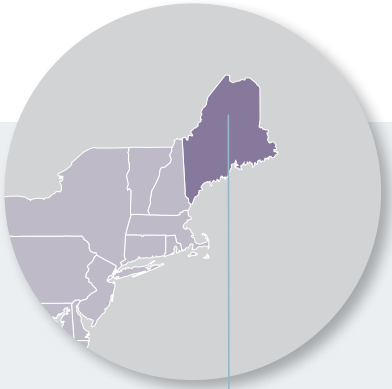
Early and Periodic Screening, Diagnosis and Treatment (EPSDT)



MAINE (ME)

Medicaid's EPSDT benefit provides comprehensive health care services to children under age 21, with an emphasis on prevention, early detection, and medically necessary treatment. Each state Medicaid program establishes a periodicity schedule for physical, mental, developmental, vision, hearing, dental, and other screenings for infants, children, and adolescents to correct and ameliorate health conditions.

Bright Futures is a national health promotion and prevention initiative, led by the American Academy of Pediatrics (AAP) and supported by the Maternal and Child Health Bureau (MCHB), Health Resources and Services Administration (HRSA). The *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents* (4th Edition)[1] and the corresponding Bright Futures/AAP Recommendations for Preventive Pediatric Health Care (Periodicity Schedule)[2] provide theory-based and evidence-driven guidance for all preventive care screenings and health supervision visits through age 21. Bright Futures is recognized in federal law as the standard for pediatric preventive health insurance coverage.[3] The Centers for Medicare and Medicaid Services (CMS) encourages state Medicaid agencies to use this nationally recognized Bright Futures/AAP Periodicity Schedule or consult with recognized medical organizations involved in child health care in developing their EPSDT periodicity schedule of pediatric preventive care.[4,5] The following analysis of Maine's EPSDT benefit was conducted by the AAP to promote the use of Bright Futures as the professional standard for pediatric preventive care.

Maine's profile compares the state's 2018 Medicaid EPSDT benefit with the *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition, and the Bright Futures/AAP Recommendations for Preventive Pediatric Health Care (Periodicity Schedule) published in *Pediatrics* in April 2017.[2] This state profile also contains information about Maine's 2016 Medicaid pediatric preventive care quality measures and performance based on the state's voluntary reporting on selected Child Core Set measures. Information about the state Medicaid medical necessity definition used for EPSDT and a promising practice related to pediatric preventive care is also found here. Maine's profile is based on a review of the state's Medicaid website, provider manual, and other referenced state documents, and an analysis of 2016 state Medicaid data reported to CMS on child health quality.[6] This profile was also reviewed by state Medicaid EPSDT officials. Information is current as of February 2018.

Summary of Findings

- Maine's 2018 EPSDT requirements follow the Bright Futures/AAP Periodicity Schedule and screening recommendations. The state actually calls their preventive services "Bright Futures Health Assessment Visits." The MaineCare Benefits Manual states that "MaineCare uses the AAP's Bright Futures standard of care to implement its federally mandated EPSDT program for children and adolescents."
- The state's medical necessity definition for EPSDT, described below, incorporates a preventive purpose.
  - Medical Necessity or Medically Necessary services are those reasonably necessary medical and remedial services that are: 1) provided in an appropriate setting; 2) recognized as standard medical care, based on national standards for best practices and safe, effective, quality care; 3) required for the diagnosis, prevention and/or treatment of illness, disability, infirmity or impairment and which are necessary to improve, restore or maintain health and well-being; MaineCare covered services (subject to age, eligibility, and coverage restrictions as specific in other sections of this manual as well as "Early and Periodic Screening, Diagnosis and Treatment Services" requirements as detailed in Chapter II, Section 94 of this Manual); performed by enrolled providers within their scope of licensure and/or certification; and provided within the regulations of this Manual; 5) performed by enrolled providers within their scope of licensure and/or certification; and 6) provided within the regulations of this Manual.
- According to CMS, in 2016, Maine selected 6 of the 10 pediatric preventive care measures in the Child Core Set. The measures not selected were childhood and adolescent immunizations, HPV vaccinations, and BMI documentation.
- Maine's quality performance rates, as shown in the table below, were higher than the national average for PCP visits and well child visits for children by 15 months of age. They were lower than the national average for well child visits for 3 to 6 year olds and adolescents, chlamydia screening, and preventive dental services.
- Maine has performance improvement projects underway related to behavioral health screening, lead screening, oral health, and well child and adolescent visits.

Promising Practices

Maine received a 5-year CMS child health quality improvement grant in 2010 to align pediatric quality measurement, computer systems, training, and quality improvement strategies to improve health outcomes for children. "Improving Health Outcomes for Children (IHOC)" involved carefully assessing how to align different EHRs throughout the state to enter a consistent set of pediatric preventive care quality measures aligned with Bright Futures and to establish clinical workflows, data exchange, and reporting. A detailed description of this effort is summarized in *Maine's Improving Health Outcomes for Children. Bright Futures As-Is Assessment.*

Comparison of ME EPSDT and AAP/Bright Futures Periodicity Schedules

The following tables provide information on Maine's EPSDT periodicity schedule and screening recommendations by age group, comparing 2018 Maine Medicaid EPSDT requirements with the 2017 Bright Futures/AAP Recommendations for Preventive Pediatric Health Care.[2]

Code

U = Universal screening (all screened)

S = Selective screening (only those of higher risk screened)

U/S = Visits in that age group have universal and selective requirements.

See Bright Futures/AAP Periodicity Schedule for complete information.

