

# 2023 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)
- Visit ECRI Institute Guidelines Trust at: <https://www.ecri.org/solutions/ecri-guidelines-trust/>

## Preventive Health Guidelines

<b>Ages 0-18 Years</b>			
	Date Adopted by QIC: 8/9/2022      Re-Review Date: 6/17/2024      Current Review Date: 6/17/2022		
	<p><b>Immunization Schedule</b></p> <ul style="list-style-type: none"> <li>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>2021 Recommendations for Preventive Pediatric Health Care. Bright Futures /American Academy of Pediatrics (3/2021). <a href="https://www.aap.org/preventive-pediatric-health-care">2021 Recommendations for Preventive Pediatric Health Care   Pediatrics   American Academy of Pediatrics (aap.org)</a></li> </ul>		
<b>Ages 19 and Older</b>			
	Date Adopted by QIC: 8/9/2022      Re-Review Date: 6/17/2024      Current Review Date: 6/17/2022		
	<p><b>Immunization Schedule</b></p> <ul style="list-style-type: none"> <li>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 (USPSTF)</b></p> <ul style="list-style-type: none"> <li>Recommendations for Primary Care Practice <a href="https://uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=P">https://uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=P</a></li> </ul>		
<b>Clinical Practice Guidelines</b>			
<b>Behavioral Health</b>			
	Date Adopted by QIC: 8/9/2022      Re-Review Date: 6/17/2024      Current Review Date: 6/17/2022		
	<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 (1/2011). <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 (8/2006). <a href="https://www.psychiatryonline.org/doi/abs/10.1176/foc.9.1.foc31?journalCode=foc">substanceuse.pdf (psychiatryonline.org)</a></li> <li>2018 Alcohol Misuse: Screening and Behavioral Counseling Interventions in Primary Care (11/2018). <a href="https://www.uspreventiveservicestaskforce.org/uspstf/201801-alcohol-misuse-screening-and-behavioral-counseling-interventions-in-primary-care">Recommendation: Unhealthy Alcohol Use in Adolescents and Adults: Screening and Behavioral Counseling Interventions   United States Preventive Services Taskforce (uspreventiveservicestaskforce.org)</a></li> </ul> <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 (10/2014). <a href="https://www.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 (5/2016). <a href="https://www.psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/antipsychotics-to-treat-agitation-or-psychosis-in-patients-with-dementia">The American Psychiatric Association Practice Guideline on the Use of Antipsychotics to Treat Agitation or Psychosis in Patients With Dementia (psychiatryonline.org)</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 (5/2010). <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, (1/2016). <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), (9/2015). <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), (8/2013). <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 (2/2014). <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 (11/2011). <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 (11/2013). <a href="http://www.aacap.org/App_Themes/AACAP/docs/practice_parameters/Schizophrenia_Sept13.pdf">http://www.aacap.org/App_Themes/AACAP/docs/practice_parameters/Schizophrenia_Sept13.pdf</a></li> </ul>
<b>Cardiovascular</b>	<div>Date Adopted by QIC: 8/9/2022</div> <div>Re-Review Date: 6/17/2024</div> <div>Current Review Date: 6/17/2022</div>
	<p><b>Assessment of Cardiovascular Risk</b></p> <ul style="list-style-type: none"> <li>2013 ACC/AHA Guideline on the Assessment of Cardiovascular Risk: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines: <a href="http://www.onlinejacc.org/content/63/25_part_b/2935.full.pdf?_ga=2.29819455.1062630223.1652723298-558167134.1649010161">http://www.onlinejacc.org/content/63/25_part_b/2935.full.pdf?_ga=2.29819455.1062630223.1652723298-558167134.1649010161</a></li> </ul> <p><b>Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk</b></p> <ul style="list-style-type: none"> <li>2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: <a href="http://www.onlinejacc.org/content/73/24/e285.full.pdf?_ga=2.29819455.1062630223.1652723298-558167134.1649010161">http://www.onlinejacc.org/content/73/24/e285.full.pdf?_ga=2.29819455.1062630223.1652723298-558167134.1649010161</a></li> </ul> <p><b>Management of High Blood Pressure</b></p> <ul style="list-style-type: none"> <li>2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA 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: <a href="http://www.onlinejacc.org/content/71/19/e127.full.pdf?_ga=2.29819455.1062630223.1652723298-558167134.1649010161">http://www.onlinejacc.org/content/71/19/e127.full.pdf?_ga=2.29819455.1062630223.1652723298-558167134.1649010161</a></li> </ul> <p><b>Management of Heart Failure</b></p>

