



## CLINICAL PRACTICE GUIDELINES

Vibra Health Plan (VHP) is dedicated to supporting evidence-based, nationally-recognized clinical practice guidelines as the foundation for programmatic design and delivery. The following are the Clinical Practice Guidelines selected and referenced by VHP for these purposes:

### ASTHMA

- ✧ Guidelines for the Diagnosis and Management of Asthma—2007:  
<http://www.nhlbi.nih.gov/health-pro/guidelines/current/asthma-guidelines/full-report>
- ✧ Quick Care Guide: [https://www.nhlbi.nih.gov/files/docs/guidelines/asthma\\_qrg.pdf](https://www.nhlbi.nih.gov/files/docs/guidelines/asthma_qrg.pdf)

### BEHAVIORAL HEALTH DISORDERS

MAIN APA Practice Guidelines Site:  
<http://psychiatryonline.org/guidelines>

#### SUBSETS:

- ✧ Psychiatric Evaluation of Adults:  
[https://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/psychevaladults.pdf](https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/psychevaladults.pdf)
- ✧ Use of Antipsychotics to Treat Agitation or Psychosis in Patients with Dementia:  
<http://psychiatryonline.org/doi/book/10.1176/appi.books.9780890426807>
- ✧ Treatment of Patients with:
  - Acute Stress Disorder and Post Traumatic Stress Disorder:  
[http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/acutestressdisorderptsd.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/acutestressdisorderptsd.pdf)
  - Alzheimer’s Disease and Other Dementias:  
[http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/alzheimers.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/alzheimers.pdf)
  - Bipolar Disorder:  
[http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/bipolar.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/bipolar.pdf)
  - Borderline Personality Disorder:  
[http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/bipolar.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/bipolar.pdf)

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- Delirium:  
[http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/delirium.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/delirium.pdf)
- Eating Disorders:  
[http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/eatingdisorders.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/eatingdisorders.pdf)
- Major Depressive Disorder:  
[http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/mdd.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf)
- Panic Disorder:  
[http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/ocd.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/ocd.pdf)
- Schizophrenia:  
[http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/schizophrenia.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/schizophrenia.pdf)
- Substance Use Disorder:  
[http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/substanceuse.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse.pdf)
- Suicidal Behaviors:  
[http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/suicide.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/suicide.pdf)

### **Depression**

- ✧ Clinical Practice Guideline on the Management of Depression in Adults, American College of Physicians: <http://annals.org/article.aspx?articleid=2490527>
- ✧ Screening for Depression in Adults, Journal of the American Medical Association: <http://jamanetwork.com/journals/jama/fullarticle/2484345?alert=1>

### **Substance Use Disorder**

- ✧ Substance Abuse and Mental Health Services Administration: <http://www.samhsa.gov/treatment/substance-use-disorders>
- ✧ American Society of Addiction Medicine: <http://www.asam.org/public-resources/treatment>
- ✧ Department of Defense Practice Guideline, Treatment of Substance Abuse: <http://www.healthquality.va.gov/guidelines/MH/sud/>

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### ***Opioid Management***

- ✧ CDC Guideline for Prescribing Opioids for Chronic Pain — United States, 2017  
<https://www.cdc.gov/drugoverdose/prescribing/guideline.html>
- ✧ Clinical Guidelines for the Use of Chronic Opioid Therapy in Chronic Non-cancer Pain  
[http://www.jpain.org/article/S1526-5900\(08\)00831-6/fulltext](http://www.jpain.org/article/S1526-5900(08)00831-6/fulltext)
- ✧ Management of Opioid Therapy (OT) for Chronic Pain (2017)  
<http://www.healthquality.va.gov/guidelines/Pain/cot/>

### **COPD**

- ✧ Global Initiative for Chronic Obstructive Pulmonary Disease (COPD):  
<http://goldcopd.org>
- ✧ COPD Resources: <http://www.nhlbi.nih.gov/health/educational/copd/event-listing/awareness-month/materials-resources.htm>
- ✧ Asthma-COPD Overlap Syndrome: <http://goldcopd.org/asthma-copd-asthma-copd-overlap-syndrome>

### **CORONARY ARTERY DISEASE**

- ✧ 2013 ACC/AHA Guideline on the Assessment of Cardiovascular Risk:  
<http://content.onlinejacc.org/article.aspx?articleid=1879711>
- ✧ The primary and secondary prevention of Coronary Artery Disease (CAD), American College of Chest Physicians Evidence-Based Clinical Practice Guidelines:  
<https://www.ncbi.nlm.nih.gov/pubmed/18574278>
- ✧ ACC/AHA - Updated Guideline on the Treatment of Blood Cholesterol to Reduce ASCVD Risk: <http://www.aafp.org/afp/2014/0815/p260.html>

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### DIABETES

- ✧ Diabetes Standards of Medical Care, American Diabetes Association:  
[http://care.diabetesjournals.org/content/diacare/suppl/2016/12/15/40.Supplement\\_1.DC1/DC\\_40\\_S1\\_final.pdf](http://care.diabetesjournals.org/content/diacare/suppl/2016/12/15/40.Supplement_1.DC1/DC_40_S1_final.pdf)
- ✧ AACE/ACE Comprehensive Type II Diabetes Management, American Association of Clinical Endocrinologists: <https://www.aace.com/publications/algorithm>

### HEART FAILURE

- ✧ Updated Clinical Practice Guidelines on Heart Failure: An International Alignment:  
<http://circ.ahajournals.org/content/134/13/e280>
- ✧ Drugs that May Cause or Exacerbate Heart Failure:  
<http://circ.ahajournals.org/content/early/2016/07/11/CIR.000000000000426>
- ✧ 2016 ACC/AHA/HFSA Focused Update on New Pharmacological Therapy for Heart Failure: An Update of the 2013 ACCF/AHA Guideline for the Management of Heart Failure:  
<http://circ.ahajournals.org/content/circulationaha/early/2016/05/18/CIR.0000000000000435.full.pdf>
- ✧ 2016 ACC/AHA Guideline Focused Update on Duration of Dual Antiplatelet Therapy in Patients with Coronary Artery Disease  
<http://circ.ahajournals.org/content/early/2016/03/28/CIR.000000000000404>

### HIGH BLOOD PRESSURE

- ✧ Guidelines on the prevention, detection, evaluation and treatment of high blood pressure, National Heart Lung and Blood Institute:  
<http://www.nhlbi.nih.gov/files/docs/guidelines/express.pdf>
- ✧ 2017 Guideline for High Blood Pressure in Adults, American College of Cardiology:  
<http://www.acc.org/latest-in-cardiology/ten-points-to-remember/2017/11/09/11/41/2017-guideline-for-high-blood-pressure-in-adults>

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- ✿ Joint National Committee 8 Guidelines:  
<https://www.aafp.org/afp/2014/1001/p503.html>
- ✿ Joint National Committee 8 Guideline Algorithm:  
<http://www.nmhs.net/documents/27JNC8HTNGuidelinesBookBooklet.pdf>

### HIGH RISK MEDICATION

- ✿ American Geriatrics Society 2015 Updated Beers Criteria for Potentially Inappropriate Medication Use in Older Adults:  
<http://onlinelibrary.wiley.com/doi/10.1111/jgs.13702/full>

### PREVENTIVE CARE

- ✿ Medicare Preventive Services:  
<https://www.cms.gov/Medicare/Prevention/PrevntionGenInfo/medicare-preventive-services/MPS-QuickReferenceChart-1.html>

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