

June 12, 2020

To: All Contracted Providers by First Medical Health Plan, Inc., and their Provider Network International Medical Card, Inc.

Re: Clinical Practice Guidelines

Receive a warm greeting on behalf of First Medical Health Plan, Inc. (FMHP).

Committed in offering quality services to our providers and subscribers, we would like to inform you that we have updated the Clinical Practice Guidelines (CPG's). For your knowledge, annually, the Clinical Practice Review Committee approves and adopts CPG's for prevention, diagnostic and management of physical and mental health.

These Guidelines, recognized national and international level, corresponds to the standards of care and clinical treatments for specific conditions. We encourage you to use these Guidelines, in order to collaborate with the quality and consistency of health care management.

Special Section on COVID-19

COVID-19 is a dynamic and changing disease for which there is new information that changes continuously. There are protocols, guidelines, clinical guidance, and clinical trials to manage this condition, but because it is so recent, there are no evidence-based Clinical Guidelines. However, FMHP decided to include a section on recognized links with information about COVID-19. This link will take you to globally and nationally recognized sources such as the World Health Organization and U.S. Centers for Disease Control and Prevention. Once we have evidence-based Clinical Guidelines we will share them. The links are:

Centers for the Disease Control and Prevention (CDC)

- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/training.html>

World Health Organization (WHO)

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/global-research-on-novel-coronavirus-2019-ncov>

Below you will find the links to access and review the Clinical Practice Guidelines.

Adult, Children and Adolescent Preventive Health

The Guidelines for Clinical Preventive Services from the U.S. Preventive Services Task Force (USPSTF) includes recommendations on screening, counseling, and preventive treatments with clinical considerations for each topic. Below, you will find the link.

- <http://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/guide/cpsguide.pdf>

The USPSTF also offers in the link below, updated Guidelines. Here you will find the Guidelines published recently, which include near to one hundred (100) topics on prevention, interventions, and counseling.

- https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=All&searchterm=

Asthma

The following link provides Guidelines for the Diagnosis and Management of Asthma (EPR-3). It was developed by the Expert Panel Committee by the National Asthma Education and Prevention Program (NAEPP).

- <http://www.nhlbi.nih.gov/Guidelines/asthma/asthgdln.htm>

The Guidelines Implementation Panel (GIP) Report presents recommendations and strategies for overcoming barriers to the acceptance and utilization of the updated National Heart, Lung, and Blood Institute (NHLBI) Clinical Practice Guidelines for asthma. Below, you will find the link.

- https://www.nhlbi.nih.gov/files/docs/guidelines/gip_rpt.pdf

Attention Deficit Hyperactivity Disorder (ADHD)

The American Academy of Pediatrics provides the ADHD link: Clinical Practice Guideline for the diagnosis, evaluation, and treatment of Attention Deficit Hyperactivity Disorder in children and adolescents. Below, you will find the link.

- <http://pediatrics.aappublications.org/content/128/5/1007.full>

Autism Spectrum Disorder

In this section you will find referral links from three (3) best practices organizations for Autism Spectrum Disorder.

One of these links is the National Professional Development Center on Autism Spectrum Disorders (ASD). Below, you will find the link for literature related to autism interventions.

- <http://autismpdc.fpg.unc.edu/node/19>

Another link is the Frank Porter Graham Child Development Institute of the University of North Carolina at Chapel Hill, which published, in 2014 the Evidence-Based Practices for Children, Youth, and Young Adults with Autism Spectrum Disorder. This article provides information focused on Autism Spectrum Disorder interventions. Below, you will find the link.

- <http://autismpdc.fpg.unc.edu/sites/autismpdc.fpg.unc.edu/files/2014-EBP-Report.pdf>

Finally, you will find the American Academy of Child and Adolescent Psychiatry, which, in 2014, published in their magazine the article: Practice Parameter for the Assessment and Treatment of Children and Adolescents with Autism Spectrum Disorder. Below, you will find the link.

- <https://reader.elsevier.com/reader/sd/pii/S0890856713008198?token=A6A476C0A3367C17C8E27E1B964DA417B6427DF4384A3779ED966737AC436BBF696BA0C8200C10EC19F16E9A25AA0AFB>

The following link corresponds to a correction made to the information provided in the previously link.

