

HEDIS Measures Staff Tip Sheet

What are HEDIS Measures?



HEDIS (Healthcare Effectiveness Data and Information Set) is a set of standardized measures to check how well we take care of our patients.

Why Are HEDIS Measures Important?



- ✓ Make sure patients get the right care at the right time.
- ✓ Help us meet healthcare rules and stay compliant.
- ✓ Improve our quality of care.

HEDIS Measures and How to Improve Them


1. Diabetes Management:

-  **Description:** Measures the percentage of patients aged 18-75 with diabetes (type 1 or type 2) who have their blood sugar (A1C) controlled. (Controlled A1C: <8.0%).
-  **Improvement Tips:**
 - Measure A1C regularly (at least twice a year).
 - Educate patients on diet, exercise, and blood sugar control.
 - Review and update medications as needed.


2. Hypertension Control:

-  **Description:** Ensures patients aged 18-85 with hypertension have their blood pressure under control (<140/90 mmHg).
-  **Improvement Tips:**
 - Measure and document blood pressure accurately at every visit.
 - Advise patients on low-sodium diets, exercise, and medication adherence.
 - Schedule regular follow-up visits.


3. Colorectal Cancer Screening:

- ☒ **Description:** Measures the percentage of adults aged 45-75 who receive appropriate colorectal cancer screenings (FIT test yearly, Cologuard every 3 years, colonoscopy every 10 years).
-  **Improvement Tips:**
 - Educate patients on screening options.
 - Use patient reminders for due screenings.


4. Cervical Cancer Screening:

- ☒ **Description:** Tracks the percentage of women aged 21-64 who receive Pap tests (every 3 years) or HPV screenings (every 5 years).
-  **Improvement Tips:**
 - Ensure women receive screenings based on guidelines.
 - Educate patients on the importance of early detection.


5. Childhood Immunization:

- ☒ **Description:** Measures the percentage of children by age 2 who receive recommended vaccines (DTaP, IPV, MMR, Hib, Hep B, Varicella, PCV, Hep A, Rotavirus, (2) Influenza).
-  **Improvement Tips:**
 - Review immunization status at every visit.
 - Educate parents on the benefits of vaccines.
 - Use reminder calls for due vaccines.



6. Breast Cancer Screening:

- ☒ **Description:** Tracks the percentage of women aged 50-74 who receive regular mammograms (every 2 years).
-  **Improvement Tips:**
 - Remind eligible women to schedule mammograms.
 - Use patient reminders and follow-up calls.



7. Depression Screening:

- ☒ **Description:** Measures the percentage of patients aged 12+ who receive depression screening and follow-up.
-  **Improvement Tips:**
 - Use PHQ-2 or PHQ-9 for quick depression screening.
 - Ensure follow-up for patients with positive results.

8. Medication Management:

-  **Description:** Tracks how well patients aged 18+ are taking prescribed medications for chronic conditions.
-  **Improvement Tips:**
 - Review medications for safety and adherence.
 - Educate patients on taking medications correctly.

9. Well-Child Visits:

-  **Description:** Measures the percentage of children who receive regular well-child visits (0-15 months, 3-6 years, and adolescents).
-  **Improvement Tips:**
 - Schedule regular check-ups.
 - Provide age-appropriate screenings and immunizations.

★ Best Practices for All Measures:

- Document accurately in patient records.
- Educate patients on why these measures matter.
- Use reminders (calls, texts) to help patients stay on track.

Questions?

Contact practicesupport@ncahec.net or your regional Practice Support Coach.