

2019 CLINICAL PRACTICE GUIDELINES

Arkansas Superior Select, Inc. adopts Clinical Practice Guidelines for the purpose of improving health care and reducing unnecessary variations in care.

The guidelines are evidence-based, sourced from recognized organizations, approved by the ASSI Quality Improvement Committee, disseminated to ASSI healthcare providers, reviewed annually, and updated as needed.

The Clinical Practice Guidelines in this document are considered essential to healthcare for the member population we serve.

Advance Care Planning	www.caringinfo.org/files/public/ad/Arkansas.pdf
Asthma	https://www.nhlbi.nih.gov/files/docs/guidelines/asthma_qrg.pdf OR https://www.aafp.org/afp/2011/0701/p40.pdf OR https://ginasthma.org/2018-pocket-guide-for-asthma-management-and-prevention/
Breast Cancer Screening	https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/breast-cancer-screening1?ds=1&s=breast-cancer-screening
Cholesterol Management for Adults	https://www.ahajournals.org/doi/pdf/10.1161/01.cir.0000437738.63853.7a OR https://www.aafp.org/afp/2014/0815/p260.html
Chronic Kidney Disease	https://kdigo.org/clinical_practice_guidelines/pdf/CKD/KDIGO_2012_CKD_GL.pdf OR http://annals.org/aim/fullarticle/1757302/screening-monitoring-treatment-stage-1-3-chronic-kidney-disease-clinical
Chronic Obstructive Pulmonary Disease (COPD)	https://goldcopd.org/gold-2017-global-strategy-diagnosis-management-prevention-copd/ OR http://annals.org/aim/fullarticle/479627/diagnosis-management-stable-chronic-obstructive-pulmonary-disease-clinical-practice-guideline
Colorectal Cancer Screening	http://annals.org/aim/fullarticle/1090701/screening-colorectal-cancer-guidance-statement-from-american-college-physicians OR https://www.aafp.org/afp/2018/0515/p658.html

Community Acquired Pneumonia	https://www.aafp.org/afp/2016/1101/p698.html OR https://www.aafp.org/afp/2015/1001/p612.html OR https://www.aafp.org/afp/2011/0601/p1299.pdf OR http://www.thoracic.org/statements/resources/mtpi/idsaats-cap.pdf
Congestive Heart Failure	http://annals.org/aim/article-abstract/2670321/2017-american-college-cardiology-american-heart-association-hypertension-guideline-resource OR http://www.onlinejacc.org/content/70/6/776
Dementia / Alzheimer's	http://annals.org/aim/fullarticle/739913/current-pharmacologic-treatment-dementia-clinical-practice-guideline-from-american-college OR https://focus.psychiatryonline.org/doi/abs/10.1176/appi.focus.15106?journalCode=foc OR https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890426807 OR http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/alzheimer_s.pdf
Depression	http://annals.org/aim/fullarticle/2490527/nonpharmacologic-versus-pharmacologic-treatment-adult-patients-major-depressive-disorder-clinical OR http://annals.org/aim/fullarticle/743690/using-second-generation-antidepressants-treat-depressive-disorders-clinical-practice-guideline OR https://www.thecommunityguide.org/findings/mental-health-and-mental-illness-interventions-reduce-depression-among-older-adults-clinic OR https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/depression-in-adults-screening1 OR http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf
Diabetes	http://annals.org/aim/fullarticle/2659342/synopsis-2017-u-s-department-veterans-affairs-u-s-department OR http://annals.org/aim/fullarticle/2595888/oral-pharmacologic-treatment-type-2-diabetes-mellitus-clinical-practice-guideline OR http://annals.org/aim/fullarticle/2674121/hemoglobin-1c-targets-glycemic-control-pharmacologic-therapy-nonpregnant-adults-type OR http://care.diabetesjournals.org/content/40/Supplement_1 OR https://professional.diabetes.org/content-page/standards-medical-care-diabetes
Falls Prevention	https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/falls-prevention-in-older-adults-interventions1
Glaucoma	http://annals.org/aim/fullarticle/1742588/screening-glaucoma-u-s-preventive-services-task-force-recommendation-statement

Hypertension	http://annals.org/aim/fullarticle/2598413/pharmacologic-treatment-hypertension-adults-aged-60-years-older-higher-versus OR http://www.onlinejacc.org/content/early/2017/11/04/j.jacc.2017.11.006
Immunizations	https://www.cdc.gov/vaccines/schedules/hcp/adult.html OR https://www.aafp.org/patient-care/public-health/immunizations/schedules/adult-schedule.html
Low Back Pain	http://annals.org/aim/fullarticle/736814/diagnosis-treatment-low-back-pain-joint-clinical-practice-guideline-from?issueno=7&atab=10 OR http://annals.org/aim/fullarticle/2603228/noninvasive-treatments-acute-subacute-chronic-low-back-pain-clinical-practice
Obesity	https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/obesity-in-adults-screening-and-management OR https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryDraft/obesity-in-adults-interventions1 OR http://annals.org/aim/fullarticle/718309/pharmacologic-surgical-management-obesity-primary-care-clinical-practice-guideline-from OR https://www.ahajournals.org/doi/abs/10.1161/01.cir.0000437739.71477.ee
Osteoporosis	http://annals.org/aim/fullarticle/742828/pharmacologic-treatment-low-bone-density-osteoporosis-prevent-fractures-clinical-practice OR https://my.nof.org/file/bonesource/Clinicians-Guide.pdf
Palliative Care Guidelines	http://annals.org/aim/fullarticle/738967/evidence-based-interventions-improve-palliative-care-pain-dyspnea-depression-end OR http://www.nationalcoalitionhpc.org/ncp-guidelines-2013/
Peripheral Vascular Disease	http://www.onlinejacc.org/content/58/19/2020 OR https://www.ahajournals.org/doi/pdf/10.1161/CIR.0b013e318276fbc OR http://annals.org/aim/fullarticle/1733279/screening-peripheral-artery-disease-cardiovascular-disease-risk-assessment-ankle-brachial
Schizophrenia	http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/schizophrenia.pdf
Smoking and Tobacco Cessation	https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/tobacco-use-in-adults-and-pregnant-women-counseling-and-interventions?ds=1&s=Smoking%20Cessation OR http://annals.org/aim/fullarticle/2443060/behavioral-pharmacotherapy-interventions-tobacco-smoking-cessation-adults-including-pregnant-women
Stroke	http://annals.org/aim/fullarticle/1881123/stroke-prevention-women-synopsis-2014-american-heart-association-american-stroke OR https://www.ahajournals.org/doi/abs/10.1161/STR.0000000000000158
Urinary Incontinence	http://annals.org/aim/fullarticle/1905131/nonsurgical-management-urinary-incontinence-women-clinical-practice-guideline-from-american

Tuberculosis<https://www.cdc.gov/tb/>

OR

<https://www.cdc.gov/tb/education/corecurr/index.htm>

The Clinical Practice Guidelines were approved by the QIC and adopted on August 23, 2018.