



Practice Guidelines for Preventive Care, and Disease Management Conditions

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 GH 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>

Note: As of July 16, 2018: AHRQ Master List of Clinical Practice Guidelines is no longer maintained due to loss of funding.

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: Adult](#)
- [Obesity Screening: Child/ Adolescent](#)
- [Breast Cancer Screening](#)
- [Colorectal Cancer Screening](#)
- [Hypertension](#)
- [USPSTF Preventive Care Recommendations](#) (A & B only, updated 2017)
- [American Academy of Pediatrics- Bright Futures Preventive Care Guidelines](#)
- [American Academy of Pediatrics- Bright Futures Tool Kit](#)
- [Healthy Living: Lifestages and Special Populations: CDC](#)
- Immunization Schedules- CDC

- [Child and Adolescent and Catch up Schedule](#) (updated 2018)
- [Adult \(19 years and older\)](#) (updated 2018)

Medical Conditions and Disease Management Guidelines:

Asthma and Congestive Obstructive Pulmonary Disease

- [2017 Global Initiative for COPD](#) (Diagnosis, Management and Prevention)
- [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)
- [VA / DOD COPD Guidelines](#)

Chronic Kidney Disease and related conditions:

- [National Kidney Foundation](#)
- [Chronic Kidney Disease \(CKD\): NIH](#)

Coronary Artery Disease/ Hypertension

- [ACCF/ AHA Updated Guidelines Unstable Angina/ Non- STEMI](#)
- [ACCF/ AHA Chronic Stable Angina](#)
- [AHA Self Care for Prevention and Management of CAD and Stroke](#) (updated 2017)
- [American Heart Association](#)
- [American Association of Clinical Endocrinologists \(ACCE\)/ American College of Endocrinologists \(ACE\) Dyslipidemia and Prevention of CVD](#) (updated 2017)
- [Pharmacologic Treatment of Hypertension \(ages 60+\)](#) (updated 2017)

Diabetes Mellitus

- [American Diabetic Association \(ADA\): Standards of medical care for patients with Diabetes Mellitus](#) (updated 2017)
- [American Association of Clinical Endocrinologists \(ACCE\)/ American College of Endocrinologists \(ACE\) Type 2 DM Management Algorithm](#) (updated 2018)

Low Back Pain

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

Children 0–24 years

- [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 2–19 years old

- [Infants and Toddlers \(Approximate Ages 0–3\)](#): CDC
- [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

Adults 20–64 years old

- [Healthy Aging](#): CDC
- [Young Adult \(18–21 years\)](#): American Academy of Pediatrics

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 2018)
- [Prenatal](#) American Academy of Pediatrics
- [Labor, Delivery and Postpartum](#) American Family Physician
- [Gestational Diabetes](#) National Diabetes Education Initiative.org (updated 2016)
- [Preeclampsia](#) American College of Obstetrics and Gynecology
- [Breastfeeding](#) American Academy of Family Physicians
- [Breastfeeding: CDC Guide to Support](#)
- [Post- Partum Depression](#) SAMHSA
- [Vaccinations for Pregnant and Breastfeeding Women](#) CDC

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](#)
- [Attention- Deficit/ Hyperactivity Disorder \(ADHD\)](#) CDC
- [Autism](#) American Academy of Child and Adolescent Psychiatry
- Anxiety:
 - [Anxiety Screening Tool](#) (available in many languages-free)
 - [Clinical Practice Review](#) (2016) Anxiety and Depression Association of America (ADAA)
- Bipolar Disorder
 - [VA / DOD Bipolar Guidelines](#)
 - [Treating Bipolar Disorder: Quick Reference](#) American Psychiatric Association
- [Autism](#) American Academy of Child and Adolescent Psychiatry
- Depression
 - [Depression Screening Tool](#) (available in many languages-free)
 - [Treatment](#) (3rd edition, 2010) APA
 - [Clinical Practice Review](#) (2016) Anxiety and Depression Association of America (ADAA)
- Dementia
 - [Diagnosis of Dementia](#) Alzheimer’s Association
 - [Use of Antipsychotics in Patients with Dementia](#) APA (updated 2016)
- [Post-Traumatic Stress Disorder \(PTSD\)](#) VA/DoD (Version 3.0, updated 2017)
- [PTSD Pocket Guide](#) (Version 3.0, updated 2017)
- [Schizophrenia](#) (2010) APA
- [Suicide Assessment \(SAFE-T\) 5 Step Evaluation & Triage for Clinicians](#)
 - [Suicide Mobile App](#)

GlobalHealth, Inc. Quality Improvement Committee

Original approval 12/22/11

Revision approved 10/25/12

Revision approved 7/25/13

Revision approved 01/22/15 (Based on NCQA Standard QI 7 v. 2017)

Revision approved 7/16/2018