- https://pdf.sciencedirectassets.com/279787/1-s2.0-S0890856714X00079/1-s2.0-S0890856714003670/main.pdf?x-amz-security-token=AgoJb3JpZ2luX2VjEFsaCXVzLWVhc3QtMSJGMEQCICoo%2Bk47rSizm%2FKe81C3yx1AwGUwH5od5RrFZVfaJoQtAiAdrnW5ECQp%2BsK7Ooc7ZlmrQhWkEDIqD%2FcxombwMpTTAyraAawg0EAiaDDA1OTAwMzU0Njg2NSIMlzDWXkiCqIR4zbhBKrcDstkpafMuxfsw56rar5ywx0%2BqXiX6TuvB%2B4e%2FqIH%2BIjLM%2BtdFd2pFv7ZxtvxbNtV3tRvBRQy3r3ztkdL1NNc0xfJEkFeiD8v7XMdaoPTNJGERjeb7IZtfbjCOeiFHQSKJZRRFr9SixIuLDPs2KL5KynQKpT1xWdm1qI9OsJBN5rMMU49quNNEhv5r7UeUeGIF5wPGMajNp4rlhdUo2V5BFd9Lv8Qb%2Fa%2BvXLvCXq0l0ghXtA7bhrlde6H4uOee%2BiopPCLEISFz5IP1wekKEp4skFR157JpAbQxAAfBmQwt5avedMlkJ91BvB%2BAFi8nmYuE30wln7BrzIH7HMaB91MsD9t2djd8EclrNy3FksZcUYmi5r3YeJGu6HkzoyY1AZazxIt1%2FeR%2BFmxZeMzRFw6gGeRwjKmVmc373GHABM06gCSPifWwy15oCDorZSnv4KD8ubB2f0O4fMf6Gf3TOppgyYgUi0MBijicYAVZ8ZWOTgnLfhdHrKVuREGXyHBFwragOap43pyk%2Baxv52OBszfJgv1bRfeDi7QqwpuNe7te%2FfzoHP%2Foege67GlmUaE9f2A4sT8DDF6N3IBTq1AfNNCEYd9%2BazCeR2jPqox%2BM20MejwxMx24isv3SHeQXvpOSPhbnN9Y%2BTGDy9HwzwnEIPJuBhgMBWqFUhgL9pu9P%2FWywbSWH4lBzKPSIemcayr7T8WeaqAnZYI7qhu%2BW%2BWgeSqmK3%2FLC62%2BkE6U1%2B7RwQopyRMBrlPWY7rMlsEZvwM2uc1zuZ13PzUycZbdmrEm8jysU0MuzXjXthEzaLqnO3xX9KIUBvW22XpmJW3FnvaGF0ys%3D&AW_SAccessKeyId=ASIAQ3PHCVTY4YGKL7TV&Expires=1555527598&Signature=zPgIk%2FPEtBcuPPInfVf2r993iyM%3D&hash=19547e4f40304c43c825c9e56dab5afdc5872b1f97ae8b8111681414c6a394e5&host=68042c943591013ac2b2430a89b270f6af2c76d8dfd086a07176afe7c76c2c61&pii=S0890856714003670&tid=spdf-34a19fca-9c92-48a4-9ad8-842f30fa9251&sid=4c7c68a42568824a7b396281884037a2c9f8gxrqa&type=client

Behavioral Health

In the following link, you will find the American Psychiatric Association (APA) Practice Guidelines. These provide evidence-based on recommendations for the assessment and treatment of psychiatric disorders such as depression, schizophrenia, panic disorder, and others.

- <http://psychiatryonline.org/guidelines.aspx>

Cancer

Below, you will find the National Comprehensive Cancer Network (NCCN) link, which provides multiple Guidelines related to the treatment and management of cancer and its complications.

- <https://www.nccn.org/>

Chronic Kidney Disease

Below, you will find the National Kidney Foundation Kidney Disease Outcome Quality Initiative (NKF KDOQI) link, which provides evidence-based on Clinical Practice Guidelines for all stages of Chronic Kidney Disease (CKD) and related complications.

- https://www.kidney.org/professionals/guidelines/guidelines_commentaries

Congestive Heart Failure

Below, you will find the link to the Guidelines for the Management of Congestive Heart Failure (2013) of the American College of Cardiology and American Heart Association Foundation.

- <http://content.onlinejacc.org/article.aspx?articleid=1695825#tab1>

COPD (Chronic Obstructive Pulmonary Disease)

The Global Strategy for the Diagnosis, Management, and Prevention of COPD has developed a report that includes technical discussions and management of COPD, evidence levels and specific citations from the scientific literature. Below, you will find the link.

- <http://goldcopd.org/gold-reports/>

The following link will take you to the 2018 report by Global Strategy for the Diagnosis, Management, and Prevention of COPD and other related reference.

- https://goldcopd.org/wp-content/uploads/2017/11/GOLD-2018-v6.0-FINAL-revised-20-Nov_WMS.pdf

In addition, we have included a link for the pocket Guidelines for the Diagnosis, Management, and Prevention of COPD.

