

Appendix A

Evidence Based Medicine (EBM) Rules Utilized for 2010 Physician Evaluation

This table summarizes the 41 Evidence Based Medicine (EBM) rules and the specialties applicable in 2010 physician evaluations. CIGNA is committed to utilizing standardized measures derived from those endorsed by the National Quality Forum (NQF), Ambulatory Care Quality Association (AQA), and National Committee for Quality Assurance (NCQA) Healthcare Effectiveness Data and Information Set (HEDIS®) or developed by national physician organizations such as the American Medical Association. In 2009, CIGNA utilized a broad set of 48 Group 1 rules and 121 Group 2 Rules. In 2010 the list of EBM rules is reduced to 41 and includes only measures that are endorsed by the organizations referenced above.

These rules are summarized in the following tables. To request specifications for any of the below measures, Individuals with CIGNA administered coverage should call the telephone number located on the back of their CIGNA ID card. Participating physicians may request additional specifications by email to PhysicianEvaluationInformat@CIGNA.com or fax to 1.866.448.5506.

Evidence Based Medicine Rules (Utilized for Initial Assessment in Bottom, Middle or Top Third)¹

Condition	Source	Rule Description	Applicable Specialists	Applicable Primary Care Physicians
Acute Myocardial Infarction	HEDIS/NQF	Patients hospitalized with an acute myocardial infarction (AMI) persistently taking a beta blocker for six months after discharge	Cardiology Vascular Surgery Cardio-Thoracic Surgery	Internal Medicine Family Practice
Asthma	HEDIS/NQF	Patient(s) with presumed persistent asthma using an inhaled corticosteroid or acceptable alternative	Allergy OB/GYN Pulmonology	Internal Medicine Family Practice Pediatrics
Atrial Fibrillation	HEDIS/NQF	Patients taking digoxin that has a serum creatinine test in the last 12 reported months	Cardiology Vascular Surgery	Internal Medicine Family Practice
Attention-deficit/hyperactivity disorder (ADHD)	HEDIS/NQF	Patient(s) with an ambulatory follow-up visit with a prescribing provider during the 30 days after the initial ADHD prescription.	N/A	Pediatrics Family Practice

¹ A key listing abbreviations utilized in both tables is located at the end of the tables.

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Attention-deficit/hyperactivity disorder (ADHD)	HEDIS/NQF	Patient(s) with an ambulatory follow-up visit with a prescribing provider during the 30 days after the initial ADHD prescription, AND two follow-up visits during the 31 days through 300 days after the initial ADHD prescription.	N/A	Pediatrics Family Practice
Breast Cancer Screening	HEDIS/NQF	Patient(s) 42-69 years of age that had a screening mammogram in last 24 reported months.	OB/GYN	Internal Medicine Family Practice
Breast Cancer–II	ICSI Guidelines	Patients newly diagnosed with breast cancer that received radiation or chemotherapy treatment or had a medical oncology consultation within 90 days of the diagnostic procedure	Hematology/ Oncology General Surgery OB/GYN	Internal Medicine Family Practice
Bronchitis (Acute)	HEDIS/NQF	Patients with a diagnosis of acute bronchitis that had a prescription for an antibiotic on or three days after the initiating visit	Pulmonology	Internal Medicine Family Practice
Chlamydia Screen	HEDIS/NQF	Patient(s) 16 - 25 years of age that had a chlamydia screening test in last 12 reported months.	OB/GYN	Internal Medicine Family Practice Pediatrics
Cholesterol Management	HEDIS/NQF	Patients with a LDL cholesterol test during the report period	Cardiology Vascular Surgery Cardio-Thoracic Surgery	Internal Medicine Family Practice
Cholesterol Management	HEDIS/NQF	Patients with a LDL cholesterol level <100mg/dL	Cardiology Vascular Surgery Cardio-Thoracic Surgery	Internal Medicine Family Practice
Colon CA - II	National Comprehensive Cancer Network Practice Guidelines	Patient(s) newly diagnosed with colon cancer that had a full colonoscopy.	Colon/Rectal Surgery Hematology/ Oncology Gastroenterology	Internal Medicine Family Practice
Congestive Heart Failure	AMA PCPI/ NQF	Patients prescribed an ACE-inhibitor or angiotensin II receptor antagonist therapy during the measurement year	Cardiology Cardio-Thoracic Surgery	Internal Medicine Family Practice
Congestive Heart Failure	AMA PCPI/ NQF	Patients prescribed beta-blocker therapy during the measurement year.	Cardiology	Internal Medicine Family Practice

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Congestive Heart Failure	AMA PCPI	Patients with CHF and atrial fibrillation currently taking warfarin	Cardiology	Internal Medicine Family Practice
Coronary Artery Disease (CAD)	AMA/ACC/ PCPI/NQF	Patients prescribed lipid-lowering therapy during the measurement year	Cardiology Vascular Surgery Cardio-Thoracic Surgery	Internal Medicine Family Practice
Coronary Artery Disease (CAD)	AMA/ACC/ PCPI/NQF	Patients with a prior myocardial infarction prescribed beta-blocker therapy during the measurement year.	Cardiology Vascular Surgery Cardio-Thoracic Surgery	Internal Medicine Family Practice
Coronary Artery Disease (CAD)	AMA/ACC/ PCPI/NQF	Patients with a lipid profile (or ALL component tests) during the measurement year	Cardiology Vascular Surgery Cardio-Thoracic Surgery	Internal Medicine Family Practice
Coronary Artery Disease (CAD)	AMA/ACC/ PCPI/NQF	Patients with CAD and diabetes and/or CHF prescribed ACE-inhibitor or angiotensin II receptor antagonist therapy during the measurement year	Cardiology Vascular Surgery Cardio-Thoracic Surgery	Internal Medicine Family Practice
Coronary Artery Disease (CAD)	ACC/AHA/ACP-ASIM guidelines	Patient(s) with most recent LDL result <130mg/dL.	Cardiology Vascular Surgery	Internal Medicine Family Practice
Depression Medication Management	HEDIS/NQF	Patients with a new episode of depression that remained on an antidepressant medication during the 12 week acute treatment phase	N/A	Internal Medicine Family Practice
Depression Medication Management	HEDIS/NQF	Patients with a new episode of depression that remained on an antidepressant medication during the 6 month acute treatment phase	N/A	Internal Medicine Family Practice
Diabetes	HEDIS/NQF	Patient(s) 18-75 years of age that had an annual screening test for nephropathy or evidence of nephropathy.	Endocrinology OB/GYN	Internal Medicine Family Practice
Diabetes	HEDIS/NQF	Patient(s) 18-75 years of age that had an annual screening test for diabetic retinopathy.	Endocrinology OB/GYN Ophthalmology	Internal Medicine Family Practice

