency as in the acute phase for 16 to 20 weeks following remission to prevent relapse.
- **Maintenance Phase.** In order to prevent relapse, the treatment that was effective in the acute and continuation phases should be used for:
 - 6-12 months for the first depressive episode
 - 3 years for the second episode
 - indefinitely for a second episode with complicating factors (or a third episode)
- **Psychiatrist referrals may be in order.** Refer treatment resistant patients to a psychiatrist.

Source: Magellan



- **Antidepressant medication management.**

Factors to be considered should include:

- **The patient.** Their perceptions and understanding of their depression and medications (taking into account the patient’s culture, socioeconomic status and health literacy).
- **The medication.** How complicated it will be for the patient to manage, the side effects and the cost
- **The Provider.** Primary care physician vs. behavioral health specialist, knowledge of psychopharmacology and psychotherapy.
- **Disease Burden.** Chronic vs. acute, co-morbid medical problems, substance abuse.
- **Understanding.** Lack of patient understanding of the proper use of antidepressant medications and the importance of staying on therapy.
- **Communication and coordination.** A lack of communication and coordination of treatment between providers.
- **Access.** Efficient patient access to obtain prescriptions.
- **Affordable prescriptions.**
- **Patient follow-up.**

- **Improved Treatment Adherence.** Providers can help to improve treatment adherence through the following:

- **A strong alliance.** Establishment of a strong alliance with the patient
- **Patient education.** Educate patients about their illness, medications and adherence with their treatment.
- **Compliance assistance.** Providing medication compliance assistance, such as pillboxes
- **Patient follow-ups.** Be sure to schedule patient follow-ups.
- **Behavioral health specialist.** Incorporate behavioral health specialists when appropriate.
- **Tip sheet.** Provide a patient tip sheet (available from Health Partners Plans).

Source: Magellan



Behavioral Health Services available to you and your patients include:

Health Partners Plans

901 Market Street
Suite 500
Philadelphia, PA 19107
215-849-9606
HealthPartnersPlans.com

Magellan Health Services

Magellan has provider education resources including news, publications and member education materials on their website. They also have a very helpful Clinical Practice Guidelines on the Assessment and Treatment of Patients with Depressive Disorders.

1-800-788-4005

www.MagellanHealth.com/provider

Medicare members:

1-800-424-3704

www.MagellanHealthcare

Medicaid members: (by county:)

Philadelphia County: Community Behavioral Health **1-888-545-2600**

Bucks County: Magellan Healthcare **1-877-769-9784**

Chester County: Community Care Behavioral Health **1-800-553-7499**

Delaware County: Magellan Healthcare **1-888-207-2911**

Montgomery County: Magellan Healthcare **1-877-769-9782**

Community Behavioral Health

The Department of Behavioral Health and Intellectual Disability Services has educational and resource links on their website.

www.dbhids.org

Suicide Prevention Hotline

1-215-686-4420



Resources for Prescription Drug Assistance Programs:

One reason that patients may not take their medications is the inability to pay for them. The following information has been provided by our Health Partner Plans Behavioral Health Provider, Magellan Health Services. It provides resources to assist patients in paying for their medication. Each website can help locate programs that offer information about discounted or free medication. The application process may differ from program to program. Some may require the patient to apply and some may require that you apply for them. This list serves as a resource for you, your office and your patient.

Pennsylvania Prescription Drug Assistance Programs

This website provides a list of assistance programs for Pennsylvania residents. This provides access to multiple programs giving details as to how to access the individual programs.

www.needhelp-paying-bills.com/html/pennsylvania-prescription-assi.html

Partnerships for Prescription Assistance

This assistance program joins pharmaceutical companies, doctors, other health care providers, patient advocacy organizations, and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that is right for them. This site offers a single point of access to more than 475 programs that offer assistance, including the pharmaceutical companies themselves.

<https://www.pparx.org/Intro.php>

Needy Meds

This is a website that offers a direct connection with pharmaceutical companies who offer assistance. The website directs you to choose the medication by name, and it will take you to the company that produces that medication. You will need to have the name of the medication to use this site.

http://www.needymeds.com/drug_list.taf

Free Medication Revolution

Assists with free or low cost medication

<http://www.freemedicinerevolution.com/how-free-medication-works.php>

Programs for Specific Medications

There are programs available for specific medications for those patients that have insurance but still have difficulty with the co-payment. These programs are generally offered through large pharmacy chains and larger grocery store chains.

Wal-Mart

Wal-Mart's program offers a 30-day supply for a \$4.00 co-pay and \$10.00 co-pay for a 90-day supply. Only specific generic medications are included in this program.

<http://i.walmart.com/i/if/hmp/fusion/genericdruglist.pdf>

Source: Magellan



Health Partners Plans

888-991-9023

HealthPartnersPlans.com

Health Partners Plans
901 Market Street, Suite 500
Philadelphia, PA 19107

The information in this notice is available in other languages and formats by calling Health Partners Plans at the numbers below: / Puede obtener la información de esta notificación en otros idiomas y formatos llamando a Health Partners Plans a los números que aparecen a continuación: / Để nhận thông tin trong thông báo này bằng ngôn ngữ hay hình thức khác, quý vị chỉ cần gọi điện cho Health Partners Plans theo số dưới đây: / Информацию, изложенную в данном сообщении, также можно получить на других языках и в других форматах, позвонив в Health Partners Plans по номерам телефонов, указанным ниже: / 通过拨打Health Partners Plans的以下电话，可以获得此通知以其它语种和格式编译的信息: / ព័ត៌មាននៅក្នុងសេចក្តីជូនដំណឹងនេះ គឺមានជាភាសា និងជាទម្រង់ផ្សេងទៀត ដោយទូរស័ព្ទទៅ Health Partners Plans តាមលេខនៅខាងក្រោម : 1-800-553-0784 • 215-849-9600 (TTY 711)