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To: All Contracted Providers of First Medical Health Plan, Inc.

***Re: Clinical Practice Guidelines***

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

As part of our commitment with our enrollees in offering quality health services, we encourage all providers to use Clinical Practice Guidelines (CPGs). On an annual basis, the Clinical Practice Review Committee approves and adopts CPGs for prevention, diagnostic and management of physical and mental health. These Guidelines correspond to the standards of care recognized at a national and international level and clinical treatments for specific conditions. By using these Guidelines, you collaborate with the quality and consistency of health care management.

Below, you will find the links to access and review the 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.

- <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 Guidelines published on 2016, which include near to one hundred (100) topics on prevention, interventions and counseling are listed here.

- <http://www.uspreventiveservicestaskforce.org/uspsttopics.htm>

**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. The link is below:

- [https://www.nhlbi.nih.gov/files/docs/guidelines/gip\\_rpt.pdf](https://www.nhlbi.nih.gov/files/docs/guidelines/gip_rpt.pdf)

### **Autism Spectrum Disorder**

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

One of these 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 is the Frank Porter Graham Child Development Institute of the University of North Carolina at Chapel Hill, who 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, who, 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.

- [http://ac.els-cdn.com/S0890856713008198/1-s2.0-S089085671300819main.pdf?\\_tid=b1b2c778-4449-11e5-9e1c-00000aacb35e&acdnat=1439752081\\_eeea856bba0b697a57e56b167ecfb14d](http://ac.els-cdn.com/S0890856713008198/1-s2.0-S089085671300819main.pdf?_tid=b1b2c778-4449-11e5-9e1c-00000aacb35e&acdnat=1439752081_eeea856bba0b697a57e56b167ecfb14d)

### **Behavioral Health**

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

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

### **Chronic Kidney Disease**

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

- [http://www.kidney.org/professionals/kdoqi/Guidelines\\_commentaries.cfm](http://www.kidney.org/professionals/kdoqi/Guidelines_commentaries.cfm)

## **Congestive Heart Failure**

Below, you will find the link to the 2013 American College of Cardiology Foundation/American Heart Association Guidelines for the management of Congestive Heart Failure.

- <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/>

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

- <http://goldcopd.org/pocket-guide-copd-diagnosis-management-prevention-2016/>

## **Diabetes**

The following link is for Standards of Medical Care from the American Diabetes Association.

- <http://care.diabetesjournals.org/>

The link below is for the Consensus statement by the American Association of Clinical Endocrinologist and the American College of Endocrinology on the Comprehensive Type 2 Diabetes Management Algorithm– 2016 Executive Summary and their power point presentation.

- <https://www.ace.com/publications/algorithm>

## **Hepatitis B**

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

- [https://www.aasld.org/sites/default/files/guideline\\_documents/hep28156.pdf](https://www.aasld.org/sites/default/files/guideline_documents/hep28156.pdf)
- <http://www.easl.eu/medias/cpg/issue8/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. We also included the guidelines from the EASL.

- <http://www.hcvguidelines.org>
- [http://webcache.googleusercontent.com/search?q=cache:http://www.easl.eu/medias/cpg/HEPC-2015/Full-report.pdf&gws\\_rd=cr&ei=UdxWV\\_CJIYKteZPWg7gC](http://webcache.googleusercontent.com/search?q=cache:http://www.easl.eu/medias/cpg/HEPC-2015/Full-report.pdf&gws_rd=cr&ei=UdxWV_CJIYKteZPWg7gC)

### **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](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 this section, you will find two (2) links related to the 2014 Evidence-Based 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 8).

- <http://jama.jamanetwork.com/article.aspx?articleid=1791497>
- <http://jnc8.jamanetwork.com/>

### **Multiple Sclerosis**

In the links below you will find the guidelines: Complementary and alternative medicine in multiple sclerosis based on evidence and a summary of these guidelines.

- <http://www.neurology.org/content/82/12/1083.full.pdf+html>
- <https://www.aan.com/Guidelines/home/GetGuidelineContent/643>

### **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.

- <http://www.cnpp.usda.gov/>
- <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.

- <http://www.uspreventiveservicestaskforce.org/Page/Topic/recommendation-summary/obesity-in-adults-screening-and-management?ds=1&s=>
- <http://www.uspreventiveservicestaskforce.org/Page/Topic/recommendation-summary/obesity-in-children-and-adolescents-screening>

## **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, risks of long-term opioid treatment for chronic pain and low back pain management treatment by injection.

- [http://www.jpain.org/article/S1526-5900\(15\)00995-5/fulltext](http://www.jpain.org/article/S1526-5900(15)00995-5/fulltext)
- <https://www.effectivehealthcare.ahrq.gov/ehc/products/557/1971/chronic-pain-opioid-treatment-report-141205.pdf>
- <https://www.cms.gov/medicare/coverage/determinationprocess/downloads/id98ta.pdf>

## **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 accompany 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](https://www.acmg.net/docs/Phenylalanine_Hydroxylase_Deficiency_Practice_Guideline_AOP_Jan_2013.pdf)
- <http://www.nature.com/gim/journal/v16/n2/pdf/gim2013179a.pdf>

## **Skin and Soft Tissue Infections**

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>

## **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 references and 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.

- <http://www.renal.org/docs/default-source/Guidelines-resources/final-version-update-va-Guidelines-2015-docx-2.pdf?sfvrsn=2>

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 two (2) links are from the National Kidney Foundation

- [https://www.kidney.org/sites/default/files/docs/12-50-0210\\_jag\\_dcp\\_Guidelines-va\\_oct06\\_sectionc\\_ofc.pdf](https://www.kidney.org/sites/default/files/docs/12-50-0210_jag_dcp_Guidelines-va_oct06_sectionc_ofc.pdf)
- [http://www2.kidney.org/professionals/KDOQI/guideline\\_upHD\\_PD\\_VA/](http://www2.kidney.org/professionals/KDOQI/guideline_upHD_PD_VA/)

The next link is from the Vascular Surgery Society.

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

If you have any questions or need additional information, please feel free to contact our Provider Services Department number at 787-878-6909. Our office hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. You can also, send an email to [servicioalproveedor@intermedpr.com](mailto:servicioalproveedor@intermedpr.com)

Cordially,

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