

2010-2011 Clinical Guidelines

Asthma Management Guidelines

National Asthma Education and Prevention Program Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma - National Institutes of Health (NIH) – National Heart, Lung, and Blood Institute.

<http://www.nhlbi.nih.gov/guidelines/index.htm>

<http://www.aaaai.org/> American Academy of Asthma, Allergy, and Immunology

<http://www.cdc.gov/> Centers for Disease Control and Prevention

Asthma is a chronic inflammatory disorder of the airways. Although asthma cannot be cured, it can be controlled. Goals of Asthma Control Therapyⁱ:

- Minimal or no chronic symptoms day or night
- Minimal or no exacerbations
- No limitations on activities; no school/parent's work missed
- Maintain (near) normal pulmonary function {*Adults and Children Older Than 5 Years of Age*}
- Minimal use of short-acting inhaled beta₂-agonist (less than or equal to 2 days per week)
- Minimal or no adverse effects from medications.

Cholesterol / Coronary Artery Disease Guidelines

Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) Full Report - U.S. Department of Health and Human Services. National Institutes of Health - National Heart, Lung and Blood Institute.

<http://www.nhlbi.nih.gov/guidelines/cholesterol/index.htm>

Risk Interventions to reduce the development of Coronary Artery Disease includeⁱⁱ:

- Cholesterol management of LDL-C <100 mg/dL for high risk patients
- Regular exercise 3-4 times a week for 30 minutes
- Achieve and maintain desirable weight
- Counsel patients to quit smoking
- Blood Pressure control goals as designated by JNC 7 Blood Pressure Classification

Chronic Kidney Disease Guidelines

K/DOQI Clinical Practice Guidelines for Chronic Kidney Disease: Evaluation, Classification, and Stratification – National Kidney Foundation.

http://www.kidney.org/professionals/kdoqi/guidelines_ckd/p1_exec.htm

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Chronic Obstructive Pulmonary Disease

U.S. Department of Health and Human Services/ National Institute of Health / The National Heart, Lung, and Blood Institute (NHLBI)

<http://www.nhlbi.nih.gov/health/public/lung/copd> National Heart Lung and Blood Institute

<http://www.nlhep.org> National Lung Health Education Program

<http://www.thoracic.org/go/copd> American Thoracic Society

<http://www.cdc.gov> Centers for Disease Control and Prevention

Community Acquired Pneumonia Guidelines

Infectious Diseases Society of America/American Thoracic Society Consensus Guidelines on the Management of Community-Acquired Pneumonia in Adults

<http://www.journals.uchicago.edu/doi/pdf/10.1086/511159>

Diabetic Care Management Guidelines

American Diabetes Association, Clinical Practice Recommendations, 2010

http://care.diabetesjournals.org/content/33/Supplement_1/S3.extract

The physician should evaluate blood glucose control and disease complications. The patient with diabetes (type 1 or 2) should have the followingⁱⁱⁱ:

- An annual retinal eye exam.
- Glycemic control: The A1C goal *for patients in general* is an A1C goal of <7%. A Hemoglobin A1C (HbA1c) test two times a year if stable glycemic control; quarterly in patients whose therapy has changed or who are not meeting glycemic goals.
- An annual LDL-C screening performed, with a goal of <100mg/dl as the primary goal of therapy for adults. Very high-risk patients, LDL <70mg/dl.
- Nephropathy screening should be performed annually to test for the presence of microalbuminuria in type 1 diabetic patients with diabetes duration of ≥ 5 years and in all type 2 diabetic patients, starting at diagnosis and during pregnancy.

Heart Failure Guidelines

(ACC/AHA) 2009 Guideline Update for the Diagnosis and Management of Chronic Heart Failure in the Adult - American College of Cardiology Foundation and the American Heart Association.

<http://www.acc.org/qualityandscience/clinical/topic/topic.htm-heartfailure>

<http://www.hfsa.org/> (The Heart Failure Society of America)

<http://www.nhlbi.nih.gov/training/index.htm> (The National Heart, Lung and Blood Institute)

The Heart Failure guideline takes the approach to the classification of HF; four Stages of HF are identified. This classification is intended to complement the New York Heart Association (NYHA) functional classification. AvMed, in conjunction with the ACC/AHA, suggests that patients diagnosed with CHF^{iv}:

- Have an evaluation of left ventricular function

Be prescribed angiotensin converting enzyme inhibitors (ACEI), unless contraindicated

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Hypertension Care Management Guidelines

The 7th Report of the Joint National Committee on Prevention, Detection and Evaluation and Treatment of High Blood Pressure (JNC 7 Express) - U.S. Department of Health and Human Services. National Institutes of Health - National Heart, Lung and Blood Institute.

<http://www.nhlbi.nih.gov/guidelines/index.htm>

The JNC7 complete report provides guidelines for hypertension prevention and management. In presenting these guidelines, the committee recognizes that the responsible physician's judgment remains paramount^v.

- The risk of cardiovascular disease (CVD) beginning at 115/75 mmHg doubles with each increment of 20/10 mmHg
- Individuals who are normotensive at age 55 have a 90 percent lifetime risk for developing hypertension

AvMed measures and monitors members with blood pressure readings of less than 140mmHg/90mmHg

Preventive Care Recommendations

Childhood, Adolescent and Adult Schedules:

American Academy of Family Physicians – AAFP Immunization Schedules

<http://www.aafp.org/online/en/home/clinical/immunizationres.html>

American Academy of Pediatrics

<http://www.cispimmunize.org/>

Centers for Disease Control and Prevention

<http://www.cdc.gov/vaccines>

National Institutes of Health

<http://health.nih.gov/topic/ImmunizationVaccination>

Pneumococcal Vaccine Guidelines

Prevention of Pneumococcal Disease: Recommendations of the Advisory Committee on Immunization Practices (ACIP) - Centers for Disease Control and Prevention.

