



**EARLY AND PERIODIC
SCREENING, DIAGNOSTIC,
AND TREATMENT (EPSDT)
OVERVIEW FOR MARYLAND**

Maryland Medicaid Advisory Committee

April 28, 2016

WHAT IS EPSDT?

- EPSDT, called Healthy Kids in Maryland, is Medicaid's comprehensive and preventive health benefit program for children under 21.
- The EPSDT program was authorized in 1967, and is administered by each state according to broad Federal requirements.
- EPSDT services include a wide array of mandatory and optional benefits. It includes well-child visits as well as all necessary treatment services under §1905 (a) of the Social Security Act.

EPSDT PERIODICITY SCHEDULE

- All states must establish a periodicity schedule for their individual EPSDT programs. States have the option to adopt national periodicity schedules.
- Maryland's periodicity schedule, called the "Maryland Healthy Kids Preventive Health Schedule," aligns with the standard of care recommended by the American Academy of Pediatrics' (AAP) Bright Futures Program. It covers six areas:
 - Health History and Development
 - Physical Exam
 - Risk Assessments by Questionnaire
 - Laboratory Tests
 - Immunizations
 - Health Education

MARYLAND'S EPSDT SCHEDULE

Maryland Healthy Kids Preventive Health Schedule

Components	Infancy (months)												Early Childhood (months)												Late Childhood (yrs)												Adolescence (yrs)					
	Birth	3-5 d	1	2	4	6	9	12	15	18	24	30	36	48	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20												
Health History and Development	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Medical and family history/Apopte	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Perinatal history	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Psycho-social/environmental assessments/updates	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Developmental Surveillance (Subjective)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Developmental Screening (Standard Tools) ¹							X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Autism Screening																																										
Mental health/behavioral assessment															X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Substance use assessment																																										
Depression Screening																																										
Physical Exam																																										
Systems exam	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Vision/hearing assessments ²	O ³	S	S	S	S	S	S	S	S	S	S	S	S	S	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%												
Oral/dentition assessment	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Nutrition assessment	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Height and Weight	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Measurements and graphing:																																										
Head Circumference	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
BMI																																										
Blood Pressure ⁴																																										
Risk Assessments by Questionnaire																																										
Lead assessment by questionnaire							X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Tuberculosis ⁵							X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Heart disease/cholesterol ⁶							X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Sexually transmitted infections (STI) ⁷							X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Anemia ⁸							X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Laboratory Tests																																										
Hereditary/metabolic hemoglobinopathy	X																																									
Blood lead Test							X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Anemia Hgb/Hct							X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Dyslipidemia Test							X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Immunizations																																										
History of immunizations	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Vaccines given per schedule	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Health Education																																										
Age-appropriate education/guidance	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Counseling/referral for identified problems	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Dental education/referral	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												
Scheduled return visit	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X												

The Schedule reflects minimum standards required for all Maryland Medicaid recipients from birth to 21 years of age. The Maryland Healthy Kids Program requires yearly preventive care visits from birth through 20 years of age. ¹Refer to AAP 2006 Policy Statement referenced in the Healthy Kids Program Manual. ²Screening required using standardized tools. ³Newborn Hearing Screen follow-up required for abnormal results. ⁴Blood Pressure measurement in infants and children with specific risk conditions should be performed at visits before age 3 years.

Key: X Required
 → Required if not previously done
 S Subjective by history/lab/examination
 O Objective by standardized testing
 * Counseling/testing required when positive

EPSDT SCREENING

Examples of screening services are:

- Comprehensive health and developmental history, including mental health
- Comprehensive unclothed physical exam
- Appropriate immunizations
- Laboratory tests - including blood lead tests
- Health education (anticipatory guidance)
- Vision, dental and hearing screening services

EPSDT DIAGNOSIS AND TREATMENT

- When screening requires further evaluation of the child's health, referrals should be made without delay and follow-up to ensure the child receives a complete diagnostic evaluation.
- All medically necessary health care services must be made available for treatment of all physical or mental illnesses or conditions discovered by any screening and diagnostic procedures.

EPSDT TREATMENT (CONTINUED)

- EPSDT requires the provision of all medically necessary services, regardless of whether the state covers the services for adults.
- EPSDT requires services that maintain or improve the child's current health condition.

MCOs AND EPSDT

- All EPSDT requirements must be followed, regardless of the delivery system (managed care or fee-for-service).
- The State is responsible for the full array of medically necessary services even if they are not included in the managed care contract:
 - Dental
 - Behavioral Health
 - Physical Therapy
 - Occupational Therapy
 - Speech Therapy
 - Audiology Services

WHAT IS THE MARYLAND HEALTHY KIDS PROGRAM?

