

# Clinical Decision Support Standardization for Behavioral Health

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*Building the Future of Health Together*

HIMSS NORTH CAROLINA CHAPTER

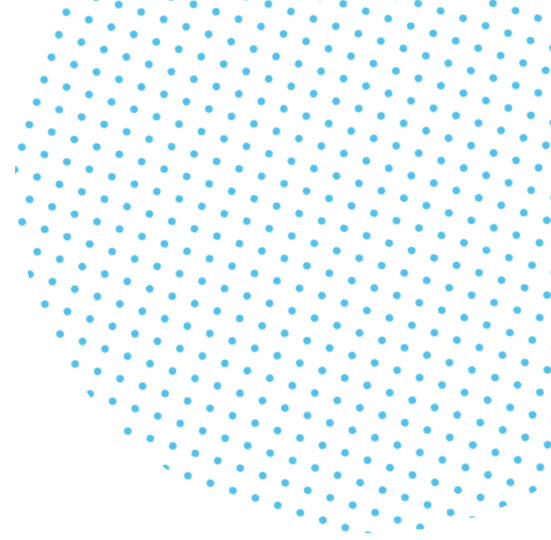


# Presenter



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*Clinical Social Worker - Duke Health*



# Agenda

1. MMCI Practicum Project Overview
  - a. Background
  - b. Recommendations
2. Feedback
  - a. Provide and Patient Alert
  - b. Dashboard Benefits and Considerations
3. Impact
  - a. Looking Ahead
  - b. DSM-5 Example
  - c. Social Determinants of Health

# Learning Objectives

- The importance of integrated CDS Standards into Behavioral Health settings.
- Apply CDS Standards to improve providers' workflows.
- Identify the return-on-investment opportunities as well as the return on health.
- Support standardizing CDS standards for common mental health conditions.
- Recognize how CDS impacts Social Determinants of Health.

# Behavioral Health Clinic Mentor

- A growing outpatient clinic
- Specializing in the treatment of Attention Deficit Hyperactivity Disorder (ADHD)
- The majority of patients are seen virtually
- Census of 9,000 patients
- 60% of the patient population had a diagnosis of ADHD
- Transitioning to a new EHR

# Clinical Decision Support

**Creating a CDS tool for patients with ADHD who are taking stimulant medications to monitor vitals.**

Important to know:

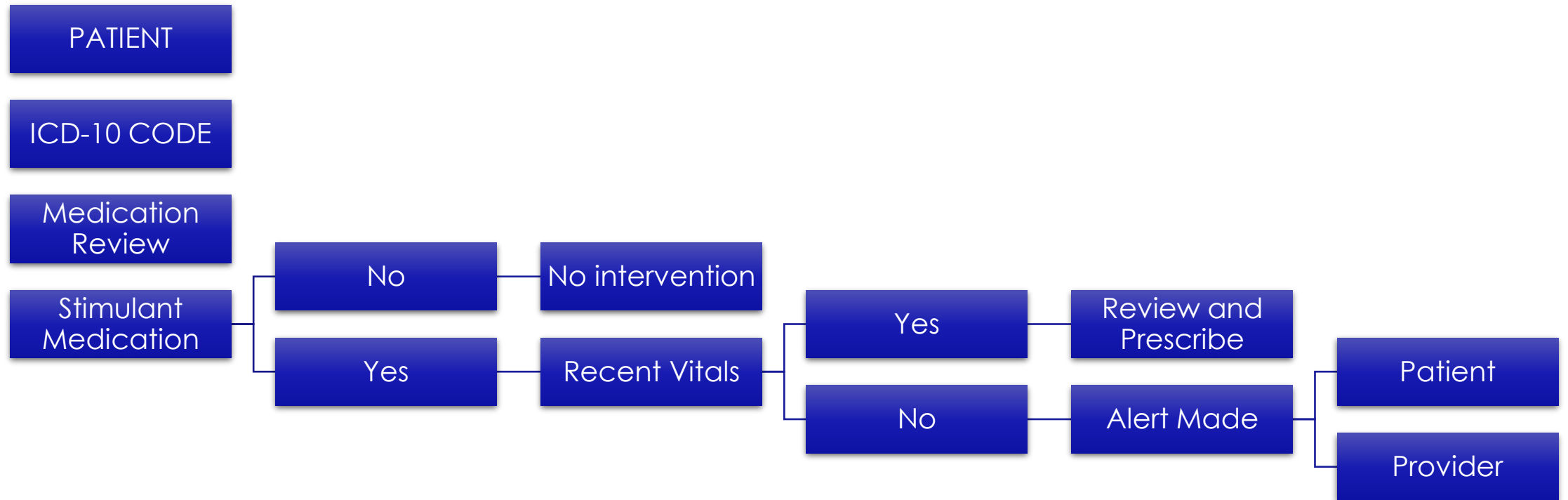
- ADHD impacts between 4.4 % to 8.1 % of adults
- The first line of medications are stimulants like Adderall and Ritalin
- It is best practice to have blood pressure and heart rate metrics before prescribing.
- Ongoing monitoring is needed

# ADHD CDS Goals and Recommendations

## **Best practice to monitor blood pressure and heart rate while on stimulant medications for ADHD**

- Notify the provider that vitals are needed before each visit to prescribe stimulant medications.
- Notify the patient that vitals must be obtained and provided to providers when refills are due.
- Setting the notifications for three-month intervals

