



Clinical Practice Guidelines

UnitedHealthcare Community Plan has compiled a list of evidence-based clinical guidelines, and the websites where they can be found, for our quality and health management programs. We respect the expertise of the physicians and other health care professionals in our network and appreciate your help as we work together to offer our members better quality, better health outcomes and better cost.

If you have questions, please contact your Physician Advocate. Or, call the number on the back of the member’s ID card. Thank you.

Topic	Guideline Title	Organization Name	Link to Document
Acute Myocardial Infarction with ST Elevation	2013 American College of Cardiology/ American Heart Association Guideline for the Management of ST-Elevation Myocardial Infarction	American College of Cardiology/ American Heart Association	http://circ.ahajournals.org/content/127/4/e362.full.pdf
Acute Myocardial Infarction without ST Elevation	2014 American College of Cardiology/ American Heart Association Guideline for the Management of Patients with Non-ST-Elevation Acute Coronary Syndromes	American Heart Association/ American College of Cardiology	http://circ.ahajournals.org/content/130/25/e344.full.pdf
Asthma	2007 National Asthma Education and Prevention Program Expert Panel Report 3 Guidelines for the Diagnosis	National Heart, Lung, and Blood Institute	www.nhlbi.nih.gov/guidelines/asthma/index.htm

Attention-Deficit/Hyperactivity Disorder (ADHD)	2007 Practice Parameter for the Assessment and Treatment of Children and Adolescents with Attention-Deficit/Hyperactivity Disorder.	American Academy of Child and Adolescent Psychiatry	http://www.jaacap.com/article/S08908567%2809%2962182-1/pdf
Bipolar Disorder: Adults	Guideline Watch (November 2005): Practice Guideline for the Treatment of Patients with Bipolar Disorder, Second Edition	American Psychiatric Association	http://psychiatryonline.org/pb/assesswide/practice_guidelines/guidelines/bipolar-watch.pdf
Bipolar Disorder: Children & Adolescents	2007 Practice Parameter for the Assessment and Treatment of Children and Adolescents with Bipolar Disorder	American Academy of Child and Adolescent Psychiatry	http://www.jaacap.com/article/S08908567(09)61968-7/pdf
Cardiovascular Disease: Prevention in Women	Effectiveness-Based Guidelines for the Prevention of Cardiovascular Disease in Women 2011 Update: A Guideline from the American Heart Association	American Heart Association	http://circ.ahajournals.org/content/123/11/1243.full.pdf
Cardiovascular Disease: Secondary Prevention and Risk Reduction Therapy for Patients with Coronary and Other Atherosclerotic Vascular Disease	2011 American College of Cardiology/American Heart Association Guidelines for Secondary Prevention and Risk Reduction Therapy for Patients with Coronary and Other Atherosclerotic Vascular Disease	American College of Cardiology/American Heart Association	http://circ.ahajournals.org/content/124/22/2458.full.pdf

<p>Cervical Cancer Screening</p>	<p>American College of Obstetricians and Gynecologists Practice Bulletin #157 Cervical Cancer Screening and Prevention</p> <p>Approval requested by Community and State for all customers.</p> <p>To be posted on the C & S portal only.</p> <p>Guidelines for the Prevention and Early Detection of Cervical Cancer</p>	<p>American College of Obstetricians and Gynecologists</p> <p>Please note: This guideline is not publically available. A user ID and password are required to access the document via the link provided.</p> <p>The National Guideline Clearinghouse doesn't have a synopsis of the updated guideline.</p> <p>American Society for Colposcopy and Cervical Pathology (ASCCP)</p>	<p>http://www.acog.org/Resource-s-And-Publications/Practice-Bulletins-List</p> <p>How to access the document:</p> <ul style="list-style-type: none"> • Click on above Link • Click on member Login and enter • Username: cpgacog@uhc.com • Password: cpgacog#1 • Click Login • Locate and click Practice and Educational Bulletins • Search by Keyword "Cervical Cancer Screening" <p>https://www.asccp.org/guidelines</p>
<p>Cholesterol Management</p>	<p>2013 American College of Cardiology/ American Heart Association Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults</p>	<p>American College of Cardiology/ American Heart Association</p>	<p>https://circ.ahajournals.org/content/early/2013/11/11/01.cir.000.0437738.63853.7a.full.pdf</p>
<p>Chronic Obstructive Pulmonary Disease (COPD)</p>	<p>2017 Global Strategy for the Diagnosis, Management and Prevention of COPD</p>	<p>Global Initiative for Chronic Obstructive Lung Disease (GOLD)</p>	<p>http://goldcopd.org/gold-2017-global-strategy-diagnosis-management-prevention-copd/</p>