- <https://goldcopd.org/wp-content/uploads/2018/02/WMS-GOLD-2018-Feb-Final-to-print-v2.pdf>

Depression

Below you will find the link of the American Psychiatric Association that provides the Practical Guideline for the treatment of patients with Major Depressive Disorder.

- https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf

Diabetes

The following two links are from the 2020 Standards of Medical Care from the American Diabetes Association. The first link is the full version of the Standard. The second link is the abridged version for Primary Care Physicians.

- https://care.diabetesjournals.org/content/diacare/suppl/2019/12/20/43.Supplement_1.DC1/Standards_of_Care_2020.pdf
- <https://clinical.diabetesjournals.org/content/38/1/10>

The following link is about the Consensus Statement by the American Association of Clinical Endocrinologist and the American College of Endocrinology on the Comprehensive Type 2 Diabetes Management Algorithm- 2020, Executive Summary, and their power point presentation.

- <https://www.aace.com/disease-state-resources/diabetes/clinical-practice-guidelines-treatment-algorithms/comprehensive>

Hemophilia

In the following link of the World Federation of Hemophilia you will find the Guidelines for the Management of Hemophilia.

- <https://onlinelibrary.wiley.com/doi/epdf/10.1111/j.1365-2516.2012.02909.x>

Hepatitis B

In the following links you will find information from the American Association for the Study of Liver Diseases (AASLD) and the European Association for the Study of the Liver (EASL) related to treatment of Chronic Hepatitis B:

- https://www.aasld.org/sites/default/files/2019-06/HBVGuidance_Terrault_et_al-2018_Hepatology.pdf

- <https://easl.eu/wp-content/uploads/2018/10/HepB-English-report.pdf>

Hepatitis C

The AASLD and the Infectious Diseases Society of America (IDSA), in collaboration with the International Antiviral Society-USA (IAS-USA) released Guidelines for the management and treatment of Hepatitis C. Below you will find the links.

- <http://www.hcvguidelines.org>
- [https://www.journal-of-hepatology.eu/article/S0168-8278\(18\)31968-8/fulltext](https://www.journal-of-hepatology.eu/article/S0168-8278(18)31968-8/fulltext)

HIV/AIDS

In the following link, you will find the Guidelines for Prevention and Treatment of Opportunistic Infections in HIV-Infected Adults and Adolescents:

- https://aidsinfo.nih.gov/contentfiles/lvguidelines/adult_oi.pdf

Hypercholesterolemia

In the following link, you will find the 2013 Guidelines from the American College of Cardiology (ACC) and the American Heart Association (AHA). These include information for the treatment of blood cholesterol to reduce atherosclerotic cardiovascular risk in adults.

- <http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437738.63853.7a>

Hypertension

In the following link, you will find the 2014 Evidence-Based on Guideline for the Management of High Blood Pressure in Adults based on the report from the Panel Members Appointed to the Eighth Joint National Committee (JNC).

- <http://jnc8.jamanetwork.com/>

We include the link in which you will have access to the Guides published by the American College of Cardiology and the American Heart Association, about Prevention, Detection, Evaluation, and High Blood Pressure Management in adults. These Guides were published on November 2017.

- <http://hyper.ahajournals.org/content/early/2017/11/10/HYP.0000000000000065>

The following link will provide you access to the executive summary of the document previously mentioned.

- <http://hyper.ahajournals.org/content/early/2017/11/10/HYP.0000000000000066>

Lithiasis Surgical Management

The link below from the American Urological Association (AUA) is for the Practice Guideline for the Treatment of Patients with Urinary Lithiasis. (Published 2016).

- <https://www.auanet.org/guidelines/kidney-stones-surgical-management-guideline>

Malaria

Below you will find two links about treatments for Malaria.

The first link is provided by the Centers for Disease Control and Prevention (CDC), it is a Guide published in 2013.

- <https://www.cdc.gov/malaria/resources/pdf/clinicalguidance.pdf>

The following link is an extended version published by the World Health Organization (WHO) in 2015.

- http://apps.who.int/iris/bitstream/10665/162441/1/9789241549127_eng.pdf?ua=1&ua=1

Multiples Sclerosis

In the links below you will find the Complementary and Alternative Medicine in Multiple Sclerosis Guidelines based on evidence and a summary of these Guidelines.

- <http://www.neurology.org/content/82/12/1083.full.pdf+html>
- <http://www.aan.com/Guidelines/home/GetGuidelineContent/644>

Nutrition and Promotion of Healthy Eating

The following links are from the United States Department of Agriculture (USDA) and the Center for Nutrition Policy and Promotion (CNPP). These work to improve the health and well-being by promoting dietary guidance that links scientific research to the nutrition needs of consumers.

