

## 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 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.*

Source: MICHAEL M. BRAUN, DO, WILLIAM A. STEVENS, MD, CRAIG H. BARSTOW, MD, *Am Fam Physician*. 2018 Mar 15;97(6):376-384.

View these guidelines on the American Family Physician website at:

<https://www.aafp.org/afp/2018/0315/p376.html>

*2019 ACC/AHA guideline on the primary prevention of cardiovascular disease: Executive summary: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines.* March 17<sup>th</sup>, 2019. Volume 140, No. 11; e563–e595

Source: Arnett DK, Blumenthal RS, Albert MA, Buroker AB, Goldberger ZD, Hahn EJ, Himmelfarb CD, Khera A, Lloyd-Jones D, McEvoy JW, Michos ED, Miedema MD, Muñoz D, Smith SC Jr, Virani SS, Williams KA Sr, Yeboah J, Ziaeian B.

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*

Centers for Disease Control and Prevention. *Sexually Transmitted Diseases Treatment Guidelines, 2015.* MMWR Recomm Rep 2015;64(No. RR-3): 1-137.

View these guidelines on the CDC website:

<http://www.cdc.gov/std/tg2015/tg-2015-print.pdf>

### Cholesterol

*2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines.* Grundy SM, Stone NJ, Bailey AL, Beam C, Birtcher KK, Blumenthal RS, Braun LT, de Ferranti S, Faiella-Tommasino J, Forman DE, Goldberg R, Heidenreich PA, Hlatky MA, Jones DW, Lloyd-Jones D, Lopez-Pajares N, Ndumele CE, Orringer CE, Peralta CA, Saseen JJ, Smith SC Jr, Sperling L, Virani SS, Yeboah J.

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

View this guideline online at:

<https://www.ahajournals.org/doi/suppl/10.1161/CIR.0000000000000625>.

*Use of Risk Assessment Tools to Guide Decision-Making in the Primary Prevention of Atherosclerotic Cardiovascular Disease: A Special Report From the American Heart Association and American College of Cardiology.* Lloyd-Jones DM, Braun LT, Ndumele CE, Smith SC Jr, Sperling LS, Virani SS, Blumenthal RS. Originally Published: November 10<sup>th</sup>, 2018. Source: *American Heart Association Journal*, June 18<sup>th</sup>, 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

*Colorectal cancer (CRC) screening: Asymptomatic patients with no history of colon polyps.* UpToDate Online. Chyke Doubeni, MD, FRCS, MPH, Joann G Elmore, MD, MPH, J Thomas Lamont, MD, Judith A Melin, MA, MD, FACP. July 30, 2020.

Source: <https://www.uptodate.com/contents/screening-for-colorectal-cancer>

*Final Update Summary: Colorectal Cancer: Screening.* U.S. Preventive Services Task Force. June 2016.

Source:

<https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/colorectal-cancer-screening2>

\*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

*2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines.* Source: Paul K. Whelton, Robert M. Carey, Wilbert S. Aronow, Donald E. Casey Jr., Karen J. Collins, Cheryl Dennison Himmelfarb, Sondra M. DePalma, Samuel Gidding, Kenneth A. Jamerson, Daniel W. Jones, Eric J. MacLaughlin, Paul Muntner, Bruce Ovbiagele, Sidney C. Smith Jr., Crystal C. Spencer, Randall S. Stafford, Sandra

J. Taler, Randal J. Thomas, Kim A. Williams Sr., Jeff D. Williamson and Jackson T. Wright Jr.  
11/13/2017.

Updated May 7<sup>th</sup>, 2018, Volume 71, Issue 19. Source: *J Am Coll Cardiol* 2018;71:e127–248

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

*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

Source: *Annals of Internal Medicine*, *Ann Intern Med.* 2017;166(7):514-530.

