

INDEPENDENT CARE HEALTH PLAN POLICY/PROCEDURE

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Independent Care Health Plan contracts with individual and group providers of health care products and services for Medicare and Medicaid recipients. Each line of business functions under its own contract guidelines for which benefit and reimbursement requirements vary. Specific contract benefits, guidelines, and/or policies supersede information outlined in this policy.

POLICY:

Independent Care Health Plan is dedicated to enriching the quality of clinical care provided to our members by our staff and contracted providers. Clinical Practice Guidelines support clinical care providers in treating chronic disease, providing preventative care, and facilitating provider-member interactions.

All Clinical Practice Guidelines recommended by iCare are based on national medical association and health organization recommendations. Information provided in this policy applies to all clinical providers of care to iCare members and is reviewed annually and updated no less than every two years, or as national guidelines change. Updates to the Clinical Practice Guidelines in policy form are reviewed by the Credentials Review Committee at the quarterly meeting immediately proceeding any policy revision. Independent Care Health Plan expects all clinical providers to access the Clinical Practice Guidelines policy on the provider website under the heading “Clinical Practice Guidelines.”

Clinical Practice Guidelines may be incorporated into member education materials as needed with the caveat that rewording of the guidelines must occur in order to meet the health literacy standards for member education (see also [FCP CM-019](#)).

PROCESS:

A Clinical Practice Guideline (CPG) is created by national medical associations and/or health organizations for the explicit purpose of disseminating peer-reviewed, evidence-based practice recommendations to enhance the quality and consistency of care delivered to all patients, regardless of payer source. The CPGs guide decisions and provide criteria regarding diagnosis, management, and treatment in specific areas of healthcare and population health based on published evidenced-based medical literature. The CPGs reflect a current evidence in the literature for large groups of individuals with specific health diagnoses; at all times, a licensed and boarded practitioner is encouraged to practice patient-centered care within their authorized scope of practice, developing care plans with each individual patient’s needs and conditions in mind, and utilizing medical justifications for exceptions when deviating from the CPGs based on the provider’s expertise and clinical judgment.

The CPGs address the following conditions: Heart Disease and Coronary Artery Disease; Respiratory Disease, Depression, Attention Deficit/Hyperactivity Disorder, Diabetes Mellitus, Hypertension, Back Pain, Osteoarthritis, and Childhood Obesity. GPCs recommended by iCare Care Management and Family Care Partnership teams include Fall Prevention and Palliative Care Guidelines. Independent Care Health Plan recognizes these CPGs as an integral component to the care for the major health conditions affecting

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our Medicare and Medicaid members in all of our health plans, including our Dual Eligible Special Needs Plans (D-SNP), Family Care Partnership (FIDE-SNP), SSI, and BadgerCare-Plus plans.

Information regarding Clinical Practice Guidelines and their updates are found in the iCare provider reference manual posted on iCare’s provider website. iCare provider contracts state that the provider reference manual is incorporated into the contract by reference. Providers who receive iCare training as part of the on-boarding process with iCare staff also receive information regarding iCare’s expectation that providers follow CPGs, as well as where on the iCare website to access the policy and the internet links to disease-specific guidelines. Electronic-based provider newsletters and other forms of web-based information outlets are additional resources that iCare may use at its discretion to inform providers and/or members of new or updated policies on an as-needed basis.

CLINICAL PRACTICE GUIDELINES

Heart Disease and Coronary Artery Disease

2013 ACCF/AHA Guideline for the Management of Heart Failure
<http://www.circ.ahajournals.org/content/128/16/e240.full.pdf+html>

AHA/ACCF 2009 Performance Measures for Primary Prevention of Cardiovascular Disease in Adults
<http://circ.ahajournals.org/content/120/13/1296.full.pdf+html>

AHA/ACCF Guidelines for Secondary Prevention for Patients with Coronary and Other Atherosclerotic Vascular Disease: 2006 Update
<http://circ.ahajournals.org/content/113/19/2363.full.pdf+html>