The Maryland Healthy Kids Program is the name for the well child component of the EPSDT program. A team of nurses serve as regional consultants throughout Maryland to fee-for-service providers, managed care providers, and the MCOs. The Healthy Kids nurse consultants provide the following performance improvement activities:

- Orientation and staff training of providers in EPSDT
- Program standards and procedures regarding the required components of a preventive health visit (well-child visit)
- EPSDT certification of new providers and practices who serve Medicaid and MCHP children under the age of 21
- Ongoing administrative and program updates regarding updates to the Maryland Healthy Kids Preventive Health Schedule
- Monitoring EPSDT certified providers' delivery of preventive health care through practice-based medical record reviews which emphasize continuous quality improvement

MARYLAND EPSDT HEALTHY KIDS PROGRAM

- Healthy Kids Program Nurse Consultants also provide education and technical assistance with:
 - Expanded EPSDT Treatment Services (audiology, PT, OT, speech, vision, etc.)
 - Vaccines for Children Program
 - Fluoride Varnish Program
 - MCO or FFS provider issues, including billing issues
 - School-based health centers
 - Identification of new community providers eligible for EPSDT certification
 - Provider education about MCO and LHD referral process for outreach and health related services

HEALTHY KIDS AND EQRO MEDICAL RECORD REVIEWS

- The Maryland Healthy Kids Program nurse consultants conduct practice-based medical record reviews to ensure primary care providers understand the program and meet their regulatory obligations under EPSDT.
- In order to ensure HealthChoice MCOs comply with EPSDT requirements, the Department's EQRO contractor conducts an annual medical record review process for the HealthChoice population.

EPSDT MEDICAL RECORD REVIEW CRITERIA

- All Medicaid providers are required to follow the Maryland Preventive Health Schedule.
- The EQRO nurse reviewers use the criteria in the EPSDT/Healthy Kids Program Clinical and Administrative Manual developed by DHMH's nurse consultants.
- The manual draws from numerous sources, such as:
 - American Academy of Pediatrics (**AAP**)
 - National Institutes of Health (**NIH**)
 - Centers for Medicare and Medicaid Services (**CMS**)
 - Centers for Disease Control and Prevention (**CDC**)
 - Maryland Department of the Environment (**MDE**)
 - American Academy of Pediatric Dentistry (**AAPD**)
 - Maryland State Department of Education (**MSDE**)
 - Other DHMH administrations

EPSDT MEDICAL RECORD REVIEW COMPONENTS

The medical record review is divided into five components, and each component is divided into individually scored elements.

Component	Number of Elements Reviewed
Health and Developmental History	10
Comprehensive Physical Exam	14
Laboratory Tests/At Risk Screenings	10
Immunizations	13
Health Education/Anticipatory Guidance	4

EPSDT MEDICAL RECORD METHODODOLOGY

- The EQRO uses a random sample drawn from preventive care encounters occurring during the review period for children from birth through 20 years of age.
- The EQRO nurse reviewers audit the medical record to determine if the children received the appropriate EPSDT services during the review period.
- EQRO nurse reviewers conduct all medical record reviews in the provider offices, with the exception of providers with only one or two children in the sample that are faxed or mailed.

EPSDT SCORING METHODOLOGY

- All elements are weighted equally within each component. The element scores are then added together to derive the final component score.
- For each review year, MCOs must meet a minimum compliance score of 75% in all components.
- Beginning with the CY 2015 review, MCOs will be required to meet a minimum compliance score of 80%.
- If an MCO does not achieve the minimum compliance rate for a component, the MCO is required to submit and implement a Corrective Action Plan (CAP).

AGGREGATE EPSDT REVIEW SCORES

Component	HealthChoice Aggregate EPSDT Score CY 2012	HealthChoice Aggregate EPSDT Score CY 2013	HealthChoice Aggregate EPSDT Score CY2014
Health and Developmental History	89%	89%	88%
Comprehensive Physical Exam	93%	91%	93%
Laboratory Tests/At Risk Screenings	80%	77%	76%
Immunizations	86%	84%	83%
Health Education/Anticipatory Guidance	92%	89%	91%

FOR MORE INFORMATION

Providers who would like to participate in the Maryland Healthy Kids Program must agree to adhere to the standards of preventive health care described in the *Maryland Healthy Kids Program Manual*.

https://mmcp.dhmh.maryland.gov/epsdt/healthykids/Pages/table_contents.aspx