

Update to *Clinical Practice Guidelines* and *Preventive Health Care Guidelines*

The *Clinical Practice Guidelines* and *Preventive Health Care Guidelines* have been updated. They are both available on the Anthem Blue Cross provider website at:

<https://mediproviders.anthem.com/ca/pages/quality-improvement-program.aspx>.

These evidence-based guidelines were reviewed and approved by our Quality committees. The guidelines include direct links to the source documents for reference.

Updates include:

- **Preventive Health guidelines:**
 - ***Addition of Risk Assessments / Screening***
 - Birth to 24 months
 - Blood Pressure: at each visit
 - Lead Exposure: as appropriate
 - Lipid Disorder: at 24 months
 - Tuberculosis: screening based on risk factors
 - Child ages 2 ½ to 10 years
 - Lead Exposure: through age 6
 - Hemoglobin or hematocrit (blood count): every year
 - Blood pressure: risk assessments prior to age 3
 - Lipid Disorder: Risk Assessments when testing not performed
 - Tuberculosis: screening based on risk factors
 - Child/Adolescent ages 11 to 20 years
 - Hemoglobin or hematocrit (blood count): Every year
 - Tobacco, Alcohol or Drug Use: Each year beginning at age 11
 - ***Additional Changes***
 - Introductory paragraphs for each non-adult age group revised to reflect language in the AAP Bright Futures guidance
 - Footnotes regarding immunizations: Hepatitis A (ages 2 to 18), Tdap (ages 7 to adult) and HPV (ages 27 to 45) revised to reflect the Advisory Committee on Immunization Practices (ACIP) language
 - ***Clinical practice guidelines:***
 - Asthma
 - Asthma Clinical Practice Guidelines- Global Initiative for Asthma (*new 2019 guideline*)
 - Bipolar disorder
 - Guidelines for the Management of Patients with Bipolar Disorder- Canadian Network for Mood and Anxiety Treatments (CANMAT) (*recent 2018 guideline*)
 - Cardiovascular disease

<https://mediproviders.anthem.com/ca>

- Guideline on the Primary Prevention of Cardiovascular Disease- American College of Cardiology/American Heart Association (*new 2019 guideline*)
- Chronic kidney disease
 - Chronic Kidney Disease: Detection and Evaluation (2017) -American Academy of Family Physicians (AAFP)
 - KDIGO 2017 Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease (July 2017) – International Society of Nephrology
- Depression
 - Depression Guidelines – 2016 Clinicians guidelines by CANMAT and Nonpharmacologic Versus Pharmacologic Treatment of Adult Patients With Major Depressive Disorder (2016) by American College of Physicians (ACP) (*replace outdated guideline*)
- Chronic low back pain
 - 2017 Noninvasive treatments of acute, subacute and chronic low back pain- American College of Physicians (ACP) (prevalent condition)
- Schizophrenia
 - Schizophrenia treatment guidelines – resource page which includes a variety of sources
- Suicide
 - Assessment and Management of Patients at Risk for Suicide – Veterans Administration/Department of Defense (*new 2019 guideline*)
- Surgical technical reviews
 - Surgical Technical reviews for gynecologic, colorectal and elective total joint replacement- Agency for Healthcare Research and Quality (AHRQ) (*Part of an initiative to improve surgical care*)
- Smoking and electronic cigarettes
 - ACC Expert Consensus Decision Pathway on Tobacco Cessation Treatment (2018)- American College of Cardiology (ACC)
 - Electronic Cigarettes – Centers for Disease Control and Prevention (CDC)
- **Removal of older Condition/Disease guidelines:**
 - Bipolar guidelines from the National Institute for Health and Care Excellence (NICE) and the British Association for Psychopharmacology (*replaced by more recent CANMAT document*)
 - Practice Guideline for the Treatment of Patients with Major Depressive Disorder (*outdated, the American Psychiatric Association (APA) no longer supports*)
 - Practice Guideline for the Treatment of Patients with Schizophrenia (*outdated, the American Psychiatric Association (APA) no longer supports*)
 - Practice Parameter for the Assessment and Treatment of Children and Adolescents with Autism Spectrum Disorder (*the American Academy of Child and Adolescent Psychiatry (AACAP) no longer supports*)
- **Autism guidelines replacing AACAP**
 - Screening and diagnosis of autism (2014)– American Academy of Neurology (AAN) and the Child Neurology Society (CNS)
 - Identification Evaluation and Management of Children with Autism Spectrum Disorder (January 2020) - American Academy of Pediatrics (AAP)

What is the impact of this change?

No action is needed; this update is informational only. The guidelines below can be downloaded from our provider website at <https://providers.anthem.com/california-provider/resources/manuals-policies-guidelines>. For a printed copy, please call your Network Relations Representative.

What if I need assistance?

If you have questions about this communication, received this fax in error or need assistance with any other item, contact your local Network Relations Representative. You can also visit our provider website at <https://mediproviders.anthem.com/ca>.