

	Johns Hopkins Health Plans Medical Policy Manual Medical Policy	<i>Policy Number</i>	CMS11.01
		<i>Effective Date</i>	02/01/2024
		<i>Approval Date</i>	11/21/2023
	<i>Subject</i> Clinical Practice Guidelines	<i>Supersedes Date</i>	02/01/2023
		<i>Page</i>	1 of 7

This document applies to the following Participating Organizations:

Advantage MD

EHP

Johns Hopkins Health Plan of Virginia Inc. (JHHPVA) Priority Partners

US Family Health Plan

Keywords: Guidelines

Table of Contents	Page Number
I. ACTION	1
II. POLICY DISCLAIMER	1
III. POLICY	1
IV. POLICY CRITERIA	2
V. DEFINITIONS	6
VI. BACKGROUND	6
VII. REFERENCE STATEMENT	6
VIII. REFERENCES	6
IX. APPROVALS	7

I. ACTION

	New Policy	
X	Revising Policy Number	CMS11.01
	Superseding Policy Number	
	Retiring Policy Number	

II. POLICY DISCLAIMER

Johns Hopkins Health Plans (JHHP) provides a full spectrum of health care products and services for Advantage MD, Employer Health Programs, Johns Hopkins Health Plan of Virginia Inc., Priority Partners, and US Family Health Plan. Each line of business possesses its own unique contract, benefits, regulations, and regulators' clinical guidelines that supersede the information outlined in this policy.

III. POLICY

- A. JHHP seeks to enrich clinical care and administrative services in every area of the health care delivery system. Clinical Practice Guidelines support providers in treating chronic disease, providing preventive care, and maintaining office operations.
- B. Clinical Practice Guidelines adopted by JHHP are: developed by national medical associations and other recognized health care organizations, approved by the Medical Policy Advisory Committees (MPAC), and reviewed annually or as needed when national guidelines change.
- C. These guidelines are based on clinical evidence, professional standards, and may include expert consensus opinion and are provided to facilitate the delivery of evidence-based quality care to enrollees. They are not intended to be a substitute for a health care professional's clinical judgment or imply a guarantee of coverage.

 JOHNS HOPKINS HEALTH PLANS	Johns Hopkins Health Plans Medical Policy Manual Medical Policy	<i>Policy Number</i>	CMS11.01
	<i>Subject</i> Clinical Practice Guidelines	<i>Effective Date</i>	02/01/2024
		<i>Approval Date</i>	11/21/2023
		<i>Supersedes Date</i>	02/01/2023
		<i>Page</i>	2 of 7

- D. Clinical Practice Guidelines selected to be used for all JHHP products are adopted to address the needs of enrollees and support departmental activities throughout the organization:
1. Care Management utilizes clinical practice guidelines in the development of system embedded evidence-based clinical pathways. Pathways provide a guide to ensuring appropriate care and risk reduction through enrollee education and other interventions, which includes care coordination with providers of care.
 2. Population Health utilizes system embedded evidence-based clinical pathways based on clinical practice guidelines to support population based initiatives.
 3. Quality Improvement utilizes evidence-based clinical practice guidelines for conducting quality of care reviews and other activities regarding assessing and ensuring the quality of care delivered to enrollees.
 4. Medical Policy uses multiple evidence-based resources, including clinical practice guidelines in the development of medical policies, which inform on coverage of services and support UM decision-making.
 5. Utilization Management may utilize clinical practice guidelines as a resource for UM decision-making in the absence of internal or externally developed clinical review criteria.
 6. Payment Integrity may utilize evidence-based clinical practice guidelines to identify standards of care for conducting post-service audits.

