

## **Blue Cross of Idaho 2008 Clinical Practice Guidelines**

Blue Cross of Idaho endorses the use of evidence-based national guidelines for the treatment of medical conditions included in our disease management, quality and pharmacy programs. The clinical practice guidelines we endorse were developed by nationally recognized professional organizations, including, but not limited to:

- American Diabetes Association (ADA)
- National Heart, Lung, and Blood Institute (NHLBI)
- American Psychology Association (APA)
- National Asthma Education and Preventive Program (NAEPP)
- American College of Cardiology (ACC)
- American Heart Association (AHA)
- Agency for Healthcare Research and Quality (AHRQ)

You may download and print these guidelines by clicking on the pertinent page below. We have also provided, when available, free PDA download sites:

All guidelines are reviewed by our Clinical Quality Management committee and are reviewed by the Blue Cross of Idaho Physician's Advisory panel no less than annually.

The guidelines are not intended to dictate clinical care but are intended as an important and useful aid in delivering high-quality, evidence-based medical care to Blue Cross of Idaho's members. We recognize that in individual clinical situations there may be patient- or delivery system-specific reasons to deviate from the guidelines.

Clinical practice guidelines may include treatment that is not covered by a member's benefits. Benefit information can be obtained by calling Customer Service using the phone number printed on the back of the member's identification card.

### **Asthma**

Complete NHLBI Guidelines-Updated July 2007

<http://www.nhlbi.nih.gov/guidelines/asthma/index.htm>

Updated recommendations for managing asthma include an expanded section on childhood asthma (with an additional age group), new guidance on medications, new recommendations on patient education in settings beyond the physician's office, and new advice for controlling environmental factors that can cause asthma symptoms.

### **Cholesterol Screening**

Complete NHLBI Guidelines-2004

<http://www.nhlbi.nih.gov/guidelines/cholesterol/atglance.pdf>

### **CHF**

Complete ACC/AHA Guidelines-2005

[http://www.acc.org/qualityandscience/clinical/guidelines/failure/indexupdate101705\\_pkt.pdf](http://www.acc.org/qualityandscience/clinical/guidelines/failure/indexupdate101705_pkt.pdf)

### **Radiology**

American Imaging's Diagnostic Guidelines- **NEW BCI Vendor 10/2008**

[http://www.americanimaging.net/education/clinicalguidelines.html?utm\\_source=Corporate](http://www.americanimaging.net/education/clinicalguidelines.html?utm_source=Corporate)

### **Depression**

American Psychiatric Association Practice Guidelines-2006

<http://www.psychiatryonline.com/pracGuide/pracGuideHome.aspx>

**Diabetes**

ADA Clinical Practice Recommendations-Jan 2007

<http://www.diabetes.org/for-health-professionals-and-scientists/cpr.jsp>

**Hypertension**

NHLBI Guidelines-August 2004

<http://www.nhlbi.nih.gov/guidelines/hypertension/jnc7full.htm>

**Preventive Health Services**

Complete AHRQ Guidelines-2007

<http://www.ahrq.gov/clinic/pocketgd.htm>

*"The Guide to Clinical Preventive Services 2007 is a compilation of abridged USPSTF recommendations released from 2001 through 2006 and can be used as an evidence-based tool at the point of patient care. Some recommendations have been updated from those made by the USPSTF in 1996, while others address preventive services not previously considered by the USPSTF."*

Immunization Schedules-2007

<http://www.cdc.gov/vaccines/>