

# 2024 Preventive Health and Clinical Practice Guidelines

## Heritage Provider Network







On a biennial basis, Heritage Provider Network reviews and adopts evidence-based Clinical Practice and Preventive Health Guidelines promulgated from peer reviewed sources for diseases and health conditions identified as most salient to Heritage Provider Network members. Clinical Practice Guidelines are used in the provision of preventive, acute, chronic medical and behavioral health services to improve the delivery of health care services to members. The most current list of Clinical Practice and Preventive Health Guidelines adopted by Heritage Provider Network are available for download from the links provided below.


- Visit The American Heart Association (AHA) at: <https://www.heart.org/>
- Visit The American Psychiatric Association (APA) at: <https://www.apa.org/>
- Visit The Centers for Disease Control (CDC) at: <https://www.cdc.gov/>
- Visit The American Academy of Pediatrics (AAP) at: <https://www.aap.org/en-us/Pages/Default.aspx>
- Visit The American Academy of Child & Adolescent Psychiatry (AACAP) at: <https://www.aacap.org/>
- Visit The American Association of Clinical Endocrinologist (AACE) at: <https://www.aace.com/>
- Visit The Infectious Diseases Society of America (IDSA) at: <https://www.idsociety.org/>
- Visit The American Thoracic Society (ATS) at: <http://www.thoracic.org/>
- Visit The American Academy of Family Practitioners (AAFP) at: <https://www.aafp.org/home.html>
- Visit The American Society of Addiction (ASAM) at: <https://www.asam.org/>
- Visit The American College of Cardiology at: <https://www.acc.org/>
- Visit The Department of Health Care Services at: <https://www.dhcs.ca.gov>
- Visit Global Initiative for Chronic Obstructive Lung Disease at: <https://goldcopd.org/>
- Visit The National Institute for Health and Care Excellence at: <https://www.nice.org.uk/>
- Visit The U.S Preventive Services Task Force at: [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org)
- Visit ECRI Institute Guidelines Trust at: <https://www.ecri.org/solutions/ecri-guidelines-trust/>