IV. POLICY CRITERIA

CLINICAL PRACTICE GUIDELINES

ASTHMA

- American College of Chest Physicians (CHEST). (2020). [Managing Chronic Cough due to Asthma and NAEB in Adults and Adolescents](#)
- Global Initiative for Asthma (GINA). (2022). [2022 GINA Report, Global Strategy for Asthma Management and Prevention](#)
- National Asthma Education and Prevention Program (NAEPP). (2020). [2020 Focused Updates to the Asthma Management Guidelines](#)
- National Institute for Health and Care Excellence (NICE). (2021). [Asthma: Diagnosis, Monitoring, and Chronic Asthma Management](#)
- U.S. Department of Veterans Affairs and the Department of Defense (VA/DoD). (2019). [VA/DoD Clinical Practice Guideline: The Primary Care Management of Asthma](#)

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

- American Academy of Pediatrics (AAP). (2019). [Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention Deficit/Hyperactivity Disorder in Children and Adolescents](#)
- National Institute for Health and Care Excellence (NICE). (2019). [Attention Deficit Hyperactivity Disorder: Diagnosis and Management](#)

BACK PAIN

- American College of Physicians (ACP). (2017). [Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline from the American College of Physicians](#)
- National Institute for Health and Care Excellence (NICE). (2020). [Low Back Pain and Sciatica in Over 16s: Assessment and Management](#)
- U.S. Department of Veterans Affairs and the Department of Defense (VA/DoD). (2022). [VA/DoD Clinical Practice Guideline: Diagnosis and Treatment of Low Back Pain](#)

 JOHNS HOPKINS HEALTH PLANS	Johns Hopkins Health Plans Medical Policy Manual Medical Policy	<i>Policy Number</i>	CMS11.01
	<i>Subject</i> Clinical Practice Guidelines	<i>Effective Date</i>	02/01/2024
		<i>Approval Date</i>	11/21/2023
		<i>Supersedes Date</i>	02/01/2023
		<i>Page</i>	3 of 7

CHRONIC KIDNEY DISEASE

- American Academy of Family Physicians (AAFP). (2017). [Chronic Kidney Disease: Detection and Evaluation](#)
- U.S. Department of Veterans Affairs and Department of Defense (VA/DoD). (2019). [VA/DoD Clinical Practice Guideline for the Management of Chronic Kidney Disease in Primary Care](#)

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

- Global Initiative for Chronic Obstructive Lung Disease (GOLD). (2023). [Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease](#)
- Global Initiative for Chronic Obstructive Lung Disease (GOLD). (2023). [Pocket Guide to COPD Diagnosis, Management, and Prevention](#)
- U.S. Department of Veterans Affairs and the Department of Defense (VA/DoD). (2021). [VA/DoD Clinical Practice Guideline: Management of Outpatient Chronic Obstructive Pulmonary Disease](#)

CORONARY ARTERY DISEASE

- American College of Cardiology (ACC) and American Heart Association (AHA) Task Force on Clinical Practice Guidelines. (2023). [Guideline for the Management of Patients with Chronic Coronary Disease](#)
- American College of Cardiology (ACC) and American Heart Association (AHA) Task Force on Clinical Practice Guidelines. (2019). [2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease](#)
- American College of Cardiology (ACC) and American Heart Association (AHA) Task Force on Clinical Practice Guidelines. (2018). [Guideline on the Management of Blood Cholesterol](#)
- U.S. Department of Veterans Affairs and the Department of Defense (VA/DoD). (2020). [VA/DoD Clinical Practice Guideline: The Management of Dyslipidemia for Cardiovascular Risk Reduction \(Lipids\)](#)

DEPRESSION

- American Academy of Child and Adolescent Psychiatry (AACAP). (2022). [Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents with Major and Persistent Depressive Disorders](#)
- American Academy of Pediatrics (AAP). (2018). [Guidelines for Adolescent Depression in Primary Care \(GLAD-PC\): Part I. Practice Preparation, Identification, Assessment, and Initial Management](#)
- American College of Pediatrics (ACPed). (2018). [Guidelines for Adolescent Depression in Primary Care \(GLAD-PC\): Part II. Treatment and Ongoing Management](#)
- American Psychological Association (APA). (2019). [APA Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts](#)
- National Institute for Health and Care Excellence (NICE). (2022). [Depression in Adults: Treatment and Management](#)
- National Institute for Health and Care Excellence (NICE). (2019). [Depression in Children and Young People: Identification and Management](#)
- U.S. Department of Veterans Affairs and the Department of Defense (VA/DoD). (2022). [VA/DoD Clinical Practice Guideline: Management of Major Depression Disorder](#)

