



# Clinical practice guidelines

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Clinical practice guidelines are resources\* for CarePlus-contracted physicians and other CarePlus-contracted healthcare professionals. CarePlus has adopted the following guidelines:

## **Adult immunizations**

Centers for Disease Control and Prevention

[Recommended immunization schedule for adults aged 19 years or older, United States 2020](#)

## **Asthma care**

Global Initiative for Asthma (GINA)

[2020 GINA Report: Global Strategy for Asthma Management and Prevention](#)

## **Atherosclerotic cardiovascular disease**

American Heart Association (AHA) and the American College of Cardiology Foundation (ACC)

[AHA/ACCF Secondary Prevention and Risk Reduction Therapy for Patients with Coronary and Other Atherosclerotic Vascular Diseases: 2011 Update](#)

## **Back Pain (New for 2020)**

Institute for Clinical Systems Improvement

[Health Care Guideline: Adult Acute and Subacute Low Back Pain 16th Edition \(March 2018\)](#)

## **Breast cancer screening**

U.S Preventive Services Task Force (January 2016)

[Breast cancer: Screening](#)

## **Cholesterol treatment**

2018 AHA/ACC/American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)/ American Academy of Physician Assistants (AAPA) /Association of Black Cardiologists (ABC) /American College of Preventive Medicine (ACPM) / American Diabetes Association (ADA) / American Geriatric Society (AGS) / American Pharmacist Association (AphA) / American Society of Preventive Cardiology (ASPC) / National Lipid Association (NLA) / Preventive Cardiovascular Nurses Association (PCNA)

[Cholesterol Clinical Practice Guidelines 2018 Guideline on the Management of Blood Cholesterol](#)

## **Chronic obstructive pulmonary disease (COPD)**

Global Initiative for Chronic Obstructive Lung Disease (GOLD)

[Global Strategy for the Diagnosis, Management and Prevention of Chronic Obstructive Pulmonary Disease \(COPD\), 2020 Update](#)

## **Colorectal Cancer Screening Guideline**

American Cancer Society

[Guideline for Colorectal Cancer Screening](#)

## **Depression**

Institute for Clinical Systems Improvement (ICSI): Depression, Adult in Primary Care (March 2016)

[Depression, Adult in Primary Care, 17th edition \(March 2016\)](#)

## **Diabetes**

American Diabetes Association

[Standards of Medical Care in Diabetes - 2020](#)

## **Heart failure**

2017 ACC/AHA/Heart Failure Society of America (HFSA) Task Force on Clinical Guidelines

[2017 ACC/AHA/HFSA Focused Update of the 2013 ACCF/AHA Guideline for the Management of Heart Failure](#)

## **Heart Risk Calculator**

American College of Cardiology Foundation

[Heart risk calculator](#)

## **Hypertension**

ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA

[2017 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines.](#)

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## **Kidney disease**

National Kidney Foundation (Note: These guidelines are updated on an ongoing basis by the owning organization)

[Guidelines and Commentaries](#) – Evidence-based clinical practice guidelines for all stages of chronic kidney disease

### **Medical records documentation guidelines**

CarePlus has adopted guidelines based on accreditation 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

[Weight Loss to Prevent Obesity-Related Morbidity and Mortality in Adults: Behavioral Interventions, September 2018](#)

### **Opioid Guidelines (New for 2020)**

Institute for Clinical Systems Improvement (ICSI)

[Pain Assessment, Non-Opioid Treatment Approaches and Opioid Management 8th Edition, August 2017: Version 2](#)

Health and Human Services (HHS)

[HHS Guide for Clinicians on the Appropriate Dosage Reduction or Discontinuation of Long-Term Opioid Analgesics](#)

### **Preventive care**

U.S. Preventive Services Task Force

[Electronic Preventive Services Selector \(ePSS\) \(includes 'BRCA1/2-Related Cancer, Risk Assessment, Genetic Counseling, and Genetic Testing, 2019'\)](#)

### **Primary Prevention of Cardiovascular Disease and Stroke**

American College of Cardiology (ACC)/American Heart Association (AHA) Task Force on Clinical Practice Guidelines

[2019 Guideline on the Primary Prevention of Cardiovascular Disease Guideline Made Simple](#)

### **Sickle Cell Anemia (New for 2020)**

National Institute for Health (NIH)

[Evidenced-Based Management of Sickle Cell Disease: Expert Panel Report 2014](#)

### **Smoking cessation**

Agency for Healthcare Research and Quality

[Treating Tobacco Use and Dependence: 2008 Update—Clinical Practice Guideline](#)

### **Valvular heart disease**

AHA/ACC Task Force on Clinical Practice Guidelines

[2017 Focused Update of the 2014 AHA/ACC Guideline for the Management of Patients with Valvular Heart Disease](#)

**Well-woman routine care**

The American College of Obstetricians and Gynecologists (ACOG)  
[Recommendations for Well-Woman Care](#)

CarePlus periodically monitors compliance with nationally recognized clinical practice guidelines.

\*CarePlus publishes medical guidelines from a number of well-respected national sources. 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.

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