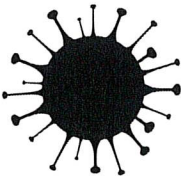


## Preventive Health Guidelines



Ages 0-18 Years	Date Adopted by QIC: 9/10/2024	Re-Review Date: 6/1/2026	Current Review Date: 6/1/2024
	<p><b>Immunization Schedule</b></p> <ul style="list-style-type: none"><li>Recommended Immunization Schedule for Persons Aged 0 through 18 years. United States – CDC. <a href="https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf">https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf</a></li></ul> <p><b>Recommended Preventative Pediatric Health Care – American Academy of Pediatrics (AAP)</b></p> <ul style="list-style-type: none"><li>2023 Recommendations for Preventive Pediatric Health Care. Bright Futures /American Academy of Pediatrics (3/2023). <a href="https://publications.aap.org/pediatrics/article/151/4/e2023061451/190849/2023-Recommendations-for-Preventive-Pediatric?autologincheck=redirected">https://publications.aap.org/pediatrics/article/151/4/e2023061451/190849/2023-Recommendations-for-Preventive-Pediatric?autologincheck=redirected</a></li></ul>		
Ages 19 and Older	Date Adopted by QIC: 9/10/2024	Re-Review Date: 6/1/2026	Current Review Date: 6/1/2024
	<p><b>Immunization Schedule</b></p> <ul style="list-style-type: none"><li>Recommended Immunization Schedule for Adults Aged 19 Years or Older. United States –CDC. <a href="https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf">https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf</a></li></ul> <p><b>Recommended Preventative Clinical Health Care - U.S. Preventive Services Task Force (USPSTF)</b></p> <ul style="list-style-type: none"><li>All Recommendations for Primary Care Practice. (Publication Dates Differ by Topic) <a href="https://uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=P">https://uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=P</a></li></ul>		
All Ages	Date Adopted by QIC: 9/10/2024	Re-Review Date: 6/1/2026	Current Review Date: 6/1/2024
	<p><b>Transgender and Gender Diverse People</b></p> <ul style="list-style-type: none"><li>Standards of Care for the Health of Transgender and Gender Diverse People, Version 8 – International Journal of Transgender Health (2022) <a href="https://www.tandfonline.com/doi/pdf/10.1080/26895269.2022.2100644">https://www.tandfonline.com/doi/pdf/10.1080/26895269.2022.2100644</a></li></ul>		
Clinical Practice Guidelines			
Behavioral Health	Date Adopted by QIC: 9/10/2024	Re-Review Date: 6/1/2026	Current Review Date: 6/1/2024
	<p><b>Substance Abuse</b></p> <ul style="list-style-type: none"><li>2020 Focus Update -The National Practice Guideline for the Treatment of Opioid Use Disorder. American Society of Addiction Medicine (2020). <a href="https://pubmed.ncbi.nlm.nih.gov/32329798/">https://pubmed.ncbi.nlm.nih.gov/32329798/</a></li><li>2011 American Psychiatric Association (APA) Performance in Practice: Physician Practice Assessment Tools for the Screening, Assessment, and Treatment of Adults with Substance Use Disorder (1/2011). <a href="http://focus.psychiatryonline.org/doi/abs/10.1176/foc.9.1.foc31?journalCode=foc">http://focus.psychiatryonline.org/doi/abs/10.1176/foc.9.1.foc31?journalCode=foc</a></li><li>2006 APA Practice Guideline for the Treatment of Patients with Substance Use Disorders, 2nd Edition (8/2006). <a href="https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse.pdf">https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse.pdf</a></li><li>2018 Alcohol Misuse: Screening and Behavioral Counseling Interventions in Primary Care (11/2018). <a href="https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/unhealthy-alcohol-use-in-adolescents-and-adults-screening-and-behavioral-counseling-interventions">https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/unhealthy-alcohol-use-in-adolescents-and-adults-screening-and-behavioral-counseling-interventions</a></li></ul> <p><b>Dementia/Neurocognitive Disorders</b></p> <ul style="list-style-type: none"><li>2014 American Psychiatric Association (APA) Practice Guideline for Persons with Alzheimer’s disease and Other Dementias 2007/ Updated Guideline Watch (10/2014). <a href="https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/alzheim">https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/alzheim</a></li></ul>		