Respiratory Disease

Guidelines for the Diagnosis and Management of Asthma, Expert Panel Report 3:Full Report 2007
<http://www.nhlbi.nih.gov/files/docs/guidelines/asthgdln.pdf>

Global Strategy for Diagnosis, Management, and Prevention of COPD (Updated 2015)
http://www.goldcopd.org/uploads/users/files/GOLD_Report_2015_Feb18.pdf

Diagnosis and Management of Stable Chronic Obstructive Pulmonary Disease: 2011 A Clinical Practice Guideline Update from the American College of Physicians, American College of Chest Physicians, American Thoracic Society, and European Respiratory Society
<http://www.thoracic.org/statements/resources/copd/179full.pdf>

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Behavioral Health

Depression

Practice Guideline for the Treatment of Patients With Major Depressive Disorder, Third Edition

http://www.valueoptions.com/providers/Handbook/treatment/Major_Depression.pdf

Attention-Deficit/Hyperactivity Disorder in Children and Adolescents

ADHD: Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents

<http://pediatrics.aappublications.org/content/early/2011/10/14/peds.2011-2654.full.pdf+html>

Diabetes Mellitus

Standards of Medical Care in Diabetes (2013)

http://care.diabetesjournals.org/content/36/Supplement_1/S11.full.pdf+html

Hypertension

2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults: Report From the Panel Members Appointed to the Eighth Joint National Committee (JNC 8)

<http://jama.jamanetwork.com/article.aspx?articleid=1791497>

Chronic Pain

Assessment and management of chronic pain. Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2013 Nov.

<http://www.guideline.gov/content.aspx?id=47646&search=chronic+pain>

Back Pain

Diagnosis and Treatment of Low Back Pain: A Joint Clinical Practice Guideline from the American College of Physicians and the American Pain Society (2007)

<http://annals.org/article.aspx?articleid=736814>

Osteoarthritis

American College of Rheumatology (ACR) – Recommendations for the Use of Nonpharmacologic and Pharmacologic Therapies in Osteoarthritis of the Hand, Hip, and Knee (2012)

<http://www.guideline.gov/content.aspx?id=36893>

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Adult and Childhood Obesity

Screening for and Management of Obesity in Adults: U.S. Preventive Services Task Force Recommendation Statement (2013) <http://annals.org/article.aspx?articleid=1355696>

Screening for Obesity in Children and Adolescents: US Preventive Services Task Force Recommendation Statement (2010)

<http://www.uspreventiveservicestaskforce.org/Page/Document/ClinicalSummaryFinal/obesity-in-children-and-adolescents-screening>

Falls Prevention in the Elderly

American Geriatrics Society Clinical Practice Guideline: Prevention of Falls in Older Persons

http://www.americangeriatrics.org/index.php?url=health_care_professionals/clinical_practice/clinical_guidelines_recommendations/prevention_of_falls_summary_of_recommendations

World Health Organization Algorithm for Fall Risk Assessment & Interventions

http://www.cdc.gov/steady/pdf/algorithm_2015-04-a.pdf

Missouri Home Alliance Multifactorial Fall Risk

<http://www.homecaremissouri.org/projects/falls/documents/Oct2012FINALValidatedFallriskassessmenttool.pdf>

Palliative Care Guidelines

National Consensus Project for Quality Palliative Care: Clinical Practice Guidelines for Quality Palliative Care <http://www.nationalconsensusproject.org/guideline.pdf>

Responsible Department: Chief Medical Officer

References: AHRQ National Guideline Clearinghouse <http://www.guideline.gov/>
USPFTF Guide to Clinical Preventative Services
<http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/guide/index.html>

Recommended Distribution: All staff via iCare intranet site

Relevant Policies/IDPs: FCP CM-019

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Approval:



Thomas Lutzow, President/CEO

6-24-16

Date



Linda Ellis MD, MJ, Chief Medical Officer

20 June 2016

Date

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