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 Practice Guidelines.
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


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
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**

**Childhood Obesity**
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

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: | | |