	<p><a href="#">erwatch.pdf</a></p> <ul style="list-style-type: none"> <li>2016 American Psychiatric Association (APA) Practice Guideline on the Use of Antipsychotics to Treat Agitation or Psychosis in Patients with Dementia (5/2016). <a href="https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890426807">https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890426807</a></li> </ul> <p><b>Depression</b></p> <ul style="list-style-type: none"> <li>2010 American Psychiatric Association (APA) Practice Guideline for the Treatment of Patients with Major Depressive Disorder, Third Edition (5/2010). <a href="https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf">https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf</a></li> <li>2023 U.S. Preventive Services Task Force (USPSTF) Screening for Depression and Suicide Risk in Adults: USPSTF Recommendation Statement, (6/2023). <a href="https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-depression-suicide-risk-adults#fullrecommendationstart">https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-depression-suicide-risk-adults#fullrecommendationstart</a></li> </ul> <p><b>Pediatric</b></p> <ul style="list-style-type: none"> <li>2020 Autism Spectrum Disorder: Updated Guidelines from the American Academy of Pediatrics (11/2020). <a href="https://www.aafp.org/pubs/afp/issues/2020/1115/p629.pdf">https://www.aafp.org/pubs/afp/issues/2020/1115/p629.pdf</a></li> <li>2019 Attention Deficit Hyperactivity Disorder (ADHD): Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of ADHD in Children and Adolescents. American Academy of Pediatrics (10/2019). <a href="https://publications.aap.org/pediatrics/article/144/4/e20192528/81590/Clinical-Practice-Guideline-for-the-Diagnosis?autologincheck=redirected">https://publications.aap.org/pediatrics/article/144/4/e20192528/81590/Clinical-Practice-Guideline-for-the-Diagnosis?autologincheck=redirected</a></li> <li>2013 AACAP Practice Parameter for the Assessment and Treatment of Children and Adolescents with Schizophrenia (09/2013). <a href="https://www.jaacap.org/action/showPdf?pii=S0890-8567%2813%2900112-3">https://www.jaacap.org/action/showPdf?pii=S0890-8567%2813%2900112-3</a></li> </ul>
<b>Cardiovascular</b>	<div>Date Adopted by QIC: 9/10/2024</div> <div>Re-Review Date: 6/1/2026</div> <div>Current Review Date: 6/1/2024</div>
	<p><b>Prevention of Cardiovascular Disease</b></p> <ul style="list-style-type: none"> <li>2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines <a href="https://www.jacc.org/doi/pdf/10.1016/j.jacc.2019.03.010?_ga=2.248572103.1581153832.1717529683-942900203.1717529683">https://www.jacc.org/doi/pdf/10.1016/j.jacc.2019.03.010?_ga=2.248572103.1581153832.1717529683-942900203.1717529683</a></li> </ul> <p><b>Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk</b></p> <ul style="list-style-type: none"> <li>2018 AHA/ACC/AACVPR/AAPA/ ABC/ACPM/ADA/AGS/APhA/ASPC/ NLA/PCNA Guideline on the Management of Blood Cholesterol: <a href="http://www.onlinejacc.org/content/73/24/e285.full.pdf?_ga=2.29819455.1062630223.1652723298-558167134.1649010161">http://www.onlinejacc.org/content/73/24/e285.full.pdf?_ga=2.29819455.1062630223.1652723298-558167134.1649010161</a></li> </ul> <p><b>Management of High Blood Pressure</b></p> <ul style="list-style-type: none"> <li>2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines: <a href="http://www.onlinejacc.org/content/71/19/e127.full.pdf?_ga=2.29819455.1062630223.1652723298-558167134.1649010161">http://www.onlinejacc.org/content/71/19/e127.full.pdf?_ga=2.29819455.1062630223.1652723298-558167134.1649010161</a></li> </ul> <p><b>Management of Heart Failure</b></p> <ul style="list-style-type: none"> <li>2022 AHA/ACC/HFSA Guideline for The Management of Heart Failure: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines: <a href="https://www.jacc.org/doi/pdf/10.1016/j.jacc.2021.12.012?_ga=2.119014921.1062630223.1652723298-558167134.164901016154373672.1062630223.1652723298-558167134.1649010161">https://www.jacc.org/doi/pdf/10.1016/j.jacc.2021.12.012?_ga=2.119014921.1062630223.1652723298-558167134.164901016154373672.1062630223.1652723298-558167134.1649010161</a></li> </ul>

