Practice Guidelines for Preventive Care and Health Condition Management

GlobalHealth recognizes the following Practice Guidelines. We support our Providers in delivering evidenced based, high quality, cost effective care, while empowering the member to actively participate in treatment decisions.

The GlobalHealth Quality Improvement Committee has reviewed and approved the following medical and behavioral health evidence-based clinical practice guidelines presented by the National Center for Complementary and Integrative Health, U.S. Department of Health and Human Services, CDC, USPSTF, VA/DOD, SAMHSA or by recognized professional clinical groups.

These medical and behavioral health conditions were chosen because of identified prevalence in our member population through analysis of claims, lab, pharmacy and health assessment data.

National Center for Complementary and Integrative Health
https://nccih.nih.gov/health/providers/clinicalpractice.htm

Preventive Care Recommendations
GlobalHealth (GH) promotes the use of evidence-based preventive health guidelines to support health. The following recognized sources provide preventive health information based on developmental age.

Preventive Care Guidelines:

USPSTF Recommendations Mobile app: ePSS

- Obesity Screening: Child/ Adolescent
- Breast Cancer Screening
- Colorectal Cancer Screening
- High Blood Pressure in Adults: Screening
- USPSTF Preventive Care Recommendations (A & B only, updated 2019)
- American Academy of Pediatrics- Bright Futures Preventive Care Guidelines (2019)
- American Academy of Pediatrics- Bright Futures Tool & Resources Kit 2nd Ed. (2019)
- Healthy Living: Life Stages and Special Populations: CDC

Immunization Schedules- CDC
- Child and Adolescent and Catch up Schedule (updated 2020)
- Adult (19 years and older) (updated 2020)

Medical Condition and Disease Management Guidelines

Asthma and Congestive Obstructive Pulmonary Disease

- [2020 COPD Gold Report](#) (Diagnosis, Management and Prevention) Global Initiative for Chronic Obstructive Lung Disease
- [Asthma: Guidelines for Diagnosis and Management (EPR-3)](#) NIH
- [COPD Diagnosis and Management](#) American Academy of Family Physicians (updated 2017)

[COPD Practice Guidelines](#) American Thoracic Society (updated 2017)

Chronic Kidney Disease and Related Conditions:

- [National Kidney Foundation (2019)](#)
- [Chronic Kidney Disease (CKD): NIH (2019)](#) Has Provider and Member Materials

Coronary Artery Disease / Hypertension

- [2014 AHA/ ACC Guideline for Management of Patients with Non-ST Elevation Acute Coronary Syndromes](#)
- [ACCF/ AHA Updated Guidelines Unstable Angina/ Non- STEMI (2012)](#)
- [ACCF/ AHA Chronic Stable Angina](#)
- [American Association of Clinical Endocrinologists (ACCE)/ American College of Endocrinologists (ACE) Dyslipidemia and Prevention of CVD](#) (updated 2017)
- [Prevention, Detection, Evaluation & Management of High Blood Pressure in Adults](#) (updated 2017) (American College of Cardiology)
- [Hypertension in Adults over 60](#)

Congestive Heart Failure

- [Guideline for the Management of Heart Failure](#) (2017)

Diabetes Mellitus

- [ADA Standards of Medical Care in Diabetes](#) (updated 2020)
- [Comprehensive Type 2 Diabetes Management Algorithm (2020) Am. Assoc. of Clinical Endocrinologists](#)(updated 2020)
- [Screening and Monitoring of Prediabetes](#)

Low Back Pain

- [Noninvasive Treatments for Acute, Subacute and Chronic Low Back Pain](#) American College of Physicians (updated 2017)
- [Low Back Pain](#) (updated 2017) (AAFP)

Children 0-24 years old

- [American Academy of Pediatrics- Bright Futures Preventive Care Guidelines](#) (2019)
  American Academy of Pediatrics
- [American Academy of Pediatrics- Bright Futures Tool & Resources Kit 2nd Ed.](#) (2019)
  American Academy of Pediatrics