Dementia	Treatment of Patients with Alzheimer's Disease and Other Dementias, Second Edition Guideline Watch 2014; Approval requested by Massachusetts Senior Care Options Plan	American Psychiatric Association	http://www.psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/alzheimers.pdf Guideline Watch http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/alzheimer_watch.pdf
Depression/ Major Depressive Disorder	Practice Guideline for the Treatment of Patients with Major Depressive Disorder, Third Edition	American Psychiatric Association	http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf
Diabetes	Standards of Medical Care in Diabetes – 2017	American Diabetes Association	http://professional.diabetes.org/sites/professional.diabetes.org/files/media/dc_40_s1_final.pdf
Dietary Guidelines	Dietary Guidelines for Americans, 2015-2020, Eighth Edition	U.S. Department of Health and Human Services	https://health.gov/dietaryguidelines/2015/guidelines/
Heart Failure	2013 American College of Cardiology/American Heart Association Guideline for the Management of Heart Failure	American College of Cardiology/American Heart Association	http://circ.ahajournals.org/content/128/16/e240.full.pdf
	2016 ACC/AHA/HFSA Focused Update on New Pharmacological Therapy for Heart Failure		https://circ.ahajournals.org/content/early/2016/05/18/CIR.00000000000435.full.pdf

Hemophilia and von Willebrand Disease	Guidelines for the Management of Hemophilia, Second Edition	World Federation of Hemophilia	http://www1.wfh.org/publication/files/pdf-1472.pdf
	The Diagnosis, Management and Treatment of von Willebrand Disease: 2007 National Heart, Lung and Blood Institute Guidelines	National Heart, Lung and Blood Institute	http://www.nhlbi.nih.gov/files/docs/guidelines/vwd.pdf
Human Immunodeficiency Virus (HIV)	Primary Care Guidelines for the Management of Persons Infected with HIV: 2013 Update	HIV Medicine Association of the Infectious Diseases Society of America	http://cid.oxfordjournals.org/content/58/1/1.full.pdf
Hyperbilirubinemia in Newborns	2004 American Academy of Pediatrics Clinical Practice Guideline: Management of Hyperbilirubinemia in the Newborn Infant 35 weeks or more American Academy of Pediatrics (2009): Hyperbilirubinemia in the Newborn Infant \geq 35 Weeks' Gestation: An Update with Clarifications	American Academy of Pediatrics American Academy of Pediatrics Please note: This guideline update is not publically available. A user ID and password are required to access the document.	http://pediatrics.aappublications.org/content/114/1/297.full.pdf http://pediatrics.aappublications.org/content/124/4/1193.full.pdf
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)	Panel Members Appointed to the Eighth Joint National Committee (JNC 8) Please note: Guideline is freely available, but registration may be required.	http://jamanetwork.com/journals/jama/fullarticle/1791497

Lifestyle Management to Reduce Cardiovascular Risk	2013 American Heart Association/ American College of Cardiology Guideline on Lifestyle Management to Reduce Cardiovascular Risk	American Heart Association/ American College of Cardiology	http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437740.48606.d1.full.pdf
Obesity	2013 American Heart Association/American College of Cardiology/ The Obesity Society Guideline for the Management of Overweight and Obesity in Adults	American Heart Association/ American College of Cardiology/ The Obesity Society	http://circ.ahajournals.org/content/circulationaha/early/2013/11/11/01.cir.0000437739.71477.ee.full.pdf
	<p>2013 Evidence Report: Managing Overweight and Obesity in Adults</p> <p>Created as a public resource to complement the AHA/ACC/TOS guidelines (see above)</p> <p>Approval requested by Community and State for all customers.</p> <p>To be posted on UHCCCommunityPlan.com only</p>	National Heart, Lung, and Blood Institute	https://www.nhlbi.nih.gov/sites/www.nhlbi.nih.gov/files/obesity-evidence-review.pdf
	American Academy of Pediatrics Obesity Portal	American Academy of Pediatrics Institute for Healthy Childhood Weight	https://www.aap.org/en-us/about-the-aap/Committees-Councils-Sections/provisional-section-on-obesity/Pages/default.aspx

