

# 2020 Preventive Health and Clinical Practice Guidelines

## Heritage Provider Network

On a biennial basis, Heritage Provider Network reviews and adopts evidence-based Clinical Practice and Preventive Health Guidelines promulgated from peer reviewed sources for diseases and health conditions identified as most salient to Heritage Provider Network members. Clinical Practice Guidelines are used in the provision of preventive, acute, chronic medical and behavioral health services to improve the delivery of health care services to members. The most current list of Clinical Practice and Preventive Health Guidelines adopted by Heritage Provider Network are available for download from the links provided below.

- Visit The American Heart Association (AHA) at: <https://www.heart.org/>
- Visit The American Psychiatric Association (APA) at: <https://www.apa.org/>
- Visit The Centers for Disease Control (CDC) at: <https://www.cdc.gov/>
- Visit The American Academy of Pediatrics (AAP) at: <https://www.aap.org/en-us/Pages/Default.aspx>
- Visit The American Academy of Child & Adolescent Psychiatry ( AACAP) at: <https://www.aacap.org/>
- Visit The American Association of Clinical Endocrinologist (AACE) at: <https://www.aace.com/>
- Visit The Infectious Diseases Society of America (IDSA) at: <https://www.idsociety.org/>
- Visit The American Thoracic Society (ATS) at: <http://www.thoracic.org/>
- Visit The American Academy of Family Practitioners ( AAFP) at: <https://www.aafp.org/home.html>
- Visit The American Society of Addiction (ASAM) at: <https://www.asam.org/>
- Visit The American College of Cardiology at: <https://www.acc.org/>
- Visit The Department of Health Care Services at: <https://www.dhcs.ca.gov>
- Visit Global Initiative for Chronic Obstructive Lung Disease at: <https://goldcopd.org/>
- Visit The National Institute for Health and Care Excellence at: <https://www.nice.org.uk/>
- Visit The U.S Preventive Services Task Force at: [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org)

## Preventive health guidelines

Ages 0-18 years	Date adopted by QIC:	Re-review date: 5/20/2022	Current review date: 5/20/2020
	<p><b>Immunization schedule</b></p> <ul style="list-style-type: none"> <li>• 2020 recommended immunization schedule for persons aged 0 through 18 years. United States – CDC. <a href="https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf">https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf</a></li> </ul> <p><b>Recommended preventative pediatric health care – American Academy of Pediatrics (AAP)</b></p> <ul style="list-style-type: none"> <li>• 2020 recommendations for preventive pediatric health care. Bright futures / American Academy of Pediatrics. <a href="https://pediatrics.aappublications.org/content/pediatrics/145/3/e20200013.full.pdf">https://pediatrics.aappublications.org/content/pediatrics/145/3/e20200013.full.pdf</a></li> </ul>		
Ages 19 and older	Date adopted by QIC:	Re-review date: 5/20/2022	Current review date: 5/20/2020
	<p><b>Immunization schedule</b></p> <ul style="list-style-type: none"> <li>• 2020 recommended immunization schedule for adults aged 19 years or older. United States – CDC. <a href="https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf">https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf</a></li> </ul> <p><b>Recommended preventative clinical health care – U.S. Preventive Services Task Force (USPTF)</b></p> <ul style="list-style-type: none"> <li>• Recommendations for primary care practice – <i>Publish dates vary.</i> <a href="https://www.aafp.org/patient-care/clinical-recommendations/aafp-cps.html">https://www.aafp.org/patient-care/clinical-recommendations/aafp-cps.html</a></li> </ul>		

## Clinical practice guidelines

Behavioral health	Date adopted by QIC:	Re-review date: 5/20/2022	Current review date: 5/20/2020
	<p><b>Substance abuse</b></p> <ul style="list-style-type: none"> <li>• 2020 focus update — the national practice guideline for the use of medications in the treatment of addiction involving opioid use. American Society of Addiction Medicine (2015). <a href="https://www.asam.org/Quality-Science/quality/2020-national-practice-guideline">https://www.asam.org/Quality-Science/quality/2020-national-practice-guideline</a></li> <li>• 2011 American Psychiatric Association (APA) performance in practice: physician practice assessment tools for the screening, assessment, and treatment of adults with substance use disorder. <a href="http://focus.psychiatryonline.org/doi/abs/10.1176/foc.9.1.foc31?journalCode=foc">http://focus.psychiatryonline.org/doi/abs/10.1176/foc.9.1.foc31?journalCode=foc</a></li> <li>• 2006 APA practice guideline for the treatment of patients with substance use disorders, 2nd edition. <a href="https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse.pdf">https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse.pdf</a></li> <li>• 2018 Alcohol Misuse: Screening and Behavioral Counseling Interventions in Primary Care. <a href="https://www.uspreventiveservicestaskforce.org/Page/Document/Update-SummaryFinal/alcohol-misuse-screening-and-behavioral-counseling-interventions-in-primary-care">https://www.uspreventiveservicestaskforce.org/Page/Document/Update-SummaryFinal/alcohol-misuse-screening-and-behavioral-counseling-interventions-in-primary-care</a></li> </ul>		

