



Clinical practice guidelines

Clinical practice guidelines are resources* for CarePlus-contracted physicians. CarePlus has adopted the following guidelines.

Adult immunizations — recommended immunization schedule for adults 19 and older
Centers for Disease Control and Prevention — Advisory Committee on Immunization Practices (ACIP)
Recommended Immunization Schedule for Adults Aged 19 Years and Older — United States, 2018
www.cdc.gov/vaccines/schedules/hcp/adult.html

Asthma care
National Heart, Lung and Blood Institute — Guidelines for the Diagnosis and Management of Asthma
(August 2007)
www.nhlbi.nih.gov/health-pro/guidelines/current/asthma-guidelines

Atherosclerotic cardiovascular disease
Journal of the American College of Cardiology — AHA (American Heart Association)/ACCF (American College of Cardiology Foundation) Secondary Prevention and Risk Reduction Therapy for Patients with Coronary and Other Atherosclerotic Vascular Disease: 2011 Update; Sidney C. Smith, Emelia J. Benjamin, Robert O. Bonow, Lynne T. Braun, Mark A. Creager, Barry A. Franklin, Raymond J. Gibbons, Scott M. Grundy, Loren F. Hiratzka, Daniel W. Jones, Donald M. Lloyd-Jones, Margo Minissian, Lori Mosca, Eric D. Peterson, Ralph L. Sacco, John Spertus, James H. Stein, Kathryn A. Taubert (April 2015)
<http://www.onlinejacc.org/content/58/23/2432>

Breast cancer screening
U.S. Preventive Services Task Force — Breast Cancer: Screening (January 2016)
<https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/breast-cancer-screening1>

Cholesterol treatment
Circulation — 2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines (November 2013)
<http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437738.63853.7a>

Chronic obstructive pulmonary disease (COPD)

American Family Physician — ACP (American College of Physicians) Updates Guideline on Diagnosis and Management of Stable COPD (2012)

www.aafp.org/afp/2012/0115/p204.html

Depression

Agency for Healthcare Research and Quality National Guideline Clearinghouse: Final recommendation statement — depression in adults: screening (2016)

<https://www.guideline.gov/summaries/summary/49978/final-recommendation-statement-depression-in-adults-screening?q=depression>

Diabetes

American Diabetes Association — Executive Summary: Standards of Medical Care in Diabetes(2014)

http://care.diabetesjournals.org/content/37/Supplement_1/S5.full

Heart failure

Journal of the American College of Cardiology: 2017 ACC/AHA/HFSA Focused Update of the 2013 ACCF/AHA Guideline for the Management of Heart Failure — A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines and the Heart Failure Society of America; Clyde W. Yancy, Mariell Jessup, Biykem Bozkurt, Javed Butler, Donald E. Casey Jr., Monica M. Colvin, Mark H. Drazner, Gerasimos S. Filippatos, Gregg C. Fonarow, Michael M. Givertz, Steven M. Hollenberg, JoAnn Lindenfeld, Frederick A. Masoudi, Patrick E. McBride, Pamela N. Peterson, Lynne Warner Stevenson, Cheryl Westlake

http://www.onlinejacc.org/content/70/6/776?_ga=2.219080089.1628915869.1505736760-424555842.1505736760

Heart Risk Calculator

2013 ACC/AHA Guideline on the Assessment of Cardiovascular Risk — <http://www.cvriskcalculator.com/>

Hypertension

JAMA Network — 2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults: Report from the Panel Members Appointed to the Eighth Joint National Committee (JNC 8)

<http://jama.jamanetwork.com/article.aspx?articleid=1791497>

Kidney disease

National Kidney Foundation Guidelines and Commentaries — Evidence-based clinical practice guidelines for all stages of chronic kidney disease

www.kidney.org/professionals/kdoqi/guidelines_commentaries.cfm

Medical records documentation guidelines

CarePlus has adopted guidelines based on federal and state medical record documentation requirements. Refer to the CarePlus provider manual at

<https://www.careplushealthplans.com/careplus-providers/forms>.

Obesity screening in adults

U.S. Preventive Services Task Force (USPSTF) — Obesity in Adults: Screening and Management: June 2012

<https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/obesity-in-adults-screening-and-management>

Preventive care

Agency for Healthcare Research and Quality — Guide to Clinical Preventive Services, 2014:

Recommendations of the U.S. Preventive Services Task Force

www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/guide/index.html

Valvular heart disease

Circulation — AHA/ACC Guideline: 2014 AHA (American Heart Association)/ACC (American College of Cardiology) Guideline for the Management of Patients with Valvular Heart Disease: Executive Summary; A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines

<http://circ.ahajournals.org/content/129/23/2440.full>

Well-woman routine care

ACOG (The American College of Obstetricians and Gynecologists) Well-Woman Recommendations

www.acog.org/About-ACOG/ACOG-Departments/Annual-Womens-Health-Care/Well-Woman-Recommendations

Additional preventive care guidelines from specialty organizations

Atrial fibrillation guidelines

2014 AHA/ACC/HRS (American Heart Association/American College of Cardiology/Heart Rhythm Society) — Guideline for the Management of Patients with Atrial Fibrillation

<http://circ.ahajournals.org/content/early/2014/04/10/CIR.0000000000000041.full>

Clinical toolkit — atrial fibrillation

American College of Cardiology Atrial Fibrillation Toolkit

www.acc.org/tools-and-practice-support/clinical-toolkits/atrial-fibrillation-afib

Cancer screening guidelines (all types)

American Cancer Society Guidelines for the Early Detection of Cancer

www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer

Colorectal cancer screening guidelines

American Cancer Society recommendations for colorectal cancer early detection

<http://www.cancer.org/cancer/colonandrectumcancer/moreinformation/colonandrectumcancerearlydetection/colorectal-cancer-early-detection-acs-recommendations>

Primary prevention of cardiovascular disease and stroke

Circulation — ACC (American College of Cardiology)/AHA (American Heart Association) Prevention Guideline: 2013 ACC/AHA Guideline on the Assessment of Cardiovascular Risk — A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines
http://circ.ahajournals.org/content/129/25_suppl_2/S49.short?rss=1&ssource=mfr

Smoking cessation

Agency for Healthcare Research and Quality — Treating Tobacco Use and Dependence: 2008 Update — Clinical Practice Guideline
www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/index.html

CarePlus periodically monitors compliance with nationally recognized clinical practice guidelines.

Note: CarePlus publishes medical guidelines from a number of well-respected national sources. We recognize that these guidelines may have some differences in recommendations. Information contained in the guidelines is not a substitute for a physician's or other healthcare professional's clinical judgment and is not always applicable to an individual. Therefore, the physician or healthcare professional and patient should work in partnership in the decision-making process regarding the patient's treatment. Furthermore, using this information will not guarantee a specific outcome for each patient. None of the information in the guidelines is intended to interfere with or prohibit clinical decisions made by a treating physician or other healthcare professional regarding medically available treatment options for patients.

Publication of these guidelines is not a promise or guarantee of coverage. Individuals should review their coverage to determine benefits.

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