

2019 CLINICAL PRACTICE GUIDELINES

VALOR HEALTH PLAN 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 **Valor Health Plan** Quality Improvement Committee, disseminated to **Valor Health Plan** 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.

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 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
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
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
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
Urinary Incontinence	http://annals.org/aim/fullarticle/1905131/nonsurgical-management-urinary-incontinence-women-clinical-practice-guideline-from-american