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Diabetes	HEDIS/NQF	Patient(s) 18-75 years of age that had HbA1C testing in last 12 reported months.	Endocrinology OB/GYN	Internal Medicine Family Practice
Diabetes	HEDIS/NQF	Patient(s) 18-75 years of age with evidence of poor diabetic control, defined as the most recent hemoglobin A1C result value greater than 9.0%.	Endocrinology OB/GYN	Internal Medicine Family Practice
Diabetes	HEDIS	Patient(s) 18-75 years of age with evidence of good diabetic control, defined as the most recent hemoglobin A1C result value less than 7.0%.	Endocrinology OB/GYN	Internal Medicine Family Practice
Diabetes	HEDIS/NQF	Patient(s) 18-75 years of age with a LDL cholesterol in last 12 months.	Endocrinology OB/GYN	Internal Medicine Family Practice
Diabetes	HEDIS/NQF	Patient(s) 18-75 years of age with most recent LDL result <100mg/dL	Endocrinology OB/GYN	Internal Medicine Family Practice
Diabetes	ADA Guidelines	Patient(s) 5-17 years of age that had a HbA1C test in the last 12 reported months	Endocrinology OB/GYN	Internal Medicine Family Practice Pediatrics
Hepatitis C	AHRQ publication: Management of Chronic Hepatitis C	Patient(s) 18 years and older that had serum ALT test in last 12 reported months.	Infectious Disease Gastroenterology	Internal Medicine Family Practice
Hepatitis C	AHRQ publication: Management of Chronic Hepatitis C	Patient(s) with cirrhosis that had a liver imaging test in last 12 reported months.	Infectious Disease Gastroenterology	Internal Medicine Family Practice
Hypertension	Consensus opinion of experts based on Institute for Clinical Systems Improvement (ICSI). Health Care Guideline: Hypertension Diagnosis and Treatment	Patient(s) that had a serum creatinine in last 12 reported months.	Cardiology OB/GYN Endocrinology Nephrology	Internal Medicine Family Practice

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Inflammatory Bowel Disease (formerly Ulcerative Colitis)	American College of Gastroenterology guidelines	Patient(s) 15 years of age or older with ulcerative colitis that had a colonoscopy in last 24 reported months.	General Surgery Gastroenterology Colon & Rectal Surgery	Internal Medicine Family Practice Pediatrics
Low Back Pain Imaging	HEDIS/NQF	Patient(s) with uncomplicated low back pain that did not have imaging studies.	Orthopedics Rheumatology	Internal Medicine Family Practice
Pharyngitis	HEDIS/NQF	Patients treated with an antibiotic for pharyngitis that had a Group A streptococcus test.	Otolaryngology (Ear, Nose, Throat)	Internal Medicine Family Practice Pediatrics
Pregnancy Management	AMA PCPI/NQF/ ACOG/ AAP	Pregnant women that had HIV testing	OB/GYN	Family Practice
Pregnancy Management	AMA PCPI/NQF ACOG/AAP	Pregnant women that had blood group screening	OB/GYN	Family Practice
Prostate CA - I	American Urological Association Best Practices Policy	Patient(s) that had a prostate specific antigen test in last 12 reported months.	Hematology/ Oncology Nephrology Urology	Internal Medicine Family Practice
Rheumatoid Arthritis (RA)	HEDIS/NQF	Patient(s) who had a prescription dispensed for a disease modifying anti-rheumatic drug (DMARD) during the report period.	Rheumatology	Internal Medicine Family Practice Pediatrics
Upper Respiratory Infection	HEDIS/NQF	Patients with a diagnosis of upper respiratory infection (URI) that did not have a prescription for an antibiotic on or three days after the initial visit	Otolaryngology	Internal Medicine Family Practice Pediatrics

Alphabetical List of Abbreviations ¹

Abbreviation	Organization	Abbreviation	Organization
AAP	American Academy of Pediatrics	HEDIS	Healthplan Employer Data Information Set
ACC	American College of Cardiology	HOPE	Heart Outcomes Prevention Evaluation Study

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ACOG	American College of Obstetrics and Gynecology	ICSI	Institute for Clinical Systems Improvement
ACP-ASIM	The American College of Physicians- American Society of Internal Medicine	IDSA	Infectious Diseases Society of America
ADA	American Diabetes Association	K/DOQI	Kidney Disease Outcomes Quality Improvement
AHA	American Heart Association	NHLBI	National Heart Lung Blood Institute
AHRQ	Agency for Healthcare Research and Quality	NIH	National Institutes of Health
AMA	American Medical Association	NQF	National Quality Forum
AMA-PCPI	American Medical Association- Physician Consortium for Performance Improvement	USPHS	United States Preventive Health Service
FDA	Food and Drug Administration		

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