

Condition	2021 Clinical Practice Guidelines
<p>ADHD</p>	<p>AAP (American Academy of Pediatrics) ADHD: Clinical Practice Guidelines for the Diagnosis, Evaluation and Treatment-2019 Current https://pediatrics.aappublications.org/content/144/4/e20192528</p> <p>Highlights</p> <ul style="list-style-type: none"> ADHD 2019 update –Clinical practice guideline from AAP - Adopting DSM-5 criteria <ul style="list-style-type: none"> o Fewer problem behaviors are required for age 17 and older o Must be evidence that symptoms began before age 12 instead of 7 - Recommended treatments essentially unchanged - Updated process of care algorithm includes additional assessment tools with rating scales for anxiety, depression, substance abuse and trauma
<p>Asthma</p>	<p>National Heart, Lung, and Blood Institute Guidelines for the Diagnosis and Management of Asthma 2007 Current http://www.hpsj.com/wp-content/uploads/2015/07/Asthma-NAEPP-EPR3-2007.pdf</p> <p>Asthma Pocket Guide for Primary Care 2007 http://www.hpsj.com/wp-content/uploads/2015/07/PRIME-Asthma-in-Primary-Care-Pocket-Guide.pdf</p> <p>2020 Update https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/2020-focused-updates-asthma-management-guidelines</p> <p>Highlights</p> <ul style="list-style-type: none"> Asthma 2020 focused update –Clinical practice guidelines from National Asthma Education and Prevention Program from US Dept of Health and Human Services (HHS) <ul style="list-style-type: none"> o Using inhaled corticosteroids on an as-needed basis for mild persistent asthma for ages >12 o Using formoterol for both control and rescue therapy (SMART) o Using long-acting antimuscarinic antagonists o Using allergy shots with small amounts of allergens to treat allergic asthma o Use of FeNO when diagnosis of asthma is unclear

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	<ul style="list-style-type: none"> ○ Use of bronchial thermoplasty for persistent asthma; generally, recommend against
<p>COPD</p>	<p>Global Strategy for Diagnosis, Management, and Prevention of COPD-2021 https://goldcopd.org/</p> <p>Highlights COPD 2021 Update - Clinical practice guideline from Global Initiative for Chronic Obstructive Lung Disease (GOLD) - No significant changes compared to prior edition, except new chapter on COVID-19</p>
<p>Depression</p>	<p>Institute for Clinical Systems Improvement, Adult Depression in Primary Care Guideline – 2016 Current https://www.icsi.org/guideline/depression/</p> <p>AAP Guidelines for Adolescent Depression in Primary Care - 2018 https://pediatrics.aappublications.org/content/141/3/e20174081 https://pediatrics.aappublications.org/content/141/3/e20174082</p> <p>Highlights Depression in adolescents – Old guideline from ISCI no longer available - Clinical practice guideline from AAP Guidelines for Adolescent Depression in Primary Care – 2018 <ul style="list-style-type: none"> ○ Annual universal screening of youth 12 and over at health maintenance visits ○ Identification of depression in youth who are at high risk ○ Systematic assessment procedures by using reliable depression scales, patient and caregiver interviews, and DSM-5 </p>

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	<ul style="list-style-type: none"> ○ Patient and family psychoeducation ○ Establishment of relevant links in the community ○ Establishment of a safety plan ○ Active monitoring of mildly depressed youth ○ Treatment with evidence-based medication and psychotherapeutic approaches in case of moderate and/or severe depression ○ Close monitoring of side effects ○ Consultation and co-management of care with mental health specialists ○ Ongoing tracking of outcomes ○ Specific steps to be taken in instances of partial or no improvement, after an initial treatment has begun
Diabetes	<p>ADA Standards of Medical Care in Diabetes--2021 https://care.diabetesjournals.org/content/diacare/suppl/2020/12/09/44.Supplement_1.DC1/DC_44_S1_final_copyright_stamped.pdf</p> <p>Highlights Diabetes 2021 Update –</p> <ul style="list-style-type: none"> - Evolving evidence for treatment for people also with CKD and CHF - Use of technology for diabetes management and individualized care and recommendations for continuous glucose monitoring (CGM) based on therapy - Addressing social determinants of health in diabetes - Barriers to and critical times for diabetes self-management education and support (DSMES) - Vaccine-specific updates, including those related to COVID-19.

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Heart Failure	<p>ACCF/AHA Guideline for the Management of Heart Failure – 2013 Current http://www.hpsj.com/wp-content/uploads/2015/07/Chronic_Heart_Failure_ACC-AHA_2013.pdf</p> <p>2017 Update https://www.ahajournals.org/doi/10.1161/cir.0000000000000509</p> <p>2021 Update https://www.jacc.org/doi/10.1016/j.jacc.2020.11.022</p> <p>Highlights</p> <ul style="list-style-type: none"> CHF 2021 update –Clinical practice guideline form AHA/ACC/HFSA <ul style="list-style-type: none"> ○ New therapies <ul style="list-style-type: none"> ▪ ARNI – Angiotensin Receptor-Neprolysin Inhibitor ▪ SGLT2 Inhibitors – Sodium Glucose Cotransporter-2 Inhibitors ▪ Percutaneous therapy for mitral regurgitation ○ Discussed 10 pivotal issues (medication management, when to refer, needs in specific cohorts, etc.) ○ Contains Updated Treatment algorithms
Preventive Health	<p>Preventive health guidelines developed by Health Plan of San Joaquin (HPSJ) Health Educator - has been approved by committee – Current Preventive Health – Adult: Current, developed by HPSJ health educator</p>
Smoking Cessation	<p>USPSTF (US Preventative Services Task Force) Interventions for Tobacco Smoking Cessation in Adults, Including Pregnant Persons - 2021 https://jamanetwork.com/journals/jama/fullarticle/2775287</p> <p>Highlights</p> <p>Smoking cessation - Old guideline not available</p> <ul style="list-style-type: none"> - Clinical practice guideline from the US Preventative Services Task Force 2021 <ul style="list-style-type: none"> ○ Ask all adults about tobacco use, advise them to stop using tobacco, and provide behavioral interventions and FDA-approved pharmacotherapy for cessation to nonpregnant adults who use tobacco

