

Seaside Health Plan systematically reviews and adopts evidence-based clinical practice and preventive health guidelines developed and published by peer-reviewed sources as well as organizations such as the Centers for Disease Prevention and Control and the U.S. Preventive Services Task Force. Guidelines are regularly reviewed by Seaside's Quality Council. A list of current Clinical Practice and Preventive Health Guidelines adopted by Seaside is also available for download at <http://www.sshp.com/>.

Guidelines by Age Group

AGE GROUP	PREVENTIVE HEALTH GUIDELINES	Adopted/ Reviewed
0-18 YEARS	<p>Recommendations for Preventive Pediatric Health Care, 2015. Bright Futures /American Academy of Pediatrics (2017). https://www.aap.org/en-us/Documents/periodicity_schedule.pdf</p> <p>Recommended Immunization Schedule for Persons Aged 18 Years or Younger, United States, 2018. CDC (2018). https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf</p>	2/5/2020
19 AND OLDER	<p>U.S. Preventive Services Task Force (USPSTF) Grade A and B Recommendations. https://www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations/</p> <p>Recommended Immunization Schedule for Adults Aged 19 Years or Older, United States, 2018. CDC (2018). https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf</p>	2/5/2020

Guidelines by Condition

Condition	Clinical Practice Guidelines	Adopted/ Reviewed
ADHD	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). http://pediatrics.aappublications.org/content/early/2011/10/14/peds.2011-2654	2/5/2020
Asthma	Guidelines for the Diagnosis and Management of Asthma (EPR-3). National Heart, Lung and Blood Institute, and National Institutes of Health (2007). https://www.nhlbi.nih.gov/files/docs/guidelines/asthgdln.pdf	2/5/2020

<p>Behavioral Health</p>	<p>American Psychiatric Association Practice Guidelines for the Psychiatric Evaluation of Adults, 3rd Edition (2015). https://psychiatryonline.org/doi/full/10.1176/appi.books.9780890426760.pe02</p> <p>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). https://pediatrics.aappublications.org/content/pediatrics/early/2011/10/14/peds.2011-2654.full.pdf</p> <p>Current Pharmacologic Treatment of Dementia: A Clinical Practice Guidelines from the American College of Physicians and the American Academy of Family Physicians (2008). https://www.aafp.org/dam/AAFP/documents/patient_care/clinical_recommendations/Dementia-Clinical-Practice-Guideline.pdf</p> <p>Identifying Infants and Young Children with Developmental Disorders in the Medical Home: An Algorithm for Developmental Surveillance and Screening. American Academy of Pediatrics (2006). https://pediatrics.aappublications.org/content/pediatrics/118/1/405.full.pdf</p> <p>Practice Guideline for the Treatment of Patients with Major Depressive Disorder. Third Edition. American Psychiatric Association (2010). https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf</p> <p>Screening and Behavioral Counseling Interventions in Primary Care to Reduce Alcohol Misuse. U.S. Preventive Services Task Force (2013). https://www.integration.samhsa.gov/sbirt/USPSTF_Screening_forAlcohol_5_13_13_0000605-201308060-00652.pdf</p> <p>Standards of Care for the Health of Transsexual, Transgender, and Gender-Nonconforming People, World Professional Association for Transgender Health, 7th Version (2011). https://www.wpath.org/media/cms/Documents/SOC%20v7/SOC%20V7_English.pdf</p> <p>The National Practice Guideline for the Use of Medications in the Treatment of Addiction Involving Opioid Use. American Society of Addiction Medicine (2015). https://www.asam.org/docs/default-source/practice-support/guidelines-and-consensus-docs/asam-national-practice-guideline-supplement.pdf</p>	<p>2/5/2020</p>
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Condition	Clinical Practice Guidelines	Adopted/ Reviewed
Cardiovascular	<p>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). http://www.onlinejacc.org/content/63/25_Part_B/2935</p> <p>2013 ACCF/AHA Guideline for the Management of Heart Failure. https://www.ahajournals.org/doi/pdf/10.1161/CIR.0b013e31829e8776</p> <p>2017 ACC/AHA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. http://www.onlinejacc.org/content/accj/early/2017/11/04/j.jacc.2017.11.006.full.pdf</p> <p>2018 ACC/AHA/ESC Guidelines for the Management of Patients with Atrial Fibrillation. https://www.ahajournals.org/doi/pdf/10.1161/circ.104.17.2118</p> <p>American College of Cardiology. Acute Management of Pulmonary Embolism (2017). https://www.ncbi.nlm.nih.gov/pubmed/26867832</p> <p>Antithrombotic Therapy for VTE Diseases: CHEST Guideline and Expert Panel Report (2016). https://www.sciencedirect.com/science/article/pii/S0012369215003359?via%3Dihub</p>	2/5/2020
Chlamydia and Gonorrhea	<p>Screening form Chlamydia and Gonorrhea: U.S. Preventative Services Task Force. Final Recommendation. (2014) https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/chlamydia-and-gonorrhea-screening</p>	2/5/2020

