

Clinical Practice Guidelines

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Cont'd Clinical Practice Guidelines 2022

Condition	2022 Clinical Practice Guidelines
ADHD (Attention Deficit Hyperactivity Disorder)	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 No No new updates when reviewed, as of August 2022 Highlights <ul style="list-style-type: none">ADHD 2019 update – Clinical practice guideline from AAP<ul style="list-style-type: none">Adopting DSM-5 criteria<ul style="list-style-type: none">Fewer problem behaviors are required for age 17 and olderMust be evidence that symptoms began before age 12 instead of 7Recommended treatments essentially unchangedUpdated process of care algorithm includes additional assessment tools with rating scales for anxiety, depression, substance abuse and trauma



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Asthma	<p data-bbox="311 237 1870 347">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 data-bbox="311 389 1870 461">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 data-bbox="311 504 1870 575">2020 Update: https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/2020-focused-updates-asthma-management-guidelines</p> <p data-bbox="311 618 1870 689">Nov 2021: https://publications.aap.org/pediatrics/article/148/5/e2021054270/181397/Biologics-for-Asthma-and-Allergic-Skin-Diseases-in</p> <p data-bbox="311 694 1870 803">Refer to a pediatric subspecialist (allergist, dermatologist, or pulmonologist) for determination of whether a patient is an appropriate candidate for biological therapy, as well as for determination of which therapy best fits the patient's phenotype</p> <p data-bbox="311 846 488 889">Highlights</p> <p data-bbox="311 893 1870 1018">Asthma 2020 focused update –Clinical practice guidelines from National Asthma Education and Prevention Program from US Dept of Health and Human Services (HHS)</p> <ul data-bbox="407 1032 1870 1375" style="list-style-type: none">• Using inhaled corticosteroids on an as-needed basis for mild persistent asthma for ages >12• Using formoterol for both control and rescue therapy (SMART)• Using long-acting antimuscarinic antagonists• Using allergy shots with small amounts of allergens to treat allergic asthma• Use of FeNO when diagnosis of asthma is unclear• Use of bronchial thermoplasty for persistent asthma; generally, recommend against



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COPD (Chronic obstructive pulmonary disease)	<p>Global Strategy for Diagnosis, Management, and Prevention of COPD-2021 https://goldcopd.org/</p> <p>Highlights</p> <p>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>From GOLD 2022 report:</p> <p>Minor amendments made:</p> <ul style="list-style-type: none">• Interventions that reduce the frequency of COPD exacerbations: shielding measures (e.g., mask wearing, minimizing social contact, frequent hand washing) was added• COVID-19, Tdap (dTaP/dTPa/pertussis/whooping cough) and Zoster (shingles) vaccinations have been added to the vaccine recommendations



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Depression	<p data-bbox="343 232 1887 311">Institute for Clinical Systems Improvement, Adult Depression in Primary Care Guideline – 2016 Current: https://www.icsi.org/guideline/depression/</p> <p data-bbox="343 332 1530 375">AAP Guidelines for Adolescent Depression in Primary Care - 2018</p> <p data-bbox="343 382 1510 418">https://pediatrics.aappublications.org/content/141/3/e20174081</p> <p data-bbox="343 425 1510 461">https://pediatrics.aappublications.org/content/141/3/e20174082</p> <p data-bbox="343 482 1278 518">No new updates when reviewed, as of August 2022</p> <p data-bbox="343 546 517 582">Highlights</p> <p data-bbox="343 589 1626 625">Depression in adolescents – Old guideline from ISCI no longer available</p> <ul data-bbox="343 632 1887 1372" style="list-style-type: none"><li data-bbox="343 632 1781 718">• Clinical practice guideline from AAP Guidelines for Adolescent Depression in Primary Care – 2018<ul data-bbox="440 725 1887 1372" style="list-style-type: none"><li data-bbox="440 725 1887 761">○ Annual universal screening of youth 12 and over at health maintenance visits<li data-bbox="440 768 1503 803">○ Identification of depression in youth who are at high risk<li data-bbox="440 811 1761 896">○ Systematic assessment procedures by using reliable depression scales, patient and caregiver interviews, and DSM-5<li data-bbox="440 903 1163 939">○ Patient and family psychoeducation<li data-bbox="440 946 1850 1032">○ Establishment of relevant links in the community ○ Establishment of a safety plan<li data-bbox="440 1039 1298 1075">○ Active monitoring of mildly depressed youth<li data-bbox="440 1082 1742 1168">○ Treatment with evidence-based medication and psychotherapeutic approaches in case of moderate and/or severe depression<li data-bbox="440 1175 1066 1210">○ Close monitoring of side effects<li data-bbox="440 1218 1819 1253">○ Consultation and co-management of care with mental health specialists<li data-bbox="440 1260 1058 1296">○ Ongoing tracking of outcomes<li data-bbox="440 1303 1887 1372">○ Specific steps to be taken in instances of partial or no improvement, after an initial treatment has begun