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	<ul style="list-style-type: none"> ○ Ask all pregnant persons about tobacco use, advise them to stop using tobacco, and provide behavioral interventions for cessation to pregnant persons who use tobacco ○ Evidence is insufficient to assess the balance of benefits and harms of pharmacotherapy interventions for tobacco cessation in pregnant persons ○ Evidence is insufficient to assess the balance of benefits and harms of e-cigarettes for tobacco cessation in adults, including pregnant persons
Prenatal Care	<p>AAP and ACOG Guidelines for Perinatal Care – 2017 Current (American Academy of Pediatrics and American College of Obstetricians and Gynecologists) https://www.acog.org/clinical-information/physician-faqs/-/media/3a22e153b67446a6b31fb051e469187c.ashx</p>
Hypertension	<p>JNC 8 Guidelines for Management of Hypertension in Adults – 2014 Current (Report from the panel members appointed to the Eighth Joint National Committee, JNC 8) https://jamanetwork.com/journals/jama/fullarticle/1791497</p>
Hyperlipidemia	<p>ACC/AHA guideline on the Management of Blood Cholesterol – 2018 Current (American College of Cardiology and American Heart Association) https://www.ahajournals.org/doi/pdf/10.1161/CIR.0000000000000625</p> <p>Highlights</p> <p>Hyperlipidemia 2018 update –</p> <ul style="list-style-type: none"> ○ No changes to the four categories that benefit from statin treatment ○ Brought back ezetimibe (Zetia) ○ Role of PCSK-9 inhibitors ○ Brought back treatment to target goals for people with ASCVD to direct adding on ezetimibe and PCSK-9 inhibitors ○ No longer using the Friedewald formula to calculate LDL; instead using the Martin-Hopkins equation
Back Pain	<p>Clinical Practice Guideline from ACP (American College of Physicians) and American Pain Society-2017 Current https://www.acpjournals.org/doi/10.7326/M16-2367</p>

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	<p>Highlights</p> <p>Back Pain – 2017 Update –</p> <ul style="list-style-type: none"> - Clinical Practice Guideline from ACP <ul style="list-style-type: none"> o For acute or subacute back pain, first-line treatment is nonpharmacologic with superficial heat, massage, acupuncture, or spinal manipulation o For acute or subacute back pain, first-line pharmacologic treatment is NSAIDs or muscle relaxants o For chronic low back pain, first-line treatment is nonpharmacologic with exercise, multidisciplinary rehabilitation, acupuncture, mindfulness-based stress reduction (moderate-quality evidence), tai chi, yoga, motor control exercise, progressive relaxation, electromyography biofeedback, low-level laser therapy, operant therapy, cognitive behavioral therapy, or spinal manipulation o For chronic low back pain with inadequate response to nonpharmacologic therapy, should consider pharmacologic treatment with nonsteroidal anti-in as first-line therapy, or tramadol or duloxetine as second-line therapy o Should only consider opioids as an option in patients who have failed the aforementioned treatments and only if the potential benefits outweigh the risks for individual patients and after a discussion of known risks and realistic benefits with patients
<p>Pediatric Preventive Health</p>	<p>American Academy of Pediatrics/Bright Future for under the age of 21 https://brightfutures.aap.org/Pages/default.aspx</p>
<p>Chronic Kidney Disease (New)</p>	<p>Kidney Disease Improving Global Outcomes (KDIGO)/National Kidney Foundation – 2012 Current https://kdigo.org/guidelines/ Topic Updates – 2017 (bone and mineral disorders), 2018 (hepatitis C), 2020 (diabetes), and 2021(blood pressure)</p> <p>Highlights</p> <p>CKD – New for HPSJ</p> <ul style="list-style-type: none"> - Guidelines found at https://kdigo.org/guidelines/ - General management guideline is from 2012

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	<ul style="list-style-type: none"> - 2017 update for mineral and bone disorders <ul style="list-style-type: none"> o Monitoring and treatment of disturbances in calcium, phosphate, vitamin D, and PTH - 2018 update for hepatitis C in CKD <ul style="list-style-type: none"> o Screening for hep C for all CKD patients - 2020 update for transplant candidate - 2020 update for diabetes in CKD <ul style="list-style-type: none"> o Metformin and SGLT2 inhibitors first line as long as GFR > 30 o Treat hyperkalemia for people on ACE inhibitors/ARBs (with meds like zirconium) before discontinuing o GLP-1 agonists after metformin and SGLT2 inhibitors - 2021 update for blood pressure in CKD <ul style="list-style-type: none"> o Target BP is SBP < 120 for those with CKD with hypertension