


# Clinical Practice and Preventive Health Guidelines



Adopted by L.A. Care Health Plan

L.A. Care Health Plan (L.A. Care) systematically reviews and adopts evidence-based Clinical Practice and Preventive Health Guidelines promulgated from peer-reviewed sources and from organizations like the National Guideline Clearinghouse and U.S. Preventive Services Task Force. Guidelines for diseases and health conditions identified as most salient to L.A. Care members for the provision of preventive, acute or chronic medical and behavioral health services are regularly reviewed by L.A. Care's Joint Performance Improvement Collaborative Committee and Physician Quality Committee to help improve the delivery of health care services to members. The most current list of Clinical Practice and Preventive Health Guidelines adopted by L.A. Care is available for download from the link below.


For hard copies, please contact L.A. Care's Q.I. Department at [quality@lacare.org](mailto:quality@lacare.org) or access it directly 

## Clinical Practice Guidelines

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### GENERAL GUIDELINES

- ⌘ Centers for Medicare and Medicaid Services (CMS). ICD-10-CM Official Guidelines for Coding and Reporting FY 2019. 
- ⌘ General Clinical Resources
  - [cdc.gov](http://cdc.gov)
  - [nih.gov](http://nih.gov)
  - [ahrq.gov](http://ahrq.gov)



## BEHAVIORAL HEALTH

- ❖ American Psychiatric Association Practice Guidelines for the Psychiatric Evaluation of Adults, 3rd Edition (2015). [🔗](#)
  - ❖ Attention Deficit Hyperactivity Disorder (ADHD): Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of ADHD in Children and Adolescents. American Academy of Pediatrics (2011). [🔗](#)
  - ❖ Current Pharmacologic Treatment of Dementia: A Clinical Practice Guidelines from the American College of Physicians and the American Academy of Family Physicians (2008). [🔗](#)
  - ❖ Identifying Infants and Young Children With Developmental Disorders in the Medical Home: An Algorithm for Developmental Surveillance and Screening. American Academy of Pediatrics (2006). [🔗](#)
  - ❖ Practice Guideline for the Treatment of Patients with Major Depressive Disorder. Third Edition. American Psychiatric Association (2010). [🔗](#)
  - ❖ Screening and Behavioral Counseling Interventions in Primary Care to Reduce Alcohol Misuse. U.S. Preventive Services Task Force (2013). [🔗](#)
  - ❖ Standards of Care for the Health of Transsexual, Transgender, and Gender-Nonconforming People, World Professional Association for Transgender Health, 7th Version (2011). [🔗](#)
  - ❖ The National Practice Guideline for the Use of Medications in the Treatment of Addiction Involving Opioid Use. American Society of Addiction Medicine (2015). [🔗](#)
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## CARDIOVASCULAR

- ❖ 2013 American College of Cardiology/American Heart Association (ACC/AHA) Guideline on the Assessment of Cardiovascular Risk: A Report of the ACC/AHA Task Force on Practice Guidelines (2014). [🔗](#)
- ❖ 2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults (2014). [🔗](#)
- ❖ 2013 ACCF/AHA Guideline for the Management of Heart Failure. [🔗](#)
- ❖ 2017 ACC/AHA/HFSA Focused Update Guideline for the Management of Heart Failure. [🔗](#)
- ❖ 2017 ACC/AHA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. [🔗](#)
- ❖ 2018 ACC/AHA/ESC Guidelines for the Management of Patients with Atrial Fibrillation. [🔗](#)
- ❖ American College of Cardiology. Acute Management of Pulmonary Embolism (2017). [🔗](#)
- ❖ Antithrombotic Therapy for VTE Diseases: CHEST Guideline and Expert Panel Report (2016). [🔗](#)



## ENDOCRINE

- American Diabetes Association (ADA) Diabetes Care (2019). [🔗](#)



## INFECTIOUS DISEASES

- Adult and Pediatric Acute Infection Guideline Summary. Physicians for a Healthy California (2018). [🔗](#)
- California Department of Public Health. Sexually Transmitted Disease (STD) Clinical Guidelines and Job Aids. [🔗](#)
- CA Adult Tuberculosis Risk Assessment & User Guide for L.A. County (2018). [🔗](#)
- Infectious Disease Society of America (IDSA) Practice Guidelines for Common Conditions Impacting Primary Care Practice (2018). [🔗](#)
- Infectious Disease Society of America (IDSA) Updates Guideline for Managing Group A Streptococcal Pharyngitis (2012). [🔗](#)
- Infectious Diseases Society of America/American Thoracic Society Consensus Guidelines on the Management of Community-Acquired Pneumonia in Adults (2007). [🔗](#)
- International Guidelines for Management of Severe Sepsis and Septic Shock. Society of Critical Care Medicine (2017). [🔗](#)
- Sexually Transmitted Diseases (STD) Treatment Guidelines. Centers for Disease Control and Prevention (2015). [🔗](#)