Condition	Clinical Practice Guidelines	Adopted/ Reviewed
<i>COPD</i>	<p>Diagnosis and Management of Stable Chronic Obstructive Pulmonary Disease: A Clinical Practice Guideline Update from the American College of Physicians, American College of Chest Physicians, American Thoracic Society, and European Respiratory Society. <i>Annals of Internal Medicine</i> (2011). http://www.thoracic.org/statements/resources/copd/179full.pdf</p> <p>Prevention of COPD exacerbations: a European Respiratory Society/American Thoracic Society guideline. <i>European Respiratory Journal</i> (2017). https://www.thoracic.org/statements/resources/copd/prevention-copd-exacerbations.pdf</p>	2/5/2020
<i>Depression</i>	<p>Practice Guideline for the Treatment of Patients with Major Depressive Disorder. Third Edition. American Psychiatric Association (2010). http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf</p> <p>Screening for Depression in Adults US Preventive Services Task Force Recommendation Statement. USPTF (2016). https://jamanetwork.com/journals/jama/fullarticle/2484345</p>	2/5/2020
<i>Diabetes</i>	<p>American Diabetes Association (ADA) Standards of Medical Care in Diabetes – 2017. ADA (2017). https://professional.diabetes.org/sites/professional.diabetes.org/files/media/dc_40_s1_final.pdf</p> <p>American Association of Clinical Endocrinologists (AACE) and the American College of Endocrinology (ACE) Comprehensive Diabetes Management Algorithm 2017. AACE/ACE (2017). https://www.aace.com/sites/all/files/diabetes-algorithm-executive-summary.pdf</p> <p>Management of Newly Diagnosed Type 2 Diabetes Mellitus (T2DM) in Children and Adolescents. APA (2013). http://pediatrics.aappublications.org/content/131/2/364.full?sid=d1840c80-287b-43ca-ac9c-68b0b1d5dfa8</p>	2/5/2020

Condition	Clinical Practice Guidelines	Adopted/ Reviewed
Heart Failure	2017 ACC/AHA/HFSA Focused Update of the 2013 ACCF/AHA Guideline for the Management of Heart Failure: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines and the Heart Failure Society of America. ACC/AHA/HFSA (2017). http://circ.ahajournals.org/content/early/2017/04/26/CIR.0000000000000509	2/5/2020
HIV/AIDS	Clinical Care Guidelines and Resources for the care and treatment of people living with HIV. US Department of Health and Human Services/Health Resources & Services Administration (2016). https://hab.hrsa.gov/clinical-quality-management/clinical-care-guidelines-and-resources	2/5/2020
Hyperlipidemia	2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults. A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. ACC/AHA (2013). http://circ.ahajournals.org/content/129/25_suppl_2/S1	2/5/2020

Condition	Clinical Practice Guidelines	Adopted/ Reviewed
Hypertension	<p>Management of High Blood Pressure in Adults. American Academy of Family Physicians/JAMA (2014). https://jamanetwork.com/journals/jama/fullarticle/1791497</p> <p>Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents. American Academy of Pediatrics (2017). http://pediatrics.aappublications.org/content/pediatrics/140/6/e20173035.full.pdf</p>	2/5/2020
Infectious Disease	<p>"Official American Thoracic Society/Infectious Diseases Society of America/Centers for Disease Control and Prevention Clinical Practice Guidelines: Diagnosis of Tuberculosis in Adults and Children". Clinic Infectious Diseases (2016). https://academic.oup.com/cid/article/64/2/e1/2629583</p> <p>Provider Guidance TB Infection Toolkit. County of Los Angeles Public Health. http://ph.lacounty.gov/tb/toolkitriskassessments.htm</p> <p>Sexually Transmitted Diseases (STD) Treatment Guidelines. Centers for Disease Control and Prevention (2015). https://www.cdc.gov/std/tg2015/tg-2015-print.pdf</p>	2/5/2020
Low Back Pain	<p>Diagnostic Imaging for Low Back Pain: Advice for High-value Health Care from the American College of Physicians - Annals of Internal Medicine (2011). https://annals.org/aim/fullarticle/746774/diagnostic-imaging-low-back-pain-advice-high-value-health-care</p> <p>Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline from the American College of Physicians. Annals of Internal Medicine (2017). http://annals.org/aim/fullarticle/2603228/noninvasive-treatments-acute-subacute-chronic-low-back-pain-clinical-practice</p>	2/5/2020