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Diabetes	<p data-bbox="276 379 1454 422">ADA Standards of Medical Care in Diabetes—2022</p> <p data-bbox="276 436 1866 596">Standards of Medical Care in Diabetes—2022 Abridged for Primary Care Providers Clinical Diabetes American Diabetes Association (diabetesjournals.org)</p> <p data-bbox="276 665 504 708">Highlights</p> <p data-bbox="276 722 832 765">Diabetes 2022 Update –</p> <ul data-bbox="372 779 1818 1109" style="list-style-type: none"><li data-bbox="372 779 1818 936">• All adults without risk factors should be screened with a test for prediabetes and type 2 diabetes starting at age 35, instead of age 45.<li data-bbox="372 951 1818 1109">• Recommend COVID-19 and flu vaccine for patients with diabetes, especially since obesity and diabetes are important risk factors for severe 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.000000000000509</p> <p>2021 Update: https://www.jacc.org/doi/10.1016/j.jacc.2020.11.022</p> <p>2022 Update: https://www.ahajournals.org/doi/10.1161/CIR.0000000000001063</p> <p>The previous guidelines for the management of heart failure (HF) from 2013 and 2017 were consolidated and updated to provide a new document: “The 2022 AHA/ACC/HFSA Guideline for the Management of Heart Failure”</p> <p>Highlights</p> <p>CHF 2021 update –Clinical practice guideline form AHA/ACC/HFSA</p> <ul style="list-style-type: none">o New therapies• ARNI – Angiotensin Receptor-Neprolysin Inhibitor• SGLT2 Inhibitors – Sodium Glucose Cotransporter-2 Inhibitors• Percutaneous therapy for mitral regurgitation<ul style="list-style-type: none">o Discussed 10 pivotal issues (medication management, when to refer, needs in specific cohorts, etc.)o Contains Updated Treatment algorithms



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Preventive Health	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
Smoking Cessation	USPSTF (US Preventative Services Task Force) Interventions for Tobacco Smoking Cessation in Adults, Including Pregnant Persons - 2021 https://jamanetwork.com/journals/jama/fullarticle/2775287 <i>No new updates when reviewed, as of August 2022</i> Highlights Smoking cessation - Old guideline not available <ul style="list-style-type: none">• Clinical practice guideline from the US Preventative Services Task Force 2021<ul style="list-style-type: none">o 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 tobaccoo Ask all pregnant persons about tobacco use, advise them to stop using tobacco, and provide behavioral interventions for cessation to pregnant persons who use tobaccoo Evidence is insufficient to assess the balance of benefits and harms of pharmacotherapy interventions for tobacco cessation in pregnant personso Evidence is insufficient to assess the balance of benefits and harms of e-cigarettes for tobacco cessation in adults, including pregnant persons