<http://www.cdc.gov/mmwr/preview/mmwrhtml/00047135.htm>

ACIP Provisional Recommendations for Use of Pneumococcal Vaccines

<http://www.cdc.gov/vaccines/recs/provisional/downloads/pneumo-oct-2008-508.pdf>

Post Myocardial Infarction Care Management Guidelines

ACC/AHA 2007 Guidelines for the Management of Patients With Unstable Angina/ Non-ST Elevation Myocardial Infarction – American College of Cardiology.

<http://content.onlinejacc.org/cgi/content/full/50/7/e1>

ACC/AHA Guidelines for the Management of Patients with ST-Elevation Myocardial Infarction – American College of Cardiology Foundation. 2009 Focused Update of the ACC/AHA 2004 Guidelines and 2007 Focus Update.

<http://content.onlinejacc.org/cgi/content/short/j.jacc.2009.10.015v1>

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Prenatal and Postpartum Care Guidelines

US Department of Health and Human Services

<http://www.womenshealth.gov/pregnancy/>

The March of Dimes

<http://www.marchofdimes.com>

Institute for Clinical Systems Improvement

http://www.icsi.org/guidelines_and_more/gl_os_prot/womens_health/ select "Prenatal Care, Routine"

American College of Obstetricians and Gynecologists

<http://www.acog.org/>

Behavioral Health Clinical Practice Guidelines

Miami-Dade, Broward, and Palm Beach

(University of Miami Behavioral Health)

Practice Guideline for the Treatment of Patients with Major Depressive Disorder, Second Edition

http://www.psychiatryonline.com/pracGuide/loadGuidelinePdf.aspx?file=MDD2e_05-15-06

Practice Guideline for the Treatment of Patients with Panic Disorder

http://www.psychiatryonline.com/pracGuide/loadGuidelinePdf.aspx?file=Panic_05-15-06

Practice Guideline for the Treatment of Patients with Bipolar Disorder, Second Edition

http://www.psychiatryonline.com/pracGuide/loadGuidelinePdf.aspx?file=Bipolar2ePG_05-15-06

Practice Guideline for the Treatment of Patients with Substance Use Disorders

http://www.psychiatryonline.com/pracGuide/loadGuidelinePdf.aspx?file=SUD2ePG_04-28-06

Practice Guidelines for the Assessment and Treatment of Patients with Suicidal Behaviors

http://www.psychiatryonline.com/pracGuide/loadGuidelinePdf.aspx?file=SuicidalBehavior_05-15-06

Clinical Practice Guideline Treatment of School-Aged Child with Attention Deficit Hyperactivity Disorder

http://www.aacap.org/galleries/PracticeParameters/JAACAP_ADHD_2007.pdf

Practice Guidelines for the Treatment of Patients with Schizophrenia, Second Edition

http://www.psychiatryonline.com/pracGuide/loadGuidelinePdf.aspx?file=Schizophrenia2ePG_05-15-06

Management of Children with Autism Spectrum

<http://pediatrics.aappublications.org/cgi/content/full/120/5/1162> - **NEW Adopted 2010**

North, Central, and Southwest Regions

(Psychcare)

The following clinical management guidelines are provided in a concise compendium. They may be accessed at www.psychcare.com. At the home page click on Providers, then click on the heading Utilization Management, and then Clinical Management Guidelines

- **Attention-Deficit Hyperactivity Disorder (ADHD)**
 - Childhood
 - Adult
- **Mood Disorders**
 - Major Depressive Disorder
 - Bipolar I Disorder
 - Bipolar II Disorder
- **Schizophrenia**
- **Adjustment Disorders**

- **Anxiety Disorders**
 - Panic Disorders
 - Agoraphobia without history of panic disorder
 - Specific Phobias
 - Social Phobia
 - Obsessive-Compulsive Disorder
 - Post Traumatic Stress Disorder
 - Acute Stress Disorder
 - Generalized Anxiety Disorder
- **Eating Disorders**
 - Anorexia Nervosa
 - Bulimia Nervosa
 - Substance Abuse
 - Pre-assessment ECT Protocols
- **Alzheimer's Disease**
- **Autism – NEW Adopted 2009**

ⁱ National Asthma Education and Prevention Program. Expert panel report 3: guidelines for the diagnosis and management of asthma. Bethesda (MD): U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health, National Heart, Lung and Blood Institute; 2007 Aug. p. 52-54.

ⁱⁱ National Cholesterol Education Program. Third report of the National Cholesterol Education Program expert panel on detection, evaluation, and treatment of high blood cholesterol in adults (Adult Treatment Panel III). Bethesda (MD): U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health, National Heart, Lung and Blood Institute; 2002 Sep. p. IV-1.

ⁱⁱⁱ American Diabetes Association. Standards of medical care in diabetes. *Diabetes Care* 2009;32:S38-S61,doi:10.2337/dc09-S013.

^{iv} Hunt SA, Abraham WT, Chin MH, Feldman AM, Francis GS, Ganiats TG, Jessup M, Konstam MA, Mancini DM, Michl K, Oates JA, Rahko PS, Silver MA, Stevenson LW, Yancy CW. 2009 focused update incorporated into the ACC/AHA 2005 guidelines for the diagnosis and management of heart failure in adults: a report of the American College of Cardiology Foundation/American Heart Association Task Force on Practice Guidelines. *J Am Coll Cardiol* 2009;53:e8–e14, doi:10.1016/j.jacc.2008.11.013.

^v National High Blood Pressure Education Program. The seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of high blood pressure. Bethesda (MD): U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health, National Heart, Lung and Blood Institute; 2004 Aug. p. 25-32.