Number of Well Child Visits by Age	ME EPSDT	Bright Futures
- Birth through 9 months	7	7
- 1 through 4 years	7	7
- 5 through 10 years	6	6
- 11 through 14 years	4	4
- 15 through 20 years	6	6

Universal (U) and Selected (S) Screening Requirements	ME EPSDT	Bright Futures
Infancy (Birth-9 months)		
- Length/height & weight	U	U
- Head circumference	U	U
- Weight for length	U	U
- Blood pressure	S	S
- Vision	S	S
- Hearing	U/S	U/S
- Developmental screening	U	U
- Developmental surveillance	U	U
- Psychosocial/behavioral assessment	U	U
- Maternal depression screening	U	U
- Newborn blood screening	U	U
- Critical congenital heart screening	U	U
- Anemia	S	S
- Lead	S	S
- Tuberculosis	S	S
- Oral health	U/S	U/S
- Fluoride varnish	U	U
- Fluoride supplementation	S	S

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Comparison of ME EPSDT and AAP/Bright Futures Periodicity Schedules *continued*

Code

U = Universal screening (all screened)

S = Selective screening (only those of higher risk screened)

U/S = Visits in that age group have universal and selective requirements.

See Bright Futures/AAP Periodicity Schedule for complete information.

Universal (U) and Selected (S) Screening Requirements	ME EPSDT	Bright Futures
Early Childhood (Ages 1-4)		
- Length/height & weight	U	U
- Head circumference	U	U
- Weight for length	U	U
- Body mass index	U	U
- Blood pressure	U/S	U/S
- Vision	U/S	U/S
- Hearing	U/S	U/S
- Developmental screening	U	U
- Autism spectrum disorder screening	U	U
- Developmental surveillance	U	U
- Psychosocial/behavioral assessment	U	U
- Anemia	U/S	U/S
- Lead	U/S	U/S
- Tuberculosis	S	S
- Dyslipidemia	S	S
- Oral health	S	S
- Fluoride varnish	U	U
- Fluoride supplementation	S	S
Middle Childhood (Ages 5-10)		
- Length/height & weight	U	U
- Body mass index	U	U
- Blood pressure	U	U
- Vision	U/S	U/S
- Hearing	U/S	U/S
- Developmental surveillance	U	U
- Psychosocial/behavioral assessment	U	U
- Anemia	S	S
- Lead	S	S
- Tuberculosis	S	S
- Dyslipidemia	U/S	U/S
- Oral health	S	S
- Fluoride varnish	U	U
- Fluoride supplementation	S	S
Adolescence (Ages 11-20)		
- Length/height & weight	U	U
- Body mass index	U	U
- Blood pressure	U	U
- Vision	U/S	U/S
- Hearing	U	U
- Developmental surveillance	U	U
- Psychosocial/behavioral assessment	U	U
- Tobacco, alcohol or drug use assessment	S	S
- Depression screening	U	U
- Anemia	S	S
- Tuberculosis	S	S
- Dyslipidemia	U/S	U/S
- Sexually transmitted infections	S	S
- HIV	U/S	U/S
- Fluoride supplementation	S	S

Pediatric Preventive Care Quality Measures, Performance, and Financial Incentives

Included in the tables below are Maine's 2016 quality performance information on pediatric preventive care measures reported to CMS[6], as well as their use of financial incentives for pediatric preventive care.

Pediatric Preventive Care Quality Measures and Performance, 2016 Child Core Set	ME	US
- % of children with primary care visit		
• Ages 12-24 months (in past year)	96.9	95.2
• Ages 25 months-6 years (in past year)	89.3	87.7
• Ages 7-11 (in past 2 years)	92.8	90.9
• Ages 12-19 (in past 2 years)	91.4	89.6
- % of children by 15 months receiving 6 or more well-child visits	69.9	60.8
- % of children ages 3-6 with one or more well-child visits	67	68
- % of adolescents ages 12-21 receiving 1 well care visit	45	45.1
- % of children by 2nd birthday up-to-date on recommended immunizations (combination 3)	—	68.5
- % of adolescents by 13th birthday up-to-date on recommended immunizations (combination 1)	—	70.3
- % of sexually active women ages 16-20 screened for chlamydia	39.8	48.8
- % of female adolescents by 13th birthday receiving 3 HPV doses	—	20.8
- % of children ages 3-17 whose BMI was documented in medical records	—	61.2
- % of children ages 1-20 with at least 1 preventive dental service	38.3	48.2

Pediatric Preventive Care Financial Incentives, 2016	ME	US
- Use of preventive incentives for consumers	No	NA
- Use of performance incentives for providers	Yes	NA

References

[1] Hagan JF, Shaw JS, Duncan PM, eds. *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*. 4th ed. Elk Grove Village, IL: American Academy of Pediatrics, 2017.

[2] Committee on Practice and Ambulatory Medicine, Bright Futures Periodicity Schedule Work Group. 2017 Recommendations for Preventive Pediatric Health Care. *Pediatrics*. 2017;139(4):e20170254.

[3] *FAQs about Affordable Care Act Implementation*. Washington, DC: US Department of Labor, Employee Benefits Security Administration, May 11, 2015.

[4] *EPSDT – A Guide for State: Coverage in the Medicaid Benefit for Children and Adolescents*. Baltimore, MD: Centers for Medicare and Medicaid Services, June 2014.

[5] *Paving the Road to Good Health: Strategies for Increasing Medicaid Adolescent Well-Care Visits*. Baltimore, MD: Centers for Medicare and Medicaid Services, February 2014.

[6] Quality information from the CMS Medicaid/CHIP child core set for federal fiscal year 2016 was obtained from: https://data.medicaid.gov/Quality/2016-Child-Health-Care-Quality-Measures/wnw8-atzy.

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