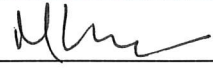
	<p><b>Management of Patients with Valvular Heart Disease</b></p> <ul style="list-style-type: none"> <li>2020 ACC/AHA Guideline for the Management of Patients with Valvular Heart Disease (02/2/2021) <a href="https://www.ahajournals.org/doi/epdf/10.1161/CIR.0000000000000923">https://www.ahajournals.org/doi/epdf/10.1161/CIR.0000000000000923</a></li> </ul> <p><b>Management of Patients with Chronic Coronary Disease</b></p> <ul style="list-style-type: none"> <li>2023 AHA/ACC/ACCP/ASPC/NLA/PCNA Guideline for the Management of Patients with Chronic Coronary Disease: A Report of the American Heart Association/American College of Cardiology Joint Committee on Clinical Practice Guidelines (07/20/2023) <a href="https://www.ahajournals.org/doi/10.1161/CIR.0000000000001168">https://www.ahajournals.org/doi/10.1161/CIR.0000000000001168</a></li> </ul> <p><b>Diagnosis and Management of Atrial Fibrillation</b></p> <ul style="list-style-type: none"> <li>2023 ACC/AH/ACCP/HRS Guideline for the Diagnosis and Management of Atrial Fibrillation: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines (11/30/2023) <a href="https://www.ahajournals.org/doi/10.1161/CIR.0000000000001193">https://www.ahajournals.org/doi/10.1161/CIR.0000000000001193</a></li> </ul>
<b>Endocrinology</b>	<div>Date Adopted by QIC: 9/10/2024</div> <div>Re-Review Date: 6/1/2026</div> <div>Current Review Date: 6/1/2024</div>
	<p><b>Standards of Medical Care in Diabetes Care</b></p> <ul style="list-style-type: none"> <li>2024 ADA Standards of Medical Care in Diabetes for Adults, Pregnancy and Children &amp; Adolescents (12/2023) <a href="https://diabetesjournals.org/care/issue/47/Supplement_1">https://diabetesjournals.org/care/issue/47/Supplement_1</a></li> </ul> <p><b>Comprehensive Type 2 Diabetes Management Algorithm</b></p> <ul style="list-style-type: none"> <li>2023 Consensus Statement by the American Association of Clinical Endocrinologists and American College of Endocrinology on the Comprehensive Type 2 Diabetes Management Algorithm (2023) <a href="https://www.endocrinepractice.org/article/S1530-891X(23)00034-4/fulltext">https://www.endocrinepractice.org/article/S1530-891X(23)00034-4/fulltext</a></li> </ul>
<b>Infectious Diseases</b>	<div>Date Adopted by QIC: 9/10/2024</div> <div>Re-Review Date: 6/1/2026</div> <div>Current Review Date: 6/1/2024</div>
	<p><b>Sexually Transmitted Diseases</b></p> <ul style="list-style-type: none"> <li>2021 Sexually Transmitted Diseases (STD) Treatment Guidelines. Centers for Disease Control and Prevention (7/2021). <a href="https://cdc.gov/std/treatment-guidelines/STI-Guidelines-2021.pdf">cdc.gov/std/treatment-guidelines/STI-Guidelines-2021.pdf</a></li> </ul> <p><b>Tuberculosis</b></p> <ul style="list-style-type: none"> <li>2017 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 (1/2017). <a href="https://www.thoracic.org/statements/resources/tb-opi/diagnosis-of-tuberculosis-in-adults-and-children.PDF">https://www.thoracic.org/statements/resources/tb-opi/diagnosis-of-tuberculosis-in-adults-and-children.PDF</a></li> </ul> <p><b>COVID- 19</b></p> <ul style="list-style-type: none"> <li>2023 Infectious Diseases Society of America Guidelines on the Treatment and Management of Patients with COVID-19 (06/2023) <a href="https://www.idsociety.org/globalassets/idsa/practice-guidelines/covid-19/treatment/idsa-covid-19-gl-tx-and-mgmt-v11.0.0.pdf">https://www.idsociety.org/globalassets/idsa/practice-guidelines/covid-19/treatment/idsa-covid-19-gl-tx-and-mgmt-v11.0.0.pdf</a></li> </ul>