Behavioral health	Date adopted by QIC:	Re-review date: 5/20/2022	Current review date: 5/20/2020
	<p><b>Dementia/neurocognitive disorders</b></p> <ul style="list-style-type: none"> <li>• 2014 American Psychiatric Association (APA) practice guideline for persons with Alzheimer’s disease and other dementias 2007/ updated guideline watch. <a href="http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/alzheimerwatch.pdf">http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/alzheimerwatch.pdf</a></li> <li>• 2016 American Psychiatric Association (APA) practice guideline on the use of antipsychotics to treat agitation or psychosis in patients with dementia. <a href="https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2015.173501">https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2015.173501</a></li> </ul> <p><b>Depression</b></p> <ul style="list-style-type: none"> <li>• 2010 American Psychiatric Association (APA) practice guideline for the treatment of patients with major depressive disorder, third edition. <a href="https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf">https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf</a></li> <li>• 2016 U.S. Preventive Services Task Force (USPSTF) screening for depression in adults: uspstf recommendation statement, (january). <a href="https://jamanetwork.com/journals/jama/fullarticle/2484345">https://jamanetwork.com/journals/jama/fullarticle/2484345</a></li> </ul> <p><b>Smoking cessation</b></p> <ul style="list-style-type: none"> <li>• 2015 USPSTF guidelines-smoking cessation (adult), (sept.) <a href="https://annals.org/aim/fullarticle/2443060/behavioral-pharmacotherapy-interventions-tobacco-smoking-cessation-adults-including-pregnant-women">https://annals.org/aim/fullarticle/2443060/behavioral-pharmacotherapy-interventions-tobacco-smoking-cessation-adults-including-pregnant-women</a></li> <li>• 2013 USPSTF guidelines-smoking cessation (children &amp; adolescents), (Aug.) <a href="https://annals.org/aim/fullarticle/1476724/primary-care-relevant-interventions-tobacco-use-prevention-cessation-children-adolescents?searchresult=1">https://annals.org/aim/fullarticle/1476724/primary-care-relevant-interventions-tobacco-use-prevention-cessation-children-adolescents?searchresult=1</a></li> </ul> <p><b>Pediatric</b></p> <ul style="list-style-type: none"> <li>• 2014 APA practice parameter for the assessment and treatment of children and adolescents with autism spectrum disorder. <a href="https://www.jaacap.org/article/S0890-8567(13)00819-8/fulltext">https://www.jaacap.org/article/S0890-8567(13)00819-8/fulltext</a></li> <li>• 2011 Attention Deficit Hyperactivity Disorder (ADHD): clinical practice guideline for the diagnosis, evaluation, and treatment of adhd in children and adolescents. American academy of pediatrics. <a href="http://pediatrics.aappublications.org/content/early/2011/10/14/peds.2011-2654">http://pediatrics.aappublications.org/content/early/2011/10/14/peds.2011-2654</a></li> <li>• 2013 AACAP practice parameter for the assessment and treatment of children and adolescents with schizophrenia. <a href="https://www.aacap.org/App_Themes/AACAP/docs/practice_parameters/Schizophrenia_Sept13.pdf">https://www.aacap.org/App_Themes/AACAP/docs/practice_parameters/Schizophrenia_Sept13.pdf</a></li> </ul>		