# CDS Workflow





# Parameters

## Used only ICD-10 Codes for ADHD

- F90.0      ADHD, Predominately Inattentive Type
- F90.1      ADHD, Predominantly Hyperactive Type
- F90.2      ADHD, Combined Type
- F90.8      ADHD, Other Type
- F90.9      ADHD, Unspecified Type

## Vitals

- Blood Pressure ranges
- Heart Rate Ranges

# Cost prior to CDS

## Administrative Time

- 15-minute reminder phone call
- The employee pay rate is \$15/hour

TOTAL: \$6,075

## Over 1 Year

- 5,400 patients with the diagnosis of ADHD
- 1,620 reminder phone calls made

TOTAL: \$24,300

# Return on Investments

## The CDS Build

- 20 hours to build
- The employee pay rate is \$30/hour

TOTAL: \$600

**EXPECTED Return on Investment**  
**3950%**

# Return on Health

## **More Effective Treatment for ADHD**

### *Lifelong Impact on Psychosocial Needs*

- Preventing Adverse Outcomes
- Decrease Administrative Burden
- Best Practice
- Better Health Outcomes

# Feedback

## **Provider**

Why alert the provider?

Is there another way to update the provider?

## **Patient**

This puts the responsibility on the patient

Accuracy

# Dashboards

## **Benefits**

Provider will receive passive alerts

Ability to access information quickly

## **Considerations**

It can get overwhelming with too much information

Do we need another dashboard?

# Looking Ahead

## **Wearables**

FHIR APIs to upload the patient's activity from smart device

## **Behavioral Health Standards**

An opportunity for Behavioral Health to have more CDS opportunities

## **Long Term Impact**

Positive impact for patients with an ADHD diagnosis because of better treatment

# Behavioral Health Example

## Major Depressive Disorder Diagnostic Criteria

*Five or more symptoms present during the same two-week period*

1. Depressed mood most of the day
2. Markedly diminished interest or pleasure activities
3. Significant weight changes
4. Insomnia or Hypersomnia
5. Psychomotor agitation or retardation nearly every day.
6. Fatigue or loss of energy
7. Feelings of worthlessness or excessive or inappropriate guilt
8. Diminished ability to think or concentrate
9. Recurrent thoughts of death

Source: Diagnostic and Statistical Manual of Mental Disorders, 5<sup>th</sup> Edition (APA, 2013)



# Major Depressive Disorder Criteria cont.

<b>Severity /course Specifier</b>	<b>Single Episode</b>	<b>Recurrent Episode</b>
Mild	296.21 (F32.0)	296.31 (F33.0)
Moderate	296.22 (F32.1)	296.32 (F33.1)
Severe	296.23 (F32.2)	296.33 (F33.2)
With Psychotic Features	296.24 (F32.3)	296.34 (F33.3)
In Partial Remission	296.25 (F32.4)	296.35 (F33.41)
In Full Remission	296.26 (F32.5)	296.36 (F33.42)
Unspecified	296.20 (F32.9)	296.30 (F33.9)

Source: Diagnostic and Statistical Manual of Mental Disorders, 5<sup>th</sup> Edition (APA, 2013)

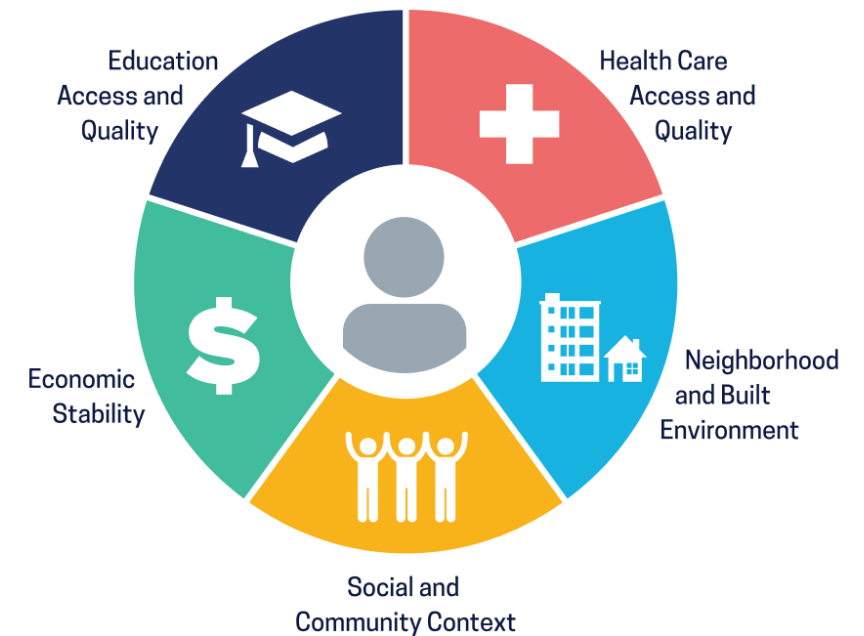
# Social Determinants of Health

## Examples, but not limited to:

- Safe Housing, Transportation, and Neighborhoods
- Racism, Discrimination, and Violence
- Education, Job Opportunities, and Income
- Access to Nutritious Foods and Physical Activity Opportunities
- Polluted Air and Water
- Language and Literacy Skills

Source: <https://health.gov/healthypeople/priority-areas/social-determinants-health>

## Social Determinants of Health



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# Questions



# Thank You

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