DIABETES

- American Association of Clinical Endocrinologists (AACE). (2023). [American Association of Clinical Endocrinology Consensus Statement: Comprehensive Type 2 Diabetes Management Algorithm - 2023 Update](#)

	Johns Hopkins Health Plans Medical Policy Manual Medical Policy	<i>Policy Number</i>	CMS11.01	
		<i>Effective Date</i>	02/01/2024	
		<i>Approval Date</i>	11/21/2023	
	<i>Subject</i>	Clinical Practice Guidelines	<i>Supersedes Date</i>	02/01/2023
			<i>Page</i>	4 of 7

- American Association of Clinical Endocrinologists (AACE). (2022). [AACE Clinical Practice Guidelines for Developing a Diabetes Mellitus Comprehensive Care Plan](#)
- American Association of Clinical Endocrinologists (AACE). (2021). [AACE Clinical Practice Guidelines: The Use of Advanced Technology in Management of Persons with Diabetes Mellitus](#)
- American Diabetes Association (ADA). (2023). [Standards of Care in Diabetes—2023](#)
- American Diabetes Association (ADA). (2022). [Children and Adolescents: Standards of Medical Care in Diabetes](#)
- Endocrine Society. (2019). [Treatment of Diabetes in Older Adults Guideline Resources](#)
- National Diabetes Education Program of the National Institute of Health (NIH) and the Centers for Disease Control and Prevention (CDC). (2018). [Guiding Principles for the Care of People With or at Risk for Diabetes](#)
- U.S. Department of Veterans Affairs and the Department of Defense (VA/DoD). (2023). [VA/DoD Clinical Practice Guideline for the Management of Type 2 Diabetes Mellitus](#)

GERIATRIC CARE

- Academy of Geriatric and Physical Therapy (APTA Geriatrics). (2022). [Physical Therapist Management of Patients with Suspected or Confirmed Osteoporosis: A Clinical Practice Guideline](#)
- Alzheimer's Association. (2018). [Alzheimer's Association Dementia Care Practice Recommendations](#)
- American Association of Clinical Endocrinologists (AACE)/American College of Endocrinology (ACE). (2020). [Clinical Practice Guidelines for the Diagnosis and Treatment of Postmenopausal Osteoporosis - 2020 Update](#)
- American Geriatrics Society (AGS). (2023). [American Geriatrics Society 2023 Updated AGS Beers Criteria for Potentially Inappropriate Medication Use in Older Adults](#)
- American Society of Colon and Rectal Surgeons (ASCRS). (2022). [Clinical Practice Guidelines for the Perioperative Evaluation and Management of Frailty Among Older Adults Undergoing Colorectal Surgery](#)
- International Conference of Frailty and Sarcopenia Research (ICFSR) Task Force. (2019). [Physical Frailty: ICFSR International Clinical Practice Guidelines for Identification and Management](#)
- National Coalition for Hospice and Palliative Care (NCHPC). (2018). [Clinical Practice Guidelines for Quality Palliative Care](#)
- National Comprehensive Cancer Network (NCCN). (2023). [Older Adult Oncology](#)
- National Institute for Health and Care Excellence (NICE). (2018). [Dementia: Assessment, Management, and Support for People Living with Dementia and Their Carers](#)

HEART FAILURE

- American College of Cardiology (ACC). (2021). [2021 Update to the 2017 ACC Expert Consensus Decision Pathway for Optimization of Heart Failure Treatment: Answers to 10 Pivotal Issues About Heart Failure With Reduced Ejection Fraction: A Report of the American College of Cardiology Solution Set Oversight Committee](#)
- American College of Cardiology (ACC)/American Heart Association (AHA). (2022). [AHA/ACC/HFSA Guideline for the Management of Heart Failure](#)
- American College of Cardiology(ACC)/American Heart Association (AHA). (2022). [AHA/ACC/HFSA Guideline for the Management of Heart Failure: Executive Summary](#)

