
MEMORANDUM

DATE: MARCH 14, 2024
TO: CQIC COMMITTEE
SUBJECT: CLINICAL PRACTICE GUIDELINES

We promote clinical quality guidelines to providers to support evidence-based care of our members. Please review all guidelines by clicking on the Web links below. The links will be located on the Healthy Blue website. [Healthy Blue of South Carolina \(healthybluesc.com\)](https://www.healthybluesc.com).

Healthy Blue of South Carolina 2024 Clinical Practice Guidelines

Healthy Blue of South Clinical Quality Improvement Committee (CQIC) reviews and adopts all guidelines at least annually and more frequently, if necessary, to review new scientific evidence or national standards published prior to this annual review process to facilitate timely guideline adoption.

Asthma

- **National Institutes of Health: National Heart, Lung and Blood Institute**
 - [2020 Focused Updates to the Asthma Management Guidelines: A Report from the National Asthma Education and Prevention Program Coordinating Committee Expert Panel Working Group | NHLBI, NIH](#) (2020)

Back Pain

- **American College of Physicians**
 - [Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians](#) (2017)

Behavioral Health

General Information for Providers

- **Bright Futures at Georgetown**
 - [Bright Futures in Practice: Mental Health—Volume II, Tool Kit](#)
 - [Bright Futures in Practice: Mental Health—Volume 1, Tool Kit](#)

Acute Stress

- **US Department of Veterans Affairs**
 - [Clinical Management of Posttraumatic Stress Disorder and Acute Stress Disorder](#) (2023)

Anxiety Disorders

- **American Academy of Child & Adolescent Psychiatry**
 - [Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents with Anxiety Disorders](#) (2020)

Attention Deficit Hyperactivity Disorder

- **American Academy of Pediatrics**
 - [Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents.](#) (2019)

Autism Spectrum Disorder

- **American Academy of Pediatrics**
 - [Clinical Practice Identification, Evaluation, and Management of Children With Autism Spectrum Disorder.](#) (2020)
 - [Promoting Optimal Development: Identifying Infants and Young Children With Developmental Disorders Through Developmental Surveillance and Screening](#) (2019)

Depression

- **US Preventive Services Task Force**
 - [Depression and Suicide Risk in Adults: Screening](#) (2023)
 - [Depression and Suicide Risk in Children and Adolescents: Screening](#) (2022)
- **VA/DoD Clinical Practice Guidelines**
 - [Management of Major Depressive Disorder](#) (2022)

Eating Disorders

- **American Psychiatric Association**
 - [Clinical Practice Guideline for the Treatment of Patients With Eating Disorders.](#) (2023)

Schizophrenia

- **American Psychiatric Association**
 - [Practice Guideline for the Treatment of Patients with Schizophrenia](#) (2023)
 - [Pocket Guide for Treatment of Patients with Tardive Dyskinesia and Schizophrenia](#) (2022)

Substance Use Disorder

- **American Society of Addiction Medicine**
 - [National Practice Guideline for the Treatment of Opioid Use Disorder](#) (2020)
 - [Practical Tools for Prescribing and Promoting Buprenorphine in Primary Care Settings](#) (2021)

Suicide Prevention

- **VA/DoD Clinical Practice Guidelines**
 - [Clinical Practice Guideline for Patients at Risk for Suicide](#) (2019)

Cancer

- **National Comprehensive Cancer Network**
 - www.NCCN.org

Rationale Comment: It has guidelines for treatment of over 60 cancers.

Chronic Kidney Disease

- **National Kidney Foundation**
 - [Kidney Disease Quality Outcomes Initiative \(KDQOI\) Clinical Practice Guidelines](#)

Chronic Obstructive Pulmonary Disease (COPD)

- **American Academy of Family Physicians**
 - [Chronic Obstructive Pulmonary Disease: Diagnosis and Management](#) (2017)

Congestive Heart Failure (CHF)

- **American College of Cardiology/American Heart Association**
 - [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 | Circulation \(ahajournals.org\)](#) (2022)

Coronary Artery Disease (CAD)

- **American College of Cardiology Foundation & American Heart Association**
 - [2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease](#) (2019)
 - [2023 AHA/ACC/ACCP/ASPC/NLA/PCNA Guideline for the Management of Patients With Chronic Coronary Disease: A Report of the American Heart Association/American College of Cardiology Joint Committee on Clinical Practice Guidelines | Circulation \(ahajournals.org\)](#) (2023)
 - [2021 ACC/AHA/SCAI Guideline for Coronary Artery Revascularization: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines | Circulation \(ahajournals.org\)](#) (2021)