View these guidelines on the website: [https://annals.org/aim/fullarticle/2603228/noninvasive-treatments-acute-subacute-chronic-low-back-pain-clinical-practice?\\_ga=2.179486951.210353391.1568735887-252396723.1568735887](https://annals.org/aim/fullarticle/2603228/noninvasive-treatments-acute-subacute-chronic-low-back-pain-clinical-practice?_ga=2.179486951.210353391.1568735887-252396723.1568735887)

[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

*Management of Menopausal Symptoms.* *Obstetrics and Gynecology*, Vol 126, Issue 4, October 2015.

Source: Andrew m. Kaunitz, MD and JoAnn E. Manson, MD.

doi: 10.1097/AOG.0000000000001058. Updated October 1, 2016

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

The American Psychiatric Association: *Practice Guidelines for the Psychiatric Evaluation of Adults, Third Edition, 2016*

<https://psychiatryonline.org/doi/pdf/10.1176/appi.books.9780890426760>

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

International Headache Society, *The International Classification of Headache Disorders 3rd Edition* (2018).

View these guidelines on the International Headache Society website at:

<http://www.ihs-headache.org/ichd-guidelines/ihs-guidelines>

## Osteoporosis

*Clinician's Guide to Prevention and Treatment of Osteoporosis*. *Osteoporosis Int.* 2015; 26(7): 2045–2047. Published online 2015 May 19. doi:10.1007/s00198-015-3037-x.

Source: National Osteoporosis Foundation. Washington, DC; 2015.

View these guidelines on the National Osteoporosis Foundation's website at:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4643600/>

Pharmacological Management of Osteoporosis in Postmenopausal Women: An Endocrine Society Clinical Practice Guideline. *The Journal of Clinical Endocrinology & Metabolism*.

Volume 104, Issue 5, May 2019, Pages 1595–1622. Richard Eastell, Clifford J Rosen, Dennis M Black, Angela M Cheung, M Hassan Murad, Dolores Shoback

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:

[https://www.aap.org/en-us/documents/periodicity\\_schedule.pdf](https://www.aap.org/en-us/documents/periodicity_schedule.pdf)

## Substance Use Disorder Guidelines

### **Adult:**

*The ASAM Criteria: Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions Third Edition, 2013.*

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:**

Winters K.C. et al. (2018) Adolescent Substance Abuse Treatment: A Review of Evidence-Based Research. In: Leukefeld C., Gullotta T. (eds) Adolescent Substance Abuse. Issues in Children's and Families' Lives. Springer, Cham; DOI:10.1007/978-3-319-90611-9\_5

Source: [https://doi.org/10.1007/978-3-319-90611-9\\_5](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>

Dowell D, Haegerich TM, Chou R. *CDC Guideline for Prescribing Opioids for Chronic Pain — United States, 2016.* *MMWR Recomm Rep* 2016; 65(No. RR-1):1–49. DOI:

<http://dx.doi.org/10.15585/mmwr.rr6501e1>

View these guidelines on the CDC website at:

<https://www.cdc.gov/drugoverdose/prescribing/guideline.html>

## **Tobacco Cessation**

*Treating Tobacco Use and Dependence: 2008 Update.* Fiore MC, Jaén CR, Baker TB, et al. Content last reviewed February 2020. Agency for Healthcare Research and Quality, Rockville, MD.

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*

Verbiest, M., Brakema, E., Van der Kleij, R., Sheals, K., Allistone, G., Williams, S., . . . Chavannes, N. (2017, January 20). *National Guidelines for Smoking Cessation in Primary Care: A Literature Review and Evidence Analysis.* *Nature Research Journal*, 27(2). Retrieved from

<http://www.nature.com/articles/s41533-016-0004-8>

*Final Recommendation Statement: Tobacco Smoking Cessation in Adults, Including Pregnant Women: Behavioral and Pharmacotherapy Interventions.* U.S. Preventive Services Task Force. May 2019.

Source:

<https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/tobacco-use-in-adults-and-pregnant-women-counseling-and-interventions>