HYPERTENSION

- American Academy of Family Physicians (AAFP). (2018). [Screening and Management of High Blood Pressure in Children and Adolescents](#)
- American Academy of Pediatrics (AAP). (2017). [Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents](#)

	Johns Hopkins Health Plans Medical Policy Manual Medical Policy	<i>Policy Number</i>	CMS11.01	
		<i>Effective Date</i>	02/01/2024	
		<i>Approval Date</i>	11/21/2023	
	<i>Subject</i>	Clinical Practice Guidelines	<i>Supersedes Date</i>	02/01/2023
			<i>Page</i>	5 of 7

- American College of Cardiology (ACC)/ American Heart Association (AHA)/ European Society of Cardiology (ESC)/ European Society of Hypertension (ESH). (2022). [Blood Pressure/Hypertension Guidelines: Comparisons, Reflections, and Recommendations](#)
- American College of Cardiology(ACC)/American Heart Association (AHA) Task Force on Clinical Practice Guidelines. (2017). [Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults](#)
- American College of Physicians (ACP) and the American Academy of Family Physicians (AAFP). (2017). [Pharmacologic Treatment of Hypertension in Adults Aged 60 Years or Older to Higher Versus Lower Blood Pressure Targets: A Clinical Practice Guideline](#)
- U.S. Department of Veterans Affairs and the Department of Defense (VA/DoD). (2020). [VA/DoD Clinical Practice Guideline: Diagnosis and Management of Hypertension in the Primary Care Setting](#)

INFECTIOUS DISEASES

- Infectious Diseases Society of America (IDSA). (2021). [Primary Care Guidance for Persons with Human Immunodeficiency Virus](#)
- National Institute of Health (NIH). (2023). [Coronavirus Disease 2019 \(COVID-19\) Treatment Guidelines](#)

OBESITY

- American Academy of Pediatrics (AAP). (2023). [Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents with Obesity](#)
- American Gastroenterological Association (AGA). (2022). [AGA Clinical Practice Guideline on Pharmacological Interventions for Adults with Obesity](#)
- Endocrine Society Clinical Practice Guideline. (2017). [Pediatric Obesity - Assessment, Treatment, and Prevention](#)
- U.S. Department of Veterans Affairs and Department of Defense (VA/DoD). (2020). [Management of Adult Overweight and Obesity](#)

OPIOID FOR CHRONIC PAIN

- Centers for Disease Control and Prevention (CDC). (2022). [CDC Guideline for Prescribing Opioids for Pain - United States](#)
- Centers for Disease Control and Prevention (CDC). (2022). [Opioid Prescribing Resources](#)
- U.S. Department of Health and Human Services (HHS). (2019). [HHS Guide for Clinicians on the Appropriate Dosage Reduction or Discontinuation of Long-Term Opioid Analgesics](#)
- U.S. Department of Veterans Affairs and Department of Defense (VA/DoD). (2022). [Use of Opioids in the Management of Chronic Pain](#)

OSTEOARTHRITIS

- The American Academy of Orthopaedic Surgeons (AAOS) Board of Directors. (2021). [Management of Osteoarthritis of the Knee \(Non-Arthroplasty\)](#)
- American College of Rheumatology (ACR). (2019). [American College of Rheumatology/Arthritis Foundation Guideline for the Management of Osteoarthritis of the Hand, Hip, and Knee](#)
- American Physical Therapy Association (APTA). (2017). [Hip Pain and Mobility Deficits - Hip Osteoarthritis](#)
- National Institute for Health and Care Excellence (NICE). (2022). [Osteoarthritis in Over 16s: Diagnosis and Management](#)
- U.S. Department of Veterans Affairs and the Department of Defense (VA/DoD). (2020). [VA/DoD Clinical Practice Guideline for the Non-Surgical Management of Hip & Knee Osteoarthritis](#)

 JOHNS HOPKINS HEALTH PLANS	Johns Hopkins Health Plans Medical Policy Manual Medical Policy	<i>Policy Number</i> CMS11.01
		<i>Effective Date</i> 02/01/2024
		<i>Approval Date</i> 11/21/2023
	<i>Subject</i> Clinical Practice Guidelines	<i>Supersedes Date</i> 02/01/2023
		<i>Page</i> 6 of 7

