

INDEPENDENT CARE HEALTH PLAN

Department: General and Administration	Policy Name: Provider Clinical Practice Guidelines
Policy Number: GA-005	Page: 1 of 4
Cross Reference:	

Policy: Independent Care Health Plan (*iCare*) contracts with individual and group providers of health care products and services for Medicare and Medicaid recipients. Each line of business functions under its own contract guidelines for which benefit and reimbursement requirements vary. Specific contract benefits, guidelines, and/or policies supersede information outlined in this policy.

Independent Care is dedicated to enriching the quality of clinical care provided to our members by our staff and contracted providers. Clinical Practice Guidelines support providers in treating chronic disease, providing preventative care, and facilitating provider-member interactions.

All Clinical Practice Guidelines recommended by *iCare* are based on national medical association and health organization recommendations. Information provided in this policy applies to all providers of care to *iCare* members and is reviewed annually and updated no less than every two years, or as national guidelines change. Updates to the Clinical Practice Guidelines in policy form are reviewed by the Credentials Review Committee at the quarterly meeting immediately preceding any policy revision.

PROCESS:

A Clinical Practice Guideline (CPG) is created by national medical associations and/or health organizations for the explicit purpose of disseminating peer-reviewed, evidence-based practice recommendations to enhance the quality and consistency of care delivered to all patients, regardless of payor source. The CPGs guide decisions and provide criteria regarding diagnosis, management, and treatment in specific areas of healthcare based on published evidenced-based medical literature. The CPGs reflect a current evidence in the literature for large groups of individuals with specific health diagnoses; at all times, a licensed and boarded practitioner is encouraged to practice patient-centered care, developing care plans with each individual patient's needs and conditions in mind, utilizing medical justifications for exceptions when deviating from the CPGs, based on the provider's expertise and clinical judgment.

The CPGs address the following conditions: Heart Disease and Coronary Artery Disease; Respiratory Disease, Depression, Attention Deficit/Hyperactivity Disorder, Diabetes Mellitus, Hypertension, Back Pain, Osteoarthritis, and Childhood Obesity. Additional GPCs recommended by *iCare* Care Management teams include Fall Prevention Guidelines and Palliative Care.

For ease of access, *iCare*'s Clinical Practice Guidelines policy (GA-005) is posted on *iCare*'s Provider Website, along with the disease-specific articles which comprise *iCare*'s Clinical

Effective Date: 6/30/2015	Responsible Department: General & Administration
Revision Number: 7	Last Review Date: October, 2020
Sourced From: N/A	Version Sourced From: N/A
Last Revision Date: October, 2020	Next Review Date: 10/31/2022
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Practice Guidelines. The Clinical Practice Guidelines adopted by *iCare* are reviewed and updated on an annual basis, at a minimum, by *iCare*'s Chief Medical Officer based on current evidence and literature review. Besides being posted to the Provider Website, *iCare*'s Clinical Practice Guidelines are further disseminated to contracted providers in multiple formats annually: via electronic-based provider newsletters, email communications, new provider training materials and in various printed formats at *iCare*'s discretion. *iCare* Staff also have access to the Clinical Practice Guidelines on both the external Provider Website and internal Staff website for use with members and providers. Independent Care staff receive initial training on Clinical Practice Guidelines during new hire orientation, as well as ongoing training to all staff via multiple venues annually. Additionally, providers who receive *iCare* training with our Provider Educator also receive information regarding *iCare*'s expectation that providers follow CPGs, as well as where to access the policy and disease-specific guidelines on the *iCare* website; and providers also give signed attestation they will conform to *iCare*'s policies, as posted on *iCare*'s provider website, as part of the contracting process.

CLINICAL PRACTICE GUIDELINES

Heart Disease and Coronary Artery Disease

2013 ACCF/AHA Guideline for the Management of Heart Failure AHA/ACCF 2009 Performance Measures for Primary Prevention of Cardiovascular Disease in Adults

AHA/ACCF Guidelines for Secondary Prevention for Patients with Coronary and Other Atherosclerotic Vascular Disease: 2006 Update

Respiratory Disease

Guidelines for the Diagnosis and Management of Asthma, Expert Panel Report 3: Full Report 2007

Global Strategy for Diagnosis, Management, and Prevention of COPD (Updated 2015)

Diagnosis and Management of Stable Chronic Obstructive Pulmonary Disease: 2011 A Clinical Practice Guideline Update from the American College of Physicians, American College of Chest Physicians, American Thoracic Society, and European Respiratory Society

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Behavioral Health

Depression

Practice Guideline for the Treatment of Patients With Major Depressive Disorder, Third Edition

Attention-Deficit/Hyperactivity Disorder in Children and Adolescents

ADHD: Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents

Diabetes Mellitus

Standards of Medical Care in Diabetes (2013)

Hypertension

2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults: Report From the Panel Members Appointed to the Eighth Joint National Committee (JNC 8)

Chronic Pain

Assessment and management of chronic pain. Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2013 Nov.

Back Pain

Diagnosis and Treatment of Low Back Pain: A Joint Clinical Practice Guideline from the American College of Physicians and the American Pain Society (2007)

Osteoarthritis

American College of Rheumatology (ACR) – Recommendations for the Use of Nonpharmacologic and Pharmacologic Therapies in Osteoarthritis of the Hand, Hip, and Knee (2012)

Childhood Obesity

Screening for Obesity in Children and Adolescents: US Preventive Services Task Force Recommendation Statement (2010)

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Falls Prevention in the Elderly

American Geriatrics Society Clinical Practice Guideline: Prevention of Falls in Older Persons

World Health Organization Algorithm for Fall Risk Assessment & Interventions

Missouri Home Alliance Multifactorial Fall Risk

Palliative Care Guidelines

National Consensus Project for Quality Palliative Care: Clinical Practice Guidelines for Quality Palliative Care. J Palliat Med 2004 Oct;7(5):611-27

Responsible Department: General & Administration

Responsible Party: Medical Director

Reviewing Department(s): General & Administration

References: As listed above

Recommended Distribution: All staff via Independent Care's SharePoint Site

Approvals:

Approved By: Mary Ellen Benzik	Medical Director	Date: 1/26/2021 9:30 AM
Comments:		
Approved By: Tom Lutzow	President & CEO	Date: 1/26/2021 11:14 AM
Comments:		

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