- <https://www.fns.usda.gov/cnpp>
- <http://www.health.gov/dietaryGuidelines/2015.asp>

Obesity

The following links are Clinical Preventive Services Guidelines from the U.S. Preventive Services Task Force (USPSTF) related to Obesity in Adults. These include information related to screening and management of obesity in adults, and Obesity Screening in Children and Adolescents Guidelines. These Organizations are still in the process of updating their Guides. However, below you will find the links for your reference.

- <https://www.uspreventiveservicestaskforce.org/uspstf/>
- <http://www.uspreventiveservicestaskforce.org/Page/Topic/recommendation-summary/obesity-in-children-and-adolescents-screening>

The following is the link from European Society of Endocrinology and the Pediatric Endocrine Society, Clinical Practice Guideline on Pediatric Obesity-Assessment, Treatment, and Prevention.

- <https://academic.oup.com/jcem/article-lookup/doi/10.1210/jc.2016-2573>

Pain Management

The following links (2014, 2015 and 2016) are Guidelines related to pain management. The topics covered by these Guidelines are pain management after a surgery, the effectiveness, and risks of long-term opioid treatment for chronic pain, and low back pain management treatment by injection.

- [https://www.jpain.org/article/S1526-5900\(15\)00995-5/pdf](https://www.jpain.org/article/S1526-5900(15)00995-5/pdf)
- <https://effectivehealthcare.ahrq.gov/topics/chronic-pain-opioid-treatment/research>
- <https://www.cms.gov/medicare/coverage/determinationprocess/downloads/id98ta.pdf>

The links below are from the “CDC Guideline for Prescribing Opioids for Chronic Pain” of March 2016. These Guidelines provide recommendations for Primary Care Physician who are prescribing opioids for chronic pain outside of active cancer treatment, palliative care and end-of-life care. The link for the “Checklist for prescribing opioids for chronic pain”, mentioned in this article is also included below.

- <https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>
- <https://stacks.cdc.gov/view/cdc/38025>

Phenylketonuria

The following links include the Guidelines for the diagnosis and management of phenylalanine hydroxylase deficiency published by the American College of Medical Genetics and Genomics (ACMG). The second link is considered a reference that should accompanied the previously mentioned Guide, and it discusses the recommendations for nutrition management of phenylalanine hydroxylase deficiency.

- https://www.acmg.net/docs/Phenylalanine_Hydroxylase_Deficiency_Practice_Guideline_AOP_Jan_2013.pdf
- <http://www.nature.com/gim/journal/v16/n2/pdf/gim2013179>

Rheumatoid Arthritis

The following link provides the American College of Rheumatology 2015 Guide for the Rheumatoid Arthritis Treatment.

- <https://www.rheumatology.org/Portals/0/Files/ACR%202015%20RA%20Guideline.pdf>

Skin and Soft Tissue Infections

In the following link you will find the Practice Guidelines for the Diagnosis and Management of Skin and Soft Tissue Infections, updated in 2014 by the Infectious Diseases Society of America.

- <http://cid.oxfordjournals.org/content/early/2014/06/14/cid.ciu296.full.pdf+html>

Substance Use Disorders

The following link from the American Psychiatric Association provides the Practical Guide for the Treatment of Patients with Substance Use Disorders.

- https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse.pdf

Vaccination

In the following link, you will find the Vaccination Guidelines, for all age groups, from the Center for Disease Control and Prevention (CDC).

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

Vascular Access for Hemodialysis

In this section you will find a group of links related to the Clinical Practice Guidelines of Vascular Access for Hemodialysis.

Below you will find the link for the United Kingdom Renal Association Guidelines.

- <https://renal.org/wp-content/uploads/2017/06/vascular-access.pdf>

The following Guidelines are from the National Kidney Foundation and the Vascular Surgery Society. These Organizations are currently in the process of updating their Guidelines; however, below you will find the links, for your reference.

The following link is from the National Kidney Foundation:

- http://kidneyfoundation.cachefly.net/professionals/KDOQI/guideline_upHD_PD_VA/index.htm

The next link is from the Vascular Surgery Society:

- <http://www.sciencedirect.com/science/article/pii/S0741521408013992>

If you have any questions related to this notice and/or need additional information, please feel free to contact our Provider Services Department at 787-878-6909 Monday through Friday from 8:00 a.m. to 5:00 p.m. You can also, access the webpage at www.intermedpr.com or send an email to servicio@intermedpr.com.

Cordially,

Medical Affairs Department
First Medical Health Plan, Inc.