TRANSGENDER AND GENDER-DIVERSE CARE

- American Academy of Pediatrics (AAP). (2018). [Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents \(Policy Statement\)](#)
- American College of Obstetricians and Gynecologists (ACOG). (2021). [Health Care for Transgender and Gender Diverse Individuals: Committee Opinion](#)
- Endocrine Society (2017). [Endocrine Treatment of Gender-Dysphoric/Gender Incongruent Persons: An Endocrine Society Clinical Practice Guideline](#)
- World Professional Association for Transgender Health (WPATH). (2022). [WPATH Standards of Care for the Health of Transgender and Gender Diverse People, Version 8](#)

V. DEFINITIONS

Clinical Practice Guideline: A document created by JHHP or a nationally recognized medical organization providing criteria regarding diagnosis, management, and treatment in specific areas of healthcare based on an examination of current evidence in the medical literature to aid informed evidence-based diagnosis and treatment decisions.

VI. BACKGROUND

Clinical Practice Guidelines are systematically developed statements that provide best-practice recommendations intended to optimize patient care and assist clinicians in decision-making about appropriate healthcare for specific clinical conditions and circumstances (AHRQ). Guideline development is based on rigorous, systematic review and analysis of published medical literature and assessment of the benefits and harms of various treatment options.

According to the Health and Medicine Division (HMD) of the National Academies of Sciences, formerly, the Institute of Medicine (IOM), ideally, guidelines are developed by a multidisciplinary panel of clinicians and other experts in the field of study and should include patients to be affected by the guideline. All evidence should be summarized, including any gaps in evidence and each recommendation should be rated to inform about the quality of the evidence and strength of the recommendation. Additionally, the roll of expert opinion in recommendation development should be disclosed.

Guidelines are a tool and not intended to be fixed protocols, as individual patients may require alternate management based on comorbidities, cultural preferences, availability of resources, and biological differences, including immune response and variability in drug metabolism (UpToDate).

VII. REFERENCE STATEMENT

Analysis of the scientific and clinical references cited below was conducted and utilized by the Johns Hopkins Health Plans (JHHP) Medical Policy Team during the development and implementation of this medical policy. The Medical Policy Team will continue to monitor and review any newly published clinical evidence and revise the policy and adjust the references below accordingly if deemed necessary.

VIII. REFERENCES

Agency for Healthcare Research and Quality. (2018, October). *National Guideline Clearing House (NGC) and National Quality Measures Clearinghouse (NQMC) Inclusion*. <https://www.ahrq.gov/>.

Brignardello-Petersen, R., Carrasco-Labra, A., & Guyatt, G. H. (2021). How to Interpret and Use a Clinical Practice Guideline or Recommendation: Users' Guides to the Medical Literature. *JAMA*, 326(15), 1516–1523. <https://doi.org/>

 JOHNS HOPKINS HEALTH PLANS	Johns Hopkins Health Plans Medical Policy Manual Medical Policy	<i>Policy Number</i>	CMS11.01
	<i>Subject</i> Clinical Practice Guidelines	<i>Effective Date</i>	02/01/2024
		<i>Approval Date</i>	11/21/2023
		<i>Supersedes Date</i>	02/01/2023
		<i>Page</i>	7 of 7

Shekelle, P., & Aronson, M.D. (2022). Overview of Clinical Practice Guidelines. *UpToDate*. Retrieved November 1, 2023, from www.uptodate.com.

The National Academies of Sciences, Engineering, Medicine, Health and Medicine Division. (2011). *Finding What Works in Health Care: Standards for Systematic Reviews*. <https://www.nap.edu/>.

Note: Additional references are embedded in the above policy criteria.

IX. APPROVALS

Historical Effective Dates: 09/05/2013, 09/05/2014, 06/05/2015, 06/03/2016, 06/02/2017, 07/01/2019, 02/1/2020, 02/1/2022, 02/01/2023