

## STABLE Performance Measure

<p><b>Measure:</b> Bipolar Disorder: Avoidance of antidepressant monotherapy in BD I</p>	
<p><b>Summary:</b> This measure assesses the percentage of patients with BD I symptoms and behaviors who received monotherapy with an antidepressant agent during the first 12 weeks of treatment.</p>	
<p><b>Clinical Rationale:</b>  <b>Goals of Acute Treatment:</b> <ul style="list-style-type: none"> <li>▪ Avoidance of mood destabilization and precipitating a manic or hypomanic episode <sup>(1,2)</sup></li> <li>▪ Remission of symptoms with a return to usual levels of psychosocial functioning<sup>(1)</sup></li> </ul> <b>Initial Treatment Recommendations</b> <ul style="list-style-type: none"> <li>▪ Prescription of antidepressants in the absence of a mood stabilizer is not recommended for bipolar I patients<sup>(1)</sup></li> <li>▪ Due to the risks of mania induction and cycle acceleration, antidepressant monotherapy is not recommended an appropriate maintenance treatment for patients with BD I, most recent episode depressed<sup>(2)</sup></li> <li>▪ In addition to recommendations to avoid antidepressant monotherapy in BD I, the 2004 Consensus Guidelines<sup>(3)</sup> and the TMAP guidelines <sup>(2)</sup> provide cautionary guidance regarding the inclusion of an antidepressant in combination with additional pharmacotherapy (mood stabilizing agent or antipsychotic agent) in the treatment regimen for a patient with bipolar depression with a history of rapid cycling or antidepressant-induced mania</li> </ul> </p>	
<p><b>Denominator Population:</b>  Patients diagnosed with Bipolar I Disorder (any type of episode)</p> <p><b>Data Sources:</b></p> <ul style="list-style-type: none"> <li>▪ Administrative data</li> <li>▪ Medical Record</li> </ul>	<p><b>Numerator Population:</b>  Patients who receive only antidepressant monotherapy during the first 12 weeks following initiation of pharmacotherapy treatment</p> <p><b>Data Sources:</b></p> <ul style="list-style-type: none"> <li>▪ Medical Record</li> <li>▪ If available, administrative data, that indicates specific pharmacotherapy</li> </ul>
<p><b>Initial Case-finding Guidance:</b> Patients with diagnosis of Bipolar I Disorder ICD9CM or DSM IVTR: 296.0x; 296.1x; 296.4x; 296.5x; 296.6x; 296.7</p>	
<p><b>References:</b></p> <ol style="list-style-type: none"> <li>1. Practice Guideline for the Treatment of Patients with Bipolar Disorder (2002 Revision); American Psychiatric Association; Am J Psychiatry 159:4, April 2002 Supplement ; Also, Guideline Watch (2006) Update, Hirschfeld, RM, American Psychiatric Association, 2006</li> <li>2. Suppes T, Dennehy E, Hirschfeld R, Altshuler L, Bowden D, Calabrese J, Ketter T, Sachs G, Swann A, The Texas Implementation of Medication Algorithms: Update to the Algorithms for Treatment of Bipolar I Disorder, J Clin Psychiatry 2005; 66:870-886</li> <li>3. Keck PE, Perlis R, Otto M, Carpenter D, Ross R, Docherty J, Treatment of Bipolar Disorder 2004; The Expert Consensus Guideline Series, Postgraduate Medicine – A Special Report, December 2004</li> </ol>	

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<p><b>Measure:</b> Bipolar Disorder: Avoidance of antidepressant monotherapy in BD I</p>			
<p><b>Measure Specifications:</b></p>			
<p><b>Denominator:</b></p>			
<p>Patients 18 years of age or older with an initial diagnosis or new presentation/episode of bipolar disorder</p>			
<p>AND</p>			
<p>Documentation of Bipolar I Disorder; to include at least one of the following:</p>			
<ul style="list-style-type: none"> <li>▪ Codes 296.0x; 296.1x; 296.4x; 296.5x; 296.7x; 296.7 documented in body of chart, such as a pre-printed form completed by a clinician and/or codes documented in chart notes/forms</li> <li>▪ Diagnosis or impression documented in chart indicating Bipolar I Disorder</li> </ul>			
<p><b>Denominator Exclusion:</b></p>			
<p>Monotherapy antidepressant agent prescribed and the reason(s) for not prescribing additional bipolar disorder pharmacotherapy (antimanic agent or mood stabilizing agent) are documented in chart, such as; not prescribed for medically-related reasons (allergy, previous drug reactions; drug interaction); not prescribed for patient reasons (patient refusal) etc.</p>			
<p><b>Numerator:</b></p>			
<p>Documentation of use of antidepressant during the first 12 weeks of pharmacotherapy treatment (See data dictionary reference below)</p>			
<p>AND</p>			
<p>Determination that no mood stabilizing agent or antipsychotic agent was prescribed during the first 12 weeks of pharmacotherapy treatment for bipolar disorder</p>			
<p>AND</p>			
<p>Timeframe: Documentation of the numerator-stated pharmacotherapy issue continues for first 12 weeks of treatment</p>			
<p><b>Data Dictionary Reference:</b></p>			
<p>The table below provides antidepressant reference information and is current as of January 2007</p>			
<b>MAOIs</b>	<b>Tri- or Tetra-cyclics</b>	<b>SSRIs</b>	<b>Other</b>
isocarboxazid	amitriptyline HCL	citalopram	bupropion
moclobemide	amoxapine	escitalopram	trazodone
phenelzine sulfate	clomipramine	fluoxetine	venlafaxine
tranylcypromine sulfate	desipramine	fluvoxamine	duloxetine HCL
	doxepin	mirtazapine	
	imipramine	nefazodone	
	maprotiline	paroxetine	
	nortriptyline	sertraline	
	protriptyline		
	trimipramine		