Clinical Practice Guidelines
Sanford Health Plan is responsible for adopting and distributing clinical practice guidelines for acute, chronic and behavioral health care services that are relevant to our membership. Clinical practice guidelines are systematically developed statements that help practitioners and members make decisions about appropriate health care for specific clinical circumstances. These guidelines can improve health care and reduce unnecessary variations in practice patterns. Practice guidelines are based on reasonable medical evidence, such as clinical literature and expert consensus. The Plan’s multi-specialty physician committee, the Physician Quality Committee, has reviewed and approved practice guidelines for numerous conditions. Where links are provided, Sanford Health Plan has adopted the clinical practice guidelines exactly as they are written by the respective organizations. If you have any questions or suggestions regarding these guidelines or would like to request a copy of the guidelines, please visit the mySanfordHealthPlan provider portal or call the Health Plan at (800) 601-5086 or (605) 328-6877.

Clinical Practice Guidelines Adopted from Sanford Health:
The following guidelines in this section were developed by the Sanford Clinical Practice Committee and adopted by Sanford Health Plan’s Physician Quality Committee.

**ADHD**
*Sanford Clinic Attention Deficit Hyperactivity Disorder (ADHD) (Age 6-18) Practice Guideline for Primary Care Revised. 11292017*

**Appropriate Antibiotic Utilization**
**Pediatric:**
*Pediatric Acute Bacterial Sinusitis (ABS) Guideline. Revised 02062014*
*Pediatric Pharyngitis Guideline (Age 5-17 Years). Revised 12222015*
*Pediatric Acute Otitis Media (AOM) Guideline (Children >2 Months of Age). Revised 07282014*

**Adults:**
*Adult Acute Bacterial Rhinosinusitis (ABRS) Guideline. UpToDate 07102020.*
*Adult Rhinosinusitis Guideline. UpToDate 07102020*
*Adult Acute Pharyngitis Guideline (Age 16 Years and Older). UpToDate 07102020.*
*Adult Acute Bronchitis Guideline. UpToDate 07102020*
*Adult Acute Exacerbation of Chronic Bronchitis (AECB) Outpatient Guideline. Revised 04162014*

**Asthma**
*Sanford Clinic Adult Asthma Practice Guidelines (age 12 and older). Revised 091118*
*Sanford Clinic Asthma Practice Guidelines (age 5-11). Revised 091118*
Breast Cancer Screening
Sanford Clinic Breast Cancer Screening Guideline. Revised 09112018.

Cervical Cancer Screening
Sanford Clinic Cervical Cancer Screening: Adults with no history of HPV, CIN or Cervical Cancer. UpToDate 04152020
Sanford Clinic Cervical Cancer Screening: Follow-up of a Pap test reported as “unsatisfactory.” UpToDate 06032020.
Sanford Clinic Cervical Cancer Screening: Follow-up of a Pap test showing partially obscuring blood or inflammation. UpToDate 04152020
Sanford Clinic Cervical Cancer Screening: Follow-up of an absent endocervical transformation zone. UpToDate 04152020

Chronic Pain Management and Chronic Opiate Therapy
Sanford Clinic Effective Chronic Pain Management and Chronic Opiate Therapy Guideline. Revised 08252017

Congestive Heart Failure
Sanford Clinic Adult (Age > 18) Heart Failure (HF) Guideline. Revised 07092018.

COPD
Sanford Clinic Chronic Obstructive Pulmonary Disease: Initial Diagnosis. UpToDate 07102020
Sanford Clinic Severity Assessment and Selection of Initial Therapy in Adults. UpToDate 07102020
Sanford Clinic Chronic Obstructive Pulmonary Disease: Identifying patients with an acute exacerbation who warrant hospitalization. UpToDate 07102020

Depression
Sanford Clinic Major Depression (Age > 12) Practice Guideline. Revised 09112018 ARR.

Diabetes
Sanford Clinic Diagnosis of Diabetes Mellitus or Prediabetes in Non-Pregnant Adults. UpToDate 01062020.
Sanford Clinic Initial Therapy for Non-Pregnant Adults with Type 2 Diabetes. UpToDate 07222020.
Sanford Clinic Diabetes: Therapy for Non-Pregnant Adults with Type 2 DM and an Inadequate Response to Metformin Monotherapy. UpToDate 03192020
Sanford Clinic Diabetes: Therapy for Non-Pregnant Adults with Type 2 DM and an Inadequate Response to Sulfonylurea Monotherapy. UpToDate 02182020

Low Back Pain
Sanford Clinic Evaluation of an Adult with Acute, Non-Traumatic Low Back Pain. UpToDate 082919
Obesity
Adults:
*Sanford Clinic Adult Obesity (Age > 18) Practice Guideline. Revised 11/11/2016.*

Children/Adolescents:
*Sanford Clinic Pediatric (Ages 3-17) Obesity Guideline. Revised 08/01/2013 ARR.*

Other Clinical Practice Guidelines:

**Cardiovascular Health**

*Stable Coronary Artery Disease: Treatment.*

View these guidelines on the American Family Physician website at:


View these guidelines on the American Heart Association website at:
[https://www.ahajournals.org/doi/10.1161/CIR.0000000000000677](https://www.ahajournals.org/doi/10.1161/CIR.0000000000000677)

**Chlamydia Screening**


View these guidelines on the CDC website:

**Cholesterol**

Source: *American Heart Association Journal, June 18th, 2019, Volume 139, Issue 25*

View this guideline online at:
[https://www.ahajournals.org/doi/suppl/10.1161/CIR.0000000000000625](https://www.ahajournals.org/doi/suppl/10.1161/CIR.0000000000000625).