Cardiovascular	Date adopted by QIC:	Re-review date: 5/20/2022	Current review date: 5/20/2020
	<p><b>Assessment of cardiovascular risk</b></p> <ul style="list-style-type: none"> <li>• 2013 American College of Cardiology/American Heart Association (ACC/AHA) guideline on the assessment of cardiovascular risk: a report of the ACC/AHA task force on practice guidelines. ACC/AHA (2013) <a href="https://www.ahajournals.org/doi/full/10.1161/01.cir.0000437741.48606.98">https://www.ahajournals.org/doi/full/10.1161/01.cir.0000437741.48606.98</a></li> </ul> <p><b>Treatment of blood cholesterol to reduce atherosclerotic cardiovascular risk</b></p> <ul style="list-style-type: none"> <li>• 2018 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 <a href="http://www.onlinejacc.org/content/73/24/e285">http://www.onlinejacc.org/content/73/24/e285</a></li> </ul> <p><b>Management of high blood pressure</b></p> <ul style="list-style-type: none"> <li>• 2017 guideline for the management of high blood pressure in adults <a href="https://www.acc.org/guidelines#doctype=Guidelines">https://www.acc.org/guidelines#doctype=Guidelines</a></li> </ul> <p><b>Management of heart failure</b></p> <ul style="list-style-type: none"> <li>• 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. <a href="https://www.acc.org/guidelines#doctype=Guidelines">https://www.acc.org/guidelines#doctype=Guidelines</a></li> </ul>		
Endocrinology	Date adopted by QIC:	Re-review date: 5/20/2022	Current review date: 5/20/2020
	<p><b>Standards of medical care in diabetes care</b></p> <ul style="list-style-type: none"> <li>• 2020 Standards of Medical Care in Diabetes. <a href="https://professional.diabetes.org/content-page/standards-medical-care-diabetes/">https://professional.diabetes.org/content-page/standards-medical-care-diabetes/</a></li> </ul> <p><b>Comprehensive type 2 diabetes management algorithm</b></p> <ul style="list-style-type: none"> <li>• 2020 consensus statement by the American Association of Clinical Endocrinologists and American College of Endocrinology on the comprehensive type 2 diabetes management algorithm - 2020 executive summary. <a href="https://www.aace.com/sites/all/files/diabetes-algorithm-executive-summary.pdf">https://www.aace.com/sites/all/files/diabetes-algorithm-executive-summary.pdf</a></li> </ul>		
Infectious diseases	Date adopted by QIC:	Re-review date: 5/20/2022	Current review date: 5/20/2020
	<p><b>Sexually transmitted diseases</b></p> <ul style="list-style-type: none"> <li>• 2015 Sexually Transmitted Diseases (STD) treatment guidelines. Centers for disease control and prevention. <a href="https://www.cdc.gov/std/tg2015/tg-2015-print.pdf">https://www.cdc.gov/std/tg2015/tg-2015-print.pdf</a></li> </ul> <p><b>Tuberculosis</b></p> <ul style="list-style-type: none"> <li>• 2017 Official American Thoracic Society/Infectious Diseases Society of America/centers for disease control and prevention clinical practice guidelines: diagnosis of tuberculosis in adults and children. <a href="https://pubmed.ncbi.nlm.nih.gov/28052967/">https://pubmed.ncbi.nlm.nih.gov/28052967/</a></li> </ul> <p><b>COVID - 19</b></p> <ul style="list-style-type: none"> <li>• 2020 Infectious Diseases of Society of America guidelines on the treatment and management of patients with COVID-1. <a href="https://www.idsociety.org/COVID19guidelines">https://www.idsociety.org/COVID19guidelines</a></li> </ul>		

Pulmonology	Date adopted by QIC:	Re-review date: 5/20/2022	Current review date: 5/20/2020
	<p><b>Asthma</b></p> <ul style="list-style-type: none"> <li>• 2020 Global Initiative for Asthma (GINA) – National Heart, Lung, and Blood Institute (NHLBI) global strategy for asthma management and prevention. <a href="https://ginasthma.org/reports/">https://ginasthma.org/reports/</a></li> <li>• 2020 pocket guide for asthma management and prevention. <a href="https://ginasthma.org/reports/">https://ginasthma.org/reports/</a></li> </ul> <p><b>Chronic obstructive pulmonary disease</b></p> <ul style="list-style-type: none"> <li>• 2020 report - global strategy for the diagnosis, management, and prevention of chronic obstructive pulmonary disease. <a href="https://goldcopd.org/gold-reports/">https://goldcopd.org/gold-reports/</a></li> </ul> <p><b>Streptococcal infection</b></p> <ul style="list-style-type: none"> <li>• 2012 clinical practice guideline for the diagnosis and management of group a streptococcal pharyngitis: 2012 update by the Infectious Diseases Society of America. <a href="https://academic.oup.com/cid/article/55/10/e86/321183">https://academic.oup.com/cid/article/55/10/e86/321183</a></li> </ul> <p><b>Smoking cessation</b></p> <ul style="list-style-type: none"> <li>• 2015 U.S. Preventive Services Task Force (USPSTF) USPSTF guidelines-smoking cessation (Adult), Sept. <a href="https://www.acpjournals.org/doi/10.7326/M15-2023">https://www.acpjournals.org/doi/10.7326/M15-2023</a></li> <li>• Primary care-relevant interventions for tobacco use prevention and cessation in children and adolescents: a systematic evidence review for the U.S. Preventive Services Task Force. <a href="https://www.acpjournals.org/doi/10.7326/0003-4819-158-4-201302190-00580?searchresult=1&amp;">https://www.acpjournals.org/doi/10.7326/0003-4819-158-4-201302190-00580?searchresult=1&amp;</a></li> </ul> <p><b>Pneumonia - community - acquired pneumonia</b></p> <ul style="list-style-type: none"> <li>• 2016 American Academy of Family Physicians (AAFP) diagnosis and management of community acquired pneumonia in adults. <a href="https://www.aafp.org/afp/2016/1101/p698.html">https://www.aafp.org/afp/2016/1101/p698.html</a></li> <li>• 2014 pneumonia in adults: diagnosis and management in adults. <a href="https://www.nice.org.uk/guidance/cg191">https://www.nice.org.uk/guidance/cg191</a></li> <li>• 2019 Infectious Diseases Society of America (IDSA) – american thoracic society (ATS) consensus guidelines on the management of community-acquired pneumonia in adults. <a href="https://www.idsociety.org/practice-guideline/community-acquired-pneumonia-cap-in-adults/">https://www.idsociety.org/practice-guideline/community-acquired-pneumonia-cap-in-adults/</a></li> </ul>		

**2020 HPN Preventive Health Guidelines & Clinical Practice Guidelines**

Committee Chair Signature:   
 Dr. Boris Lubavin- Regal/ Lakeside/ ADOC Medical Group

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