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 01062020.
Adult Rhinosinusitis Guideline. UpToDate 11112019
Adult Acute Pharyngitis Guideline (Age 16 Years and Older). UpToDate 11112019.
Adult Acute Bronchitis Guideline. UpToDate 08292019
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. Revised 02112020

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 01062020
Sanford Clinic Severity Assessment and Selection of Initial Therapy in Adults. UpToDate 09172019

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 02182020.
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 11112016.

Children/Adolescents:
Sanford Clinic Pediatric (Ages 3-17) Obesity Guideline. Revised 08012013 ARR.
Other Clinical Practice Guidelines:

**Cardiovascular Health**

*Stable Coronary Artery Disease: Treatment.*


View these guidelines on the American Family Physician website at: https://www.aafp.org/afp/2018/0315/p376.html


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

**Chlamydia Screening**

*Sexually Transmitted Diseases Treatment Guidelines, 2015*


**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.


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

View this guideline on the American Heart Association Journals website at: https://doi.org/10.1161/CIR.0000000000000638
Colorectal Cancer Screening
Screening for Colorectal Cancer: Strategies in Patients at Average Risk. Revised Online.
Source: https://www.uptodate.com/contents/screening-for-colorectal-cancer-strategies-in-patients-at-average-risk#H1

Source:

*Draft Update Summary for Colorectal Cancer: Screening currently in progress as of March 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. Magenides, 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:

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
Immunizations
2020 Recommended Immunization Schedule for Child & Adolescent.
Source: Centers for Disease Control and Prevention, Georgia. February 6, 2020. Reviewed by the Sanford Health Plan Physician Quality Committee.

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


Menopause
Source: Andrew m. Kaunitz, MD and JoAnn E. Manson, MD.
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. April 13, 2019.
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

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


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_