Diabetes

- **American Diabetes Association**
 - [Standards of Medical Care in Diabetes](#) (2021)
- **American Association of Family Physicians**
 - [Diabetes Clinical Guidance | AAFP](#) (2020)

High Blood Cholesterol

- **American College of Cardiology/American Heart Association**
 - [2018 Guideline on the Management of Blood Cholesterol](#) (2019)
 - [2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/PhA/NLA/PCNA Guideline on the Management of Blood Cholesterol](#) (2019)

Hypertension

- **American Association of Family Physicians/American Heart Association**
 - [Hypertension - Clinical Practice Guideline | AAFP](#) (2022)
 - [2020 International Society of Hypertension Global Hypertension Practice Guidelines \(ahajournals.org\)](#) (2020)

Immunization Guidelines

- **Centers for Disease Control and Prevention**
 - [Immunization Schedules](#)

- [General Best Practice Guidelines for Immunization](#) (2023)

Maternity/Perinatal Guidelines

- American College of Obstetricians and Gynecologists/American Academy of Pediatrics
 - [Guidelines for Perinatal Care](#) (2017)

Metabolic Syndrome

- Endocrine Society
 - [Clinical Practice Guidelines: Metabolic Risk](#) (2019)
- American Diabetes Association
 - [Prevention or Delay of Diabetes and Associated Comorbidities: Standards of Care in Diabetes](#) (2023)

Migraine

- American Academy of Neurology
 - [Pharmacologic Treatment for Pediatric Migraine Prevention](#)
- International Headache Society
 - [International Classification of Headache Disorders](#)

Obesity Guidelines – Adult

- Office of Disease Prevention and Health Promotion
 - [2015 – 2020 Dietary Guidelines for Americans](#) (2016)
- American Heart Association/American College of Cardiology
 - [Guideline for the Management of Overweight and Obesity in Adults](#) (2014)
- National Institutes of Health: National Heart, Lung and Blood Institute
 - [Obesity in adults: a clinical practice guideline - PMC \(nih.gov\)](#) (2020)
- The American Journal of Managed Care
 - [A Review of Current Guidelines for the Treatment of Obesity \(ajmc.com\)](#) (2022)

Obesity Guidelines – Pediatric

- American Academy of Pediatrics
 - [Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents With Obesity | Pediatrics | American Academy of Pediatrics \(aap.org\)](#) (2023)
- Centers for Disease Control and Prevention
 - [Prevention Strategies and Guidelines](#) (2023)

Physical Activity Guidelines

- National Library of Medicine
 - [National Guidelines for Physical Activity - StatPearls - NCBI Bookshelf \(nih.gov\)](#) (2023)
- Centers for Disease Control and Medicine
 - [Guidelines & Recommendations | Physical Activity | CDC](#) (2022)

Prediabetes

- **American Diabetes Association**
 - [Standards of Medical Care in Diabetes](#) (2020)
- **Centers for Disease Control and Prevention**
 - [Prediabetes: Your Chance to Prevent Type 2 Diabetes](#) (2022)

Preventive Guidelines

- **U.S. Preventive Services Task Force (USPSTF)**
 - [The Guide to Clinical Preventive Services](#) (2024)
- **American Academy of Family Physicians**
 - [Summary of Recommendations for Clinical Preventive Services](#) (2017)
 - [2023 Recommendations for Preventive Pediatric Health Care](#) (2023)

Rheumatoid Arthritis

- **American College of Rheumatology**
 - [2021 American College of Rheumatology Guideline for the Treatment of Rheumatoid Arthritis](#) (2021)

Stress Management Guidelines

- **World Health Organization**
 - [Guidelines for the Management of Conditions Specifically Related to Stress](#) (2013)

Tobacco Cessation Guidelines

- **Agency for Healthcare Research and Quality (AHRQ)**
 - [Clinical Guidelines for Prescribing Pharmacotherapy for Smoking Cessation](#) (2013)
- **Centers for Disease Control and Prevention**
 - [Smoking and Tobacco Use](#) (2021)
- **American Thoracic Society**
 - [Initiating Pharmacologic Treatment in Tobacco-Dependent Adults: An Official ATS Clinical Practice Guideline Implementation Tools \(thoracic.org\)](#) (2020)

Summary of Guideline Changes

03/14/2024 New Clinical Practice Guidelines document