Title: The Standards for Bipolar Excellence Project (STABLE)


| Background | • Depression performance measures had been developed and were being adopted by accreditation organizations, resulting in increased screening and early treatment for presumptive depression.  
• Primary care practices tended to treat patients presenting with depressive symptoms with an antidepressant agent without screening for bipolar disorder. |
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| Issue | • Lack of recognition about the importance and prevalence of bipolar disorder among primary care providers.  
• Lack of treatment strategies that were consistent with evidence-based clinical guidelines for the treatment of bipolar disorder.  
• The sponsor wanted to create an environment that would support appropriate use of a mature product that would be consistent with evidence-based guidelines and FDA-approved indications. |
| Strategy | • EPI-Q convened a National Coordinating Council (NCC) of key thought leaders in quality improvement and bipolar disorder.  
• EPI-Q and the NCC developed and tested the STABLE measures over 3 stages of activity:  
  ➢ Construction of the measure set  
  ➢ Analysis of the reliability and feasibility of data collection.  
  ➢ Assessment of measure conformance among 80 outpatient practices.  
• EPI-Q coordinated the creation of the STABLE Resource Toolkit, which included tools, instruments, forms, and data collection dictionaries.  
• Results were presented at an invitation-only national consensus conference attended by health benefit consultants, employers, academic researchers, foundations, government agencies, and health plan medical directors. |
| Outcome/Findings | • Major health plans are now using performance measures and/or the Resource Toolkit.  
• EPI-Q completed the entire process in 18 months and got the measures recognized by the National Quality Forum and included in the National Measures Clearinghouse.  
• Organizations such as the VA are conducting feasibility testing of the STABLE measures for inclusion in their practice assessment plans.  
• Officials at the Agency for Healthcare Research and Quality introduced STABLE Measures and the Resource Toolkit to international audiences to promote global use. |