

## Follow Up After Hospitalization for Mental Illness (FUH)



CarePartners of Connecticut's HEDIS Tip Sheets offer insights into specific HEDIS measures. These best practices and tips can optimize HEDIS scores and identify opportunities to improve patient care.

The FUH HEDIS measure assesses the percentage of discharges for members 6 years and older who were hospitalized for treatment of mental illness or intentional self-harm diagnoses AND who had a follow-up visit with a mental health provider within 7 days and within 30 days of discharge.



### Follow-Up Care

Follow up may include an outpatient visit, intensive outpatient visit, or partial hospital visit, and must be with a behavioral health provider\* such as a:

- Psychologist
- Psychiatrist
- Licensed Clinical Social Worker
- Psychiatric/Mental Health Nurse Practitioner/  
Clinical Nurse Specialist
- Neuropsychologist
- Licensed Mental Health Counselor or Licensed  
Marriage and Family Therapist



### Provider Best Practices

- **Talk** to the patient about the importance of seeking follow up with a behavioral health provider within 7 days of discharge.
- **Emphasize** the importance of consistency and adherence to the medication regimen.
- **Submit** claims and encounter data in a timely manner and ensure accurate and complete coding.
- **Coordinate** care between PCP and behavioral health specialists via care transition plans and by sharing progress notes and updates.
- **Identify and address** any barriers to the patient attending the appointment.
- **Provide** reminder calls to confirm appointments and reach out within 24 hours to patients who cancel appointments to reschedule as soon as possible.

\* Includes telehealth visits with the appropriate behavioral health provider.

### Did You Know?



Individuals hospitalized for mental health disorders often do not receive adequate follow-up care.

Providing follow-up care to patients after psychiatric hospitalization can:

- > Improve patient outcomes
- > Decrease the likelihood of rehospitalization
- > Decrease the overall cost of outpatient care