	<ul style="list-style-type: none"> <li>2022 AHA/ACC/HFSA Guideline for The Management of Heart Failure: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines: <a href="https://www.jacc.org/doi/pdf/10.1016/j.jacc.2021.12.012?_ga=2.119014921.1062630223.1652723298-558167134.164901016154373672.1062630223.1652723298-558167134.1649010161">https://www.jacc.org/doi/pdf/10.1016/j.jacc.2021.12.012?_ga=2.119014921.1062630223.1652723298-558167134.164901016154373672.1062630223.1652723298-558167134.1649010161</a></li> </ul> <p><b>Management of Patients with Valvular Heart Disease</b></p> <ul style="list-style-type: none"> <li>2020 ACC/AHA Guideline for the Management of Patients with Valvular Heart Disease (02/2/2021) <a href="https://www.ahajournals.org/doi/epdf/10.1161/CIR.0000000000000923">https://www.ahajournals.org/doi/epdf/10.1161/CIR.0000000000000923</a></li> </ul>		
<b>Endocrinology</b>	Date Adopted by QIC: 8/9/2022	Re-Review Date: 6/17/2024	Current Review Date: 6/17/2022
	<p><b>Standards of Medical Care in Diabetes Care</b></p> <ul style="list-style-type: none"> <li>2022 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> <p>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="#">Comprehensive Type 2 Diabetes Management Algorithm (2020) - EXECUTIVE SUMMARY   American Association of Clinical Endocrinology (aace.com)</a></p>		
<b>Infectious Diseases</b>	Date Adopted by QIC: 8/9/2022	Re-Review Date: 6/17/2024	Current Review Date: 6/17/2022
	<p><b>Sexually Transmitted Diseases</b></p> <ul style="list-style-type: none"> <li>2021 Sexually Transmitted Diseases (STD) Treatment Guidelines. Centers for Disease Control and Prevention (7/2021). <a href="#">Sexually Transmitted Infections Treatment Guidelines, 2021 (cdc.gov)</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 (1/2017). <a href="#">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 - PubMed (nih.gov)</a></li> </ul> <p><b>COVID- 19</b></p> <ul style="list-style-type: none"> <li>2022 Infectious Diseases Society of America Guidelines on the Treatment and Management of Patients with COVID-19 <a href="https://www.idsociety.org/globalassets/idsa/practice-guidelines/covid-19/treatment/idsa-covid-19-gl-tx-and-mgmt-v9.0.0.pdf">https://www.idsociety.org/globalassets/idsa/practice-guidelines/covid-19/treatment/idsa-covid-19-gl-tx-and-mgmt-v9.0.0.pdf</a></li> </ul>		
<b>Pain Management</b>	Date Adopted by QIC: 5/9/2023	Re-Review Date: 6/17/2024	Current Review Date: 4/21/2023



### Non-Pharmacological Pain Management Treatment<sup>1</sup>

- Evidence-Based Non-Pharmacologic Strategies for Comprehensive Pain Care: The Consortium Pain Task Force White Paper  
<https://www.sciencedirect.com/science/article/pii/S1550830718300223>
- Noninvasive, Non-Pharmacological Treatment for Chronic Pain  
<https://effectivehealthcare.ahrq.gov/products/nonpharma-treatment-pain/research-protocol>
- CDC Clinical Practice Guideline for Prescribing Opioids for Pain – United States, 2022 – Recommendation 1, Pg. 17  
<https://www.cdc.gov/mmwr/volumes/71/rr/pdfs/rr7103a1-H.pdf>

## Pulmonology

Date Adopted by QIC: 8/9/2022

Re-Review Date: 6/17/2024

Current Review Date: 6/17/2022



### Asthma

- 2022 Global Initiative for Asthma (GINA) – National Heart, Lung, and Blood Institute (NHLBI) Global Strategy for Asthma Management and Prevention.  
<https://ginasthma.org/reports/>
- 2020 Pocket Guide for Asthma Management and Prevention. 2022 currently being updated.  
<https://ginasthma.org/reports/>

### Chronic Obstructive Pulmonary Disease

- 2020 Report - Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease.  
<https://goldcopd.org/gold-reports/>

### Streptococcal Infection

- 2012 Clinical Practice Guideline for the Diagnosis and Management of Group A Streptococcal Pharyngitis: 2012 Update by the Infectious Diseases Society of America (11/2012).  
<https://academic.oup.com/cid/article/55/10/e86/321183>

### Smoking Cessation

- 2015 U.S. Preventive Services Task Force (USPSTF) USPSTF Guidelines-Smoking Cessation (Adult), (10/2015).  
<https://annals.org/aim/fullarticle/2443060/behavioral-pharmacotherapy-interventions-tobacco-smoking-cessation-adults-including-pregnant-women>
- 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 (2/2013)  
[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 | Annals of Internal Medicine \(acpjournals.org\)](https://www.acpjournals.org/doi/full/10.1093/ajcp/23.2.100)

### Pneumonia – Community - Acquired Pneumonia

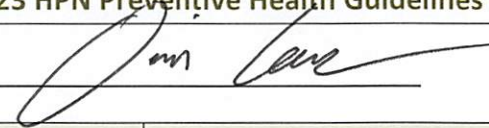
- 2016 American Academy of Family Physicians (AAFP) Diagnosis and Management of Community Acquired Pneumonia in Adults (11/2016).  
<https://www.aafp.org/afp/2016/1101/p698.html>
- 2016 Pneumonia in Adults: Diagnosis and Management in Adults (1/2016).  
[Overview](#) | [Pneumonia in adults](#) | [Quality standards](#) | [NICE](#)

<sup>1</sup> CA Health & Safety Code § 124962(h)

[https://leginfo.legislature.ca.gov/faces/codes\\_displaySection.xhtml?sectionNum=124962&lawCode=HSC](https://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?sectionNum=124962&lawCode=HSC)

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|  | <ul style="list-style-type: none"><li>2019 Infectious Diseases Society of America (IDSA) – American Thoracic Society (ATS) Consensus Guidelines on the Management of Community-Acquired Pneumonia in Adults (10/2019).<br/><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> |
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<b>2023 HPN Preventive Health Guidelines &amp; Clinical Practice Guidelines</b>
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Committee Chair Signature:  6/7/2023		
Date Adopted by QIC:	Re-Review Date: 6/17/2024	Current Review Date: