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# Improving the Care of Patients with Attention Deficit Hyperactivity Disorder (ADHD)

According to the National Survey of Children's Health (NSCH) performed in 2016, an estimated 6.1 million children, ages 2-17 years of age had been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) in the United States. Sixty-four percent (64%) of those children diagnosed with ADHD also had diagnoses of another behavioral, emotional, or mental disorder<sup>1</sup>. Symptoms of ADHD include inattention, hyperactivity, and impulsivity, which can appear as early as age 3. According to the National Institute for Mental Health (NIMH), symptoms can change with age and development<sup>2</sup>.

As providers, you are aware of this condition's impact on the patient with their family, school, and social lives, including the need and benefit for continued follow-up care to ensure adequate and appropriate treatment. Blue Cross Blue Shield of Texas (BCBSTX) is committed to our partnership with you and our shared members to improve quality of care and health outcomes.

## Closing the Gaps in Care

In 2022, BCBSTX will continue our Performance Improvement Project (PIP) to improve the Healthcare Effectiveness Data and Information Set (HEDIS<sup>®</sup>) Follow-Up Care for Children Prescribed ADHD Medication measure.

Clinical guidelines advise:

- Patients are seen **within 30 days** of receiving a new prescription to ensure medication compliance and appropriate dosage.
- Two other visits for follow-up **should occur within seven months** after the first visit to continually assess for adherence, effectiveness, and side effects of medication.

BCBSTX recognizes opportunities for improvement and continually assesses interventions and outcomes. As we strive to improve this and other HEDIS measures with improved care for our shared members, we invite you to provide suggestions and interventions that may improve patient compliance, follow-up care, and health outcomes.

## Best Practice Recommendations:

- Educate members on the importance of follow-up care within 30 days after being prescribed ADHD medication, a new dose, or a new medication.
- Schedule your patient's follow-up visit—within the 30-day window—before they leave the office.
- Ensure that members continue to follow-up with you, their provider, for continuation of care.
- Ensure appointment availability for follow-up visits.

- Talk with your patients about the importance of medication continuation if they intend to take ADHD “medication vacations, including potential side effects and benefits.”
- Assess children on ADHD medications for changes in appetite and nutrition.
- Reach out to the following for assistance with managing these and any other patients:
  - Magellan Healthcare (Behavioral Health): 1-800-327-7390
  - A Magellan Psychiatrist is available for scheduled consultations
  - BCBSTX Case Management/Disease Management (STAR and CHIP): 1-877-214-5630
  - BCBSTX Service Coordination (STAR Kids): 1-877-301-4394

## Resources:

Reference and review the [BCBSTX Preventive Care Guidelines \(PCGs\)](#), [Clinical Practice Guidelines \(CPGs\)](#), and [THSteps for Medical Providers](#) which includes all current vaccine scheduled, [ImmTrac2](#) and other important guidance for treating your patients.

Refer to the Behavioral Health Toolkit (Provided by Magellan Healthcare)

Resources for coordinating a patient's behavioral health needs

<https://www.magellanpcptoolkit.com/>

Refer to the Clinical Practice Guidelines (Provided by Magellan Healthcare)

Magellan's clinical practice guidelines and supporting resources for providers

<https://www.magellanpcptoolkit.com/diagnostic-tools/clinical-practice-guidelines.aspx>

Refer to the American Association of Pediatrics ADHD Toolkit: <https://www.aap.org/en-us/pubserv/adhd2/Pages/kit/data/introframe.html>

## References:

<sup>1</sup> Data and Statistics About ADHD. (2019, February 5). Retrieved from

<https://www.cdc.gov/ncbddd/adhd/data.html>

<sup>2</sup> Attention-Deficit/Hyperactivity Disorder. (n.d). Retrieved from [NIMH » Attention-Deficit/Hyperactivity](#)

[Disorder \(nih.gov\)](#)

<sup>3</sup> Effectiveness of care: Diabetes, musculoskeletal, behavioral. (2019). In *HEDIS 2019, volume 2, technical specifications* (pp. 193-197).

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