View this guideline on the American Heart Association Journals website at: https://doi.org/10.1161/CIR.0000000000000638

Colorectal Cancer Screening
Colorectal cancer (CRC) screening: Asymptomatic patients with no history of colon polyps.
Source: https://www.uptodate.com/contents/screening-for-colorectal-cancer

*Draft Update Summary for Colorectal Cancer: Screening currently in progress as of August 2020.*

Healthy Pregnancy
American Academy of Pediatrics, American College of Obstetricians and Gynecologists. Guidelines for Perinatal Care. 8th ed. Source: AAP Committee on Fetus and Newborn and ACOG Committee on Obstetric Practice; Editors: Sarah J. Kilpatrick, MD, PhD, FACOG and Lu-Ann Papile, MD, FAAP; Associate editors: George A. Macones, MD, FACOG and Kristi L. Watterberg, MD, FAAP 9/15/2017.

These guidelines are available for purchase on the American Academy of Pediatrics website: https://shop.aap.org/guidelines-for-perinatal-care-8th-edition-paperback/

HIV
Guidelines for the Use of Antiretroviral Agents in Adults and Adolescents with HIV. Department of Health and Human Services. Revised: July 10, 2019

View these guidelines on the AIDSinfo website at: https://aidsinfo.nih.gov/guidelines/html/1/adult-and-adolescent-arv/0

Hypertension


View these corrections and updates to the guideline on the American College of Cardiology website at: https://doi.org/10.1016/j.jacc.2017.11.006

Hypertension: Initial Management and Overview in Adults. Source: UpToDate Online; Bakris, George L., MD, Basile, Jan, MD and Mann, Johannes FE, MD. UpToDate 07202020

Immunizations


View these guidelines on the CDC’s website at: https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html

Low Back Pain

Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians. Amir Qaseem, MD, PhD, MHA; Timothy J. Wilt, MD, MPH; Robert M. McLean, MD; Mary Ann Forciea, MD. April 4, 2017 Source: Annals of Internal Medicine, Ann Intern Med. 2017;166(7):514-530.


Treatment of Acute Low Back Pain. Source: UpToDate Online; Christopher L. Knight, MD; Richard A Deyo, MD, MPH; Thomas O Staiger, MD; Joyce E Wipf, MD. UpToDate 03192020

Menopause


View these guidelines at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4594172/

Treatment of Menopausal Symptoms with Hormone Therapy Source: UpToDate Online; Kathryn A. Martin, MD, Robert L. Barbieri, MD, William F. Crowley, Jr, MD and Jean E. Mulder, MD. Updated: 06242020.

View these guidelines online at: https://www.uptodate.com/contents/treatment-of-menopausal-symptoms-with-hormone-therapy
Mental Health

Anxiety: What Are Anxiety Disorders? The American Psychiatric Association. Ranna Parekh, MD, MPH
https://www.psychiatry.org/patients-families/anxiety-disorders/what-are-anxiety-disorders, 1/2017

Migraines/Headaches

View these guidelines on the International Headache Society website at:
http://www.ihs-headache.org/ichd-guidelines/ihs-guidelines

Osteoporosis
View these guidelines on the National Osteoporosis Foundation’s website at:
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4643600/

Source: https://academic.oup.com/jcem/article/104/5/1595/5418884

Osteoporosis and Osteopenia: Initial Management in Postmenopausal Women. Source: UpToDate Online; Clifford J. Rosen, MD; Harold N. Rosen, MD; John P. Forman, MD, MSc; Jean E Mulder, MD. UpToDate 01132020
Preventive Health Guidelines

Sanford Health Plan’s Preventive Health Guidelines are adapted from a variety of sources including: Guide to Clinical Preventive Services from the U.S. Preventive Services Task Force, Centers for Disease Control and Prevention, the Sanford Health Plan Physician Quality Committee, Bright Futures, UpToDate and a variety of other evidence based clinical practice guidelines as noted in this document.

View the US Preventive Services Task Force recommendations on their website at:
http://www.uspreventiveservicestaskforce.org/Page/Name/recommendations

Preventive Pediatric Health Care

2020 Recommendations for Preventive Pediatric Health Care. COMMITTEE ON PRACTICE AND AMBULATORY MEDICINE, BRIGHT FUTURES PERIODICITY SCHEDULE WORKGROUP Pediatrics Mar 2020, 143 (3) e20183971; DOI: 10.1542/peds.2018-3971

View these guidelines on the American Academy of Pediatrics website at:

Substance Use Disorder Guidelines

Adult:
The ASAM criteria are clinical guides designed by the American Society of Addictive Medicine.

View these guidelines on the American Society of Addictive Medicine website at:
http://www.ASAM.org

Children:
Source: https://doi.org/10.1007/978-3-319-90611-9_5
Substance Use Screening, Brief Intervention, and Referral to Treatment. Sharon J.L. Levy, Janet F. Williams, COMMITTEE ON SUBSTANCE USE AND PREVENTION. Pediatrics Jul 2016, 138(1) e20161211; DOI: 10.1542/peds.2016-1211
*Revision of 2011 policy.

View these guidelines on the American Academy of Pediatrics website at: https://pediatrics.aappublications.org/content/138/1/e20161211


View these guidelines on the CDC website at: https://www.cdc.gov/drugoverdose/prescribing/guideline.html

**Tobacco Cessation**


View these guidelines on the AHRQ website at: https://www.ahrq.gov/prevention/guidelines/tobacco/index.html

National Guidelines For Smoking Cessation in Primary Care: A Literature Review and Evidence Analysis