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Prenatal Care	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 No new updates when reviewed, as of August 2022
Hypertension	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 No new updates when reviewed, as of August 2022
Hyperlipidemia	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 No new updates when reviewed, as of August 2022 Highlights Hyperlipidemia 2018 update – <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



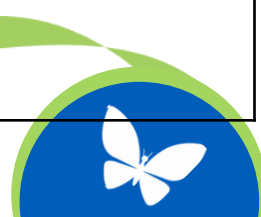
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Back Pain	<p data-bbox="353 205 1765 289">Clinical Practice Guideline from ACP (American College of Physicians) and American Pain Society-2017 Current:</p> <p data-bbox="353 297 1319 337">https://www.acpjournals.org/doi/10.7326/M16-2367</p> <p data-bbox="353 351 1319 391">No new updates when reviewed, as of August 2022</p> <p data-bbox="353 405 537 445">Highlights</p> <p data-bbox="353 452 819 492">Back Pain – 2017 Update</p> <ul data-bbox="353 499 1889 1362" style="list-style-type: none"><li data-bbox="353 499 1889 625">• Clinical Practice Guideline from ACP<ul data-bbox="413 499 1889 1362" style="list-style-type: none"><li data-bbox="413 499 1889 625">○ For acute or subacute back pain, first-line treatment is nonpharmacologic with superficial heat, massage, acupuncture, or spinal manipulation<ul data-bbox="452 639 1889 1182" style="list-style-type: none"><li data-bbox="452 639 1889 723">○ For acute or subacute back pain, first-line pharmacologic treatment is NSAIDs or muscle relaxants<li data-bbox="452 731 1889 988">○ 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<li data-bbox="452 1002 1889 1182">○ 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<li data-bbox="452 1188 1889 1362">○ 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



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Pediatric Prevention Health	American Academy of Pediatrics/Bright Future for under the age of 21 https://brightfutures.aap.org/Pages/default.aspx
Chronic Kidney Disease	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 style="color: red;">No new updates when reviewed, as of August 2022</p> Highlights CKD – New for HPSJ - Guidelines found at https://kdigo.org/guidelines/ <ul style="list-style-type: none"> • General management guideline is from 2012 • 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 • Metformin and SGLT2 inhibitors first line as long as GFR > 30 • Treat hyperkalemia for people on ACE inhibitors/ARBs (with meds like zirconium) before discontinuing <ul style="list-style-type: none"> o GLP-1 agonists after metformin and SGLT2 inhibitors • 2021 update for blood pressure in CKD • Target BP is SBP < 120 for those with CKD with hypertension



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Covid-19	<p data-bbox="285 258 1284 297">Centers for Disease Control and Prevention 2022</p> <p data-bbox="285 308 1576 347">https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html</p> <p data-bbox="285 411 488 449">Highlights</p> <ul data-bbox="369 461 1843 1163" style="list-style-type: none"><li data-bbox="369 461 1843 554">• Vaccines to prevent SARS-CoV-2 infection are considered the most promising approach for curbing the COVID-19 pandemic<li data-bbox="369 565 1843 753">• Clinical presentation of COVID-19 cases due to Delta and Omicron variant (April 2022): Symptoms of upper respiratory tract infection (URI) are the most common manifestations of non-severe COVID-19. Symptoms can vary from asymptomatic to critical illness<li data-bbox="369 765 1508 803">• Novel breath test to diagnose COVID-19 (April 2022)<li data-bbox="369 815 1804 908">• Preferred testing: Reverse-transcription polymerase chain reaction (RT-PCR) assay, if not available, antigen testing can be used<li data-bbox="369 919 1843 1163">• Treatment with COVID-19-specific therapy (i.e. Paxlovid) for certain symptomatic adult outpatients who have mild to moderate COVID-19 and are at increased risk for progression to severe disease (e.g., based on older age, immune status, COVID-19 vaccination history, and comorbidities associated with progression)