Perinatal Care	Guidelines for Perinatal Care, Seventh Edition	American Academy of Pediatrics and American College of Obstetricians and Gynecologists Please note: This resource is not publically available. Alternatively, the book can be purchased from the American Academy of Pediatrics website.	Care Providers and Members: Download Adobe Digital Editions: http://www.adobe.com/support/digitaleditions/downloads.html Once downloaded, access the 83.EB156 Guidelines for Perinatal Care, 7th Edition eBook Link . *UnitedHealthcare employees will need to contact the Business Segment Liaison (BSL) and obtain Adobe Digital Editions. Once downloaded, click on above link to access. http://ebooks.aapublications.org/content/guidelines-for-perinatal-care-7th-edition
	Society for Maternal Fetal Medicine Clinical Guidelines	Guidelines are searchable by topic	https://www.smfm.org/clinical-guidelines
Physical Activity	2008 Physical Activity Guidelines for Americans	U.S. Department of Health and Human Services	http://www.health.gov/paguidelines/pdf/paguide.pdf
Preventive Pediatric Health Care Screening	2017 Recommendations for Preventive Pediatric Health Care	American Academy of Pediatrics	https://www.aap.org/en-us/Documents/periodicity_schedule.pdf If you experience a script error with this URL, click No and close out of the dialog box.

Preventive Services	Guide to Clinical Preventive Services, 2014: Recommendations of the U.S. Preventive Services Task Force	Agency for Healthcare Research and Quality	http://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/guide/cpsguide.pdf
Schizophrenia	Practice Guideline for the Treatment of Patients with Schizophrenia, 2nd edition (2004)	American Psychiatric Association	http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/schizophrenia.pdf
	Guideline Watch (September 2009)		http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/schizophrenia-watch.pdf
Sickle Cell Disease	Evidence-Based Management of Sickle Cell Disease: Expert Panel Report, 2014	National Heart, Lung, and Blood Institute	https://www.nhlbi.nih.gov/sites/www.nhlbi.nih.gov/files/sickle-cell-disease-report.pdf
Spinal Stenosis	2011 Evidence-Based Clinical Guidelines for Multidisciplinary Spine Care: Diagnosis and Treatment of Degenerative Lumbar Spinal Stenosis	North American Spine Society	https://www.spine.org/Documents/ResearchClinicalCare/Guidelines/LumbarStenosis.pdf

Stable Ischemic Heart Disease	2012 Guideline for the Diagnosis and Management of Patients with Stable Ischemic Heart Disease	American College of Cardiology/ American Heart Association et al.	http://circ.ahajournals.org/content/126/25/e354.full.pdf%2Bhtml
	2014 American College of Cardiology/ American Heart Association/ American Association for Thoracic Surgery/ Preventive Cardiovascular Nurses Association/ Society for Cardiac Angiography and Interventions / Society of Thoracic Surgeons Focused Update of the Guideline for the Diagnosis and Management of Patients with Stable Ischemic Heart Disease		http://circ.ahajournals.org/content/circulationaha/130/19/1749.full.pdf
Substance Use Disorders	Practice Guideline for the Treatment of Patients with Substance Use Disorders, 2nd edition (2006)	American Psychiatric Association	http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse.pdf
	Guideline Watch (April 2007)	American Psychiatric Association	http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse-watch.pdf

Tobacco Use	Treating Tobacco Use and Dependence: 2008 Update	U.S. Department of Health and Human Services	http://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/treating_tobacco_use08.pdf
	Supplement: Corrections and Additions to the 2008 Guideline Update		http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/correctadd.html
Violence and Abuse	Physicians' Obligations in Preventing, Identifying and Treatment Violence and Abuse Please note: Approval requested by Massachusetts Senior Care Options Plan	American Medical Association Please note: Full guideline is freely available, but registration may be required.	https://www.ama-assn.org/sites/default/files/media-browser/code-of-medical-ethics-chapter-8.pdf