Adults 20-64 years old

- [Healthy Aging](#): CDC

Adults 65 years and older

- [Healthy Aging](#): CDC
- [Health Information for Older Adults](#): CDC

Perinatal Care

- [Routine Prenatal Care](#) Office of Women's Health (updated 2019)
- [Prenatal](#) American Academy of Pediatrics
- [Labor, Delivery and Postpartum](#) American Family Physician
- [Gestational Diabetes](#) American Association of Family Physicians (updated 2017)
- [Breastfeeding](#) American Academy of Family Physicians
- [Breastfeeding Toolkit](#) (updated 2018) American Academy of Obstetricians and Gynecologists
- [Breastfeeding: CDC Guide to Support](#)
- [Post- Partum Toolkit](#) (updated 2018) American Academy of Obstetricians and Gynecologists
- [Maternal Immunization Toolkit](#) (updated 2018) American Academy of Obstetricians and Gynecologists
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Behavioral Health/Substance Abuse Clinical Practice Guidelines:

- Substance Abuse and Mental Health Services Administration (SAMHSA)
  - [Mental Health (All Ages)](#)
  - [Substance Abuse for Primary Care](#)
  - [Additional SA/ MH Guides](#)
  - [SAMHSA National Registry of Evidence-based Programs and Practices](#)

ADHD (Attention Deficit/ Hyperactivity Disorder)
GlobalHealth recommends members prescribed medication to treat ADHD participate in follow- up appointments during:

Initial Phase: at least one follow--up visit with the prescriber within 30 days of starting the medication.

Continuation and maintenance phase: Members on medication more than 210 days should have two follow-up visits within 270 days after the initial phase.
[Guideline for ADHD in Primary Care for Children and Adolescents](#) American Academy of Pediatrics

Antipsychotics
- Children & Adolescents (2018) SAMHSA
- Adults (2019) (American Psychiatric Association)
- Seniors (2018) SAMHSA
- Schizophrenia (2010) APA

Autism Spectrum
- Autism American Academy of Child and Adolescent Psychiatry
- Caring for Children with Autism Spectrum Disorder: A Practical Resource Toolkit 3rd Ed. American Academy of Pediatrics

Anxiety:
- Anxiety Screening Tool (available in many languages-free)
- Clinical Practice Review (2016) Anxiety and Depression Association of America (ADAA)

Bipolar Disorder
Treating Bipolar Disorder: Quick Reference American Psychiatric Association

Depression
- Depression Screening Tool (available in many languages-free)
- Treatment (4th edition, 2019) APA
- Clinical Practice Review (2016) Anxiety and Depression Association of America (ADAA)
Treatment of Depression in Older Adults Toolkit (2019) SAMHSA

Dementia
- Dementia Diagnostic & Management Tools (2019) Alzheimer's Association
- Use of Antipsychotics in Patients with Dementia (updated 2018) APA

PTSD
- Post-Traumatic Stress Disorder (PTSD) VA/DoD (Version 3.0, updated 2017)
- PTSD Pocket Guide (Version 3.0, updated 2017)

Suicide Assessment (SAFE-T) 5 Step Evaluation & Triage for Clinicians
- o   Suicide Safe Mobile App-For Primary Care Providers

Additional Resources:

Beacon Health Options Provider Toolkit offers additional information, treatment guidelines, screening tools and test and member materials related to ADHD, Anxiety, Alcohol/ Substance Abuse, Depression, Adolescent depressions, Postpartum Depression, Eating Disorders, PTSD and Schizophrenia.

American Heart Association Guidelines Pocket Cards

American Heart Association [Guidelines Mobile App information](#)

Information for Parents and Caregivers:
- [Prenatal](#) American Academy of Pediatrics
- [Infants and Toddlers (Approximate Ages 0-3):](#) CDC
- [Baby (0-12 months):](#) American Academy of Pediatrics
- [Toddler (1-3 years):](#) American Academy of Pediatrics
- [Children (Ages 4-11) - Milestones and Schedules:](#) CDC
- [Preschool (3-5 years):](#) American Academy of Pediatrics
- [Grade school (5-12 years) :](#) American Academy of Pediatrics
- [Teens (Approximate Ages 12-19):](#) CDC
- [Young Adult (18-21 years):](#) American Academy of Pediatrics
- [Dementia Caregivers](#)
- [Tips for Alzheimer's Caregivers](#) (2019) Alzheimer's Association
- [Aging and Caregiving](#) (2019) CDC

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