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Musculoskeletal	<p>American College of Occupational and Environmental Medicine. Cervical and Thoracic Spine Disorders (2016). https://www.dir.ca.gov/dwc/MTUS/ACOEM_Guidelines/Cervical-and-Thoracic-Spine-Disorders-Guideline.pdf</p> <p>American College of Rheumatology. Recommendations for the Use of Nonpharmacologic and Pharmacologic Therapies in Osteoarthritis of the Hand, Hip and Knee (2012). https://www.dir.ca.gov/dwc/MTUS/ACOEM_Guidelines/Cervical-and-Thoracic-Spine-Disorders-Guideline.pdf</p> <p>American College of Rheumatology. Guideline for the Treatment of Rheumatoid Arthritis (2015). https://www.rheumatology.org/Portals/0/Files/ACR%202015%20RA%20Guideline.pdf</p> <p>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). https://annals.org/aim/fullarticle/2625385/treatment-low-bone-density-osteoporosis-prevent-fractures-men-women-clinical</p>	2/5/2020
Otitis Media	<p>The Diagnosis and Management of Acute Otitis Media. American Academy of Pediatrics (2014). http://pediatrics.aappublications.org/content/early/2013/02/20/peds.2012-3488</p>	2/5/2020

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Overweight & Obesity	<p>American Academy of Pediatrics. The Role of the Pediatrician in Primary Prevention of Obesity (2015). https://pediatrics.aappublications.org/content/pediatrics/136/1/e275.full.pdf</p> <p>2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults. ACC/AHA/TOS (2013). http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437739.71477.ee</p> <p>Screening for Obesity in Children and Adolescents, US Preventive Services Task Force Recommendation Statement. JAMA (2017). https://jamanetwork.com/journals/jama/fullarticle/2632511</p>	2/5/2020
Pain Management	<p>CDC Guideline for Prescribing Opioids for Chronic Pain - United States (2016). https://www.cdc.gov/mmwr/volumes/65/rr/pdfs/rr6501e1.pdf</p>	2/5/2020
Perinatal Care	<p>Guidelines for Perinatal Care, 8th Edition. American Academy of Pediatrics and American College of Obstetrics and Gynecology (2017). https://reader.aappublications.org/guidelines-for-perinatal-care-8th-edition/1</p> <p>Safe Prevention of the Primary Cesarean Delivery. American College of Obstetricians and Gynecologists (2016). https://www.acog.org/Clinical-Guidance-and-Publications/Obstetric-Care-Consensus-Series/Safe-Prevention-of-the-Primary-Cesarean-Delivery</p>	2/5/2020
Sickle Cell	<p>Evidence-Based Management of Sickle Cell Disease: Expert Panel Report, 2014. NHLBI/NIH (2014). https://www.nhlbi.nih.gov/sites/default/files/media/docs/Evd-Bsd_SickleCellDis_Rep2014.pdf</p> <p>Sickle Cell Disease, CDC (last updated 2017). https://www.cdc.gov/ncbddd/sicklecell/recommendations.html</p>	2/5/2020

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Tobacco Cessation	<p>Smoking Cessation During Pregnancy. ACOG Committee Opinion (2017). https://www.acog.org/Clinical-Guidance-and-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Smoking-Cessation-During-Pregnancy</p> <p>Treating Tobacco Use and Dependence: 2008 Update, US Department of Health and Human Services. https://www.ncbi.nlm.nih.gov/books/NBK63952/</p> <p>Extinguishing the Tobacco Epidemic in California, CDC (2018). https://www.cdc.gov/tobacco/about/osh/program-funding/pdfs/california-2018-508.pdf</p>	2/5/2020
Violence/ Abuse	<p>Screening for Intimate Partner Violence, Elder Abuse, and Abuse of Vulnerable Adults. <i>JAMA</i>. (2018) https://jamanetwork.com/journals/jama/fullarticle/2708115</p>	2/5/2020

Additional References:

General Guidelines	Adopted/ Reviewed
<p>Centers for Medicare and Medicaid Services (CMS). ICD-10-CM Official Guidelines for Coding and Reporting FY 2019. https://www.cms.gov/medicare/Coding/ICD10/index</p> <p>Guide to Clinical Preventive Services, 2014. Content last reviewed June 2014. Agency for Healthcare Research and Quality, Rockville, MD. https://www.ahrq.gov/prevention/guidelines/guide/index.htm</p>	2/5/2020
General Clinical Resources	Adopted/ Reviewed
<p>www.cdc.gov www.nih.gov www.ahrq.gov</p>	2/5/2020