

INDEPENDENT CARE HEALTH PLAN POLICY/PROCEDURE

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Independent Care Health Plan 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.

POLICY:

Independent Care Health Plan 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 proceeding 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.

Information regarding Clinical Practice Guidelines and their updates are posted on iCare's provider website. As part of the contract process, providers give signed attestation they will conform to iCare's policies as posted on iCare's provider website. Providers who receive iCare training with our Provider Educator also receive information regarding iCare's expectation that providers follow CPGs as well as where on the iCare website to access the policy and internet links to disease-specific guidelines. Electronic-based provider newsletters and other forms of web-based provider information outlets are

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additional resources that iCare may use at its discretion to inform providers of new or updated policies on an as-needed basis.

CLINICAL PRACTICE GUIDELINES

Heart Disease and Coronary Artery Disease

2013 ACCF/AHA Guideline for the Management of Heart Failure

<http://www.circ.ahajournals.org/content/early/2017/04/26/CIR.0000000000000509>

AHA/ACCF 2009 Performance Measures for Primary Prevention of Cardiovascular Disease in Adults

<http://circ.ahajournals.org/content/120/13/1296.full.pdf+html>

AHA/ACCF Guidelines for Secondary Prevention for Patients with Coronary and Other Atherosclerotic Vascular Disease: 2006 Update <http://circ.ahajournals.org/content/113/19/2363.full.pdf+html>

Respiratory Disease

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

https://www.healtheast.org/images/stories/hml/2007_asthma_guidelines.pdf

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

<http://www.goldcopd.org/global-strategy-diagnosis-management-prevention-copd-2016/>

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

<http://www.thoracic.org/statements/resources/copd/179full.pdf>

Behavioral Health

Depression

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

http://www.valueoptions.com/providers/Handbook/treatment/Major_Depression.pdf

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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
<http://pediatrics.aappublications.org/content/early/2011/10/14/peds.2011-2654.full.pdf+html>

Diabetes Mellitus

Standards of Medical Care in Diabetes (2013)
http://care.diabetesjournals.org/content/36/Supplement_1/S11.full.pdf+html

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)
<http://jama.jamanetwork.com/article.aspx?articleid=1791497>

Chronic Pain

Assessment and management of chronic pain. Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2013 Nov.
<http://www.aafplearninglink.org/Webcasts/Assessment-and-Management-of-Chronic-Pain/downloads.aspx>

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)
<http://annals.org/article.aspx?articleid=736814>

Osteoarthritis

American College of Rheumatology (ACR) – Recommendations for the Use of Nonpharmacologic and Pharmacologic Therapies in Osteoarthritis of the Hand, Hip, and Knee (2012) [Arthritis Care Res \(Hoboken\)](#). 2012 Apr;64(4):465-74

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Childhood Obesity

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

<http://www.uspreventiveservicestaskforce.org/Page/Document/ClinicalSummaryFinal/obesity-in-children-and-adolescents-screening>

Falls Prevention in the Elderly

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

<https://onlinelibrary.wiley.com/doi/abs/10.1046/j.1532-5415.2001.49115.x>

World Health Organization Algorithm for Fall Risk Assessment & Interventions

<http://www.who.int/chp/topics/Osteoporosis.pdf>

Missouri Home Alliance Multifactorial Fall Risk

<http://journals.sagepub.com/doi/pdf/10.1177/1084822312457942>

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 <https://www.ncbi.nlm.nih.gov/pubmed/15588352#>

Responsible Department: General and Administration

Reviewing Department: General and Administration

References: As listed, above

Responsible Party: Linda Ellis, Chief Medical Officer


Recommended Distribution: All staff via iCare intranet site

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Approval:



Thomas Lutzow, President/CEO

9.21-18

Date



Linda Ellis MD, MJ, Chief Medical Officer

9/18/2018

Date

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