Pain Management	Date Adopted by QIC: 9/10/2024	Re-Review Date: 6/1/2026	Current Review Date: 6/1/2024
	<b>Non-Pharmacological Pain Management Treatment<sup>1</sup></b> <ul style="list-style-type: none"> <li>• Evidence-Based Non-Pharmacologic Strategies for Comprehensive Pain Care: The Consortium Pain Task Force White Paper (2018) <a href="https://www.sciencedirect.com/science/article/pii/S1550830718300223">https://www.sciencedirect.com/science/article/pii/S1550830718300223</a></li> <li>▪ Noninvasive, Non-Pharmacological Treatment for Chronic Pain (2017) <a href="https://effectivehealthcare.ahrq.gov/products/nonpharma-treatment-pain/research-protocol">https://effectivehealthcare.ahrq.gov/products/nonpharma-treatment-pain/research-protocol</a></li> <li>▪ CDC Clinical Practice Guideline for Prescribing Opioids for Pain – United States (2022) – Recommendation 1, Pg. 17 <a href="https://www.cdc.gov/mmwr/volumes/71/rr/pdfs/rr7103a1-H.pdf">https://www.cdc.gov/mmwr/volumes/71/rr/pdfs/rr7103a1-H.pdf</a></li> </ul>		
Pulmonology	Date Adopted by QIC: 9/10/2024	Re-Review Date: 6/1/2026	Current Review Date: 6/1/2024
	<b>Asthma</b> <ul style="list-style-type: none"> <li>▪ 2024 Global Initiative for Asthma (GINA) – National Heart, Lung, and Blood Institute (NHLBI) Global Strategy for Asthma Management and Prevention. (05/2024) <a href="https://ginasthma.org/reports/">https://ginasthma.org/reports/</a></li> <li>▪ 2023 Pocket Guide for Asthma Management and Prevention. <a href="https://ginasthma.org/pocket-guide-for-asthma-management-and-prevention">https://ginasthma.org/pocket-guide-for-asthma-management-and-prevention</a></li> </ul> <b>Chronic Obstructive Pulmonary Disease</b> <ul style="list-style-type: none"> <li>▪ 2024 GOLD Report - Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease. <a href="https://goldcopd.org/2024-gold-report/">https://goldcopd.org/2024-gold-report/</a></li> <li>▪ 2024 GOLD Pocket Guide to COPD Diagnosis, Management and Prevention. <a href="https://goldcopd.org/2024-gold-report/">https://goldcopd.org/2024-gold-report/</a></li> </ul> <b>Streptococcal Infection</b> <ul style="list-style-type: none"> <li>▪ 2012 Clinical Practice Guideline for the Diagnosis and Management of Group A Streptococcal Pharyngitis: 2012 Update by the Infectious Diseases Society of America (11/2012). <a href="https://academic.oup.com/cid/article/55/10/e86/321183">https://academic.oup.com/cid/article/55/10/e86/321183</a></li> <li>▪ CDC Clinical Guidance for Group A Streptococcal Pharyngitis (2024) <a href="https://www.cdc.gov/group-a-strep/hcp/clinical-guidance/strep-throat.html">https://www.cdc.gov/group-a-strep/hcp/clinical-guidance/strep-throat.html</a></li> </ul> <b>Smoking Cessation</b> <ul style="list-style-type: none"> <li>▪ 2021 U.S. Preventive Services Task Force (USPSTF) USPSTF Guidelines-Smoking Cessation (Adult), (2021). <a href="https://www.uspreventiveservicestaskforce.org/uspstf/document/RecommendationStatementFinal/tobacco-use-in-adults-and-pregnant-women-counseling-and-interventions">https://www.uspreventiveservicestaskforce.org/uspstf/document/RecommendationStatementFinal/tobacco-use-in-adults-and-pregnant-women-counseling-and-interventions</a></li> <li>▪ Primary Care–Relevant Interventions for Tobacco Use Prevention and Cessation in Children and Adolescents: A Systematic Evidence Review for the U.S. Preventive Services Task Force (4/2020) <a href="https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/tobacco-and-nicotine-use-prevention-in-children-and-adolescents-primary-care-interventions#fullrecommendationstart">https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/tobacco-and-nicotine-use-prevention-in-children-and-adolescents-primary-care-interventions#fullrecommendationstart</a></li> </ul> <b>Pneumonia – Community - Acquired Pneumonia</b> <ul style="list-style-type: none"> <li>▪ 2022 American Academy of Family Physicians (AAFP) Community Acquired Pneumonia in Adults (06/2022). <a href="https://www.aafp.org/pubs/afp/issues/2022/0600/p625.pdf">https://www.aafp.org/pubs/afp/issues/2022/0600/p625.pdf</a></li> <li>▪ 2019 Infectious Diseases Society of America (IDSA) – American Thoracic Society (ATS) Consensus Guidelines on the Management of Community-Acquired Pneumonia in Adults (10/2019). <a href="https://www.idsociety.org/practice-guideline/community-acquired-pneumonia-cap-in-adults/">https://www.idsociety.org/practice-guideline/community-acquired-pneumonia-cap-in-adults/</a></li> </ul>		

	<ul style="list-style-type: none"> <li>2011 PIDS/IDSA Guideline for the Management of Community-Acquired Pneumonia in Infants and Children Older than 3 Months of Age (10/2011)  <a href="https://www.idsociety.org/practice-guideline/community-acquired-pneumonia-cap-in-infants-and-children">https://www.idsociety.org/practice-guideline/community-acquired-pneumonia-cap-in-infants-and-children</a> </li> </ul>
--	--

2024 HPN Preventive Health Guidelines & Clinical Practice Guidelines		
Committee Chair Signature: 		
Date Adopted by QIC: 9/10/2024	Re-Review Date: 6/1/2026	Current Review Date: 6/1/2024

Michael Lebens,MD:  Date: 09/25/2024  
 Medical Director