## PAIN MANAGEMENT

- CDC Guideline for Prescribing Opioids for Chronic Pain - United States (2016). [🔗](#)



## OBSTETRICS AND PERINATAL CARE

- Guidelines for Perinatal Care, 8th Edition. American Academy of Pediatrics and American College of Obstetricians and Gynecologists (2017). [🔗](#)
- Procedures to Prevent Perinatal Hepatitis B Virus Transmission. Centers for Disease Control And Prevention (2019).
  - Hepatitis B status **unavailable** at delivery. [🔗](#)
  - Hepatitis B status **available** at delivery. [🔗](#)
- Safe Prevention of the Primary Cesarean Delivery. American College of Obstetricians and Gynecologists (2016). [🔗](#)
- Smoking Cessation during Pregnancy. The American Congress of Obstetricians and Gynecologists (2017). [🔗](#)



## MUSCULOSKELETAL

- American College of Occupational and Environmental Medicine. Cervical and Thoracic Spine Disorders (2016). [🔗](#)
- American College of Rheumatology. Recommendations for the Use of Nonpharmacologic and Pharmacologic Therapies in Osteoarthritis of the Hand, Hip and Knee (2012). [🔗](#)
- American College of Rheumatology. Guideline for the Treatment of Rheumatoid Arthritis (2015). [🔗](#)
- Diagnostic Imaging for Low Back Pain: Advice for High-value Health Care from the American College of Physicians - Annuals of Internal Medicine (2011). [🔗](#)
- Noninvasive Treatment for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline from the American College of Physicians- Annuals of Internal Medicine (2017). [🔗](#)
- Treatment of Low Bone Density or Osteoporosis to Prevent Fractures in Men and Women: A Clinical Practice Guideline Update from the American College of Physicians (2017). [🔗](#)



## RESPIRATORY

- Global Initiative for Chronic Obstructive Lung disease (GOLD). Global Strategy for the diagnosis, management, and prevention of Chronic Obstructive Pulmonary Disease 2019 Report (2019). [🔗](#)
- Guidelines for the Diagnosis and Management of Asthma (EPR-3). National Heart, Lung and Blood Institute, and National Institutes of Health (2007). [🔗](#)
- Treating Tobacco Use and Dependence: 2008 Update. U. S. Department of Health and Human Service (2008). [🔗](#)
- Centers for Disease Control and Prevention. Smoking & Tobacco Use (2018). [🔗](#)
- Community-Acquired Pneumonia Clinical Decision Support Implementation Toolkit (2018). [🔗](#)
- GOLD Pocket Guide that professionals can use for easy reference in the office. [🔗](#)
- National Institutes of Health. Asthma Care Quick Reference. Diagnosing and Managing Asthma (2012). [🔗](#)



## OBESITY

- American Academy of Pediatrics. The Role of the Pediatrician in Primary Prevention of Obesity (2015). [🔗](#)
- National Heart, Lung, and Blood Institute. Managing Overweight and Obesity in Adults: Systematic Evidence Review from the Obesity Expert Panel (2013). [🔗](#)
- Physicians for a Healthy California/ CMA Foundation Child & Adolescent Obesity Provider Toolkit (2011-2012). [🔗](#)
- Physicians for a Healthy California/CMA Foundation Pre/Post Bariatric Surgery Provider Toolkit (2013). [🔗](#)
- Physicians for a Healthy California/CMA Foundation Adult Obesity Provider Toolkit (2013). [🔗](#)

## General Tools to Support Clinical Care

- ⌘ Agency for Healthcare Research and Quality. Prevention and Chronic Care Evidence- Based Decision making (2018). [🔗](#)
- ⌘ Agency for Healthcare Research and Quality. Quality and Patient Safety (2018). [🔗](#)
- ⌘ National Hospice and Palliative Care Organization. Palliative Care Resources (2018). [🔗](#)

## Preventive Health Guidelines



### AGES 0-18 YEARS

- ⌘ American Academy of Pediatric Dentistry. Guideline on Periodicity of Examination, Preventive Dental Services, Anticipatory Guidance/Counseling and Oral Treatment of Infants, Children, and Adolescents (2013). [🔗](#)
- ⌘ Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger. United States - 2019. CDC (2019). [🔗](#)
- ⌘ Recommendations for Preventive Pediatric Health Care. Bright Futures /American Academy of Pediatrics (AAP) (2019). [🔗](#)
- ⌘ L.A. Care Health Plan. Health Education Tools. Fluoride Varnish Application Video. [🔗](#)



### AGES 19 AND OLDER

- ⌘ Recommended Adult Immunization Schedule. United States – CDC (2019). [🔗](#)
- ⌘ U.S. Preventive Services Task Force (USPSTF) A and B Recommendations. [🔗](#)
- ⌘ National Cancer Institute. Breast Cancer Risk Assessment Tool (2018). [🔗](#)