



Aetna Better Health® of West Virginia

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Clinical practice guidelines

Aetna Better Health adopts evidence-based clinical practice guidelines (CPGs) from nationally-recognized sources. We do this to promote consistent application of evidence-based treatment methodologies. CPGs are made available to our network practitioners to help improve health care. We review CPGs at least every two years, or more frequently if national guidelines change within the two-year period.

Aetna Better Health provides CPGs for informational purposes only. They are not meant to direct individual treatment decisions. All patient care and related decisions are the sole responsibility of providers. These guidelines don't dictate or control a practitioner's clinical judgment regarding the appropriate treatment of a patient in any given case.

Aetna Better Health's CPGs can be accessed using the links below.

Guideline	Description	Date Adopted
ADHD	American Academy of Pediatrics (AAP): ADHD: Clinical Practice Guideline for the Diagnosis, Evaluation and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents, October 2019 https://pediatrics.aappublications.org/content/144/4/e20192528	Dec 2023
Alcohol Use Disorder	American Society of Addiction Medicine Alcohol Withdrawal Management- January 2020 https://www.asam.org/docs/default-source/quality-science/the_asam_clinical_practice_guideline_on_alcohol-1.pdf?sfvrsn=ba255c2_2 Unhealthy Alcohol Use in Adolescents and Adults: Screening and Behavioral Counseling Interventions (November 2018) https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/unhealthy-alcohol-use-in-adolescents-and-adults-screening-and-behavioral-counseling-interventions	Dec 2023
Anxiety Disorder	National Institute of Mental Health Anxiety Disorders July 2018 https://www.nimh.nih.gov/health/topics/anxiety-disorders	Dec 2023

Guideline	Description	Date Adopted
Asthma	National Heart, Lung and Blood Institute (NHLBI)-2020 Focused Updates to the Asthma Management Guidelines: A Report from the National Asthma Education and Prevention Program Coordinating Committee Expert Panel Working Group https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/2020-focused-updates-asthma-management-guidelines https://www.nhlbi.nih.gov/health-topics/asthma-management-guidelines-2020-updates	Dec 2023
Chronic Obstructive Lung Disease (COPD)	CDC COPD Guidelines, Reports and References for Clinicians June 2021 https://www.cdc.gov/copd/for-clinicians.html	Dec 2023
Congestive Heart Failure (CHF)	2022 AHA/ACC/HFSA Guideline for the Management of Heart Failure: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines: https://www.jacc.org/doi/10.1016/j.jacc.2021.12.012?_gl=1*x9itci*_ga*MjA0MDE3MjI0NC4xNjU1Mzk1MDg4*_ga_2V8VW4Y237*MTY2MDcONzg5NS4yLjEuMTY2MDcONzkONy44LjAuMA..&_ga=2.192326766.51064336.1660747895-2040172244.1655395088	Dec 2023
Coronary artery disease	2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease https://www.jacc.org/guidelines/prevention	Dec 2023
Diabetes <i>ADA's current clinical practice recommendations</i>	2023 American Diabetes Association (ADA) Standards of Medical Care in Diabetes https://professional.diabetes.org/content-page/standards-medical-care-diabetes	Dec 2023
Eating Disorders	Identification and Management of Eating Disorders in Children and Adolescents January 2021 https://pediatrics.aappublications.org/content/147/1/e2020040279	Dec 2023
Hepatitis C	March 2020 US Preventative Task Force: Hepatitis C Virus Infection in Adolescents and Adults: Screening https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/hepatitis-c-screening	Dec 2023
HIV/Aids	Clinical Care Guidelines and Resource https://hab.hrsa.gov/clinical-quality-management/clinical-care-guidelines-and-resources	Dec 2023
Hypertension (HTN)	Guidelines Made Simple 2017 Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults https://www.acc.org/education-and-meetings/image-and-slide-gallery/media-detail?id=BDA0F36F3160426FAB2E784B82E2629A	Dec 2023

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Low Back Pain	Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline from the American College of Physicians (2017) https://www.acpjournals.org/doi/10.7326/M16-2367?_ga=2.247433220.1028399561.1575492235-1562492790.1557437793&	Dec 2023
Major depressive disorder <i>APA Guidelines</i>	Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts February 2019 https://www.apa.org/depression-guideline/guideline.pdf	Dec 2023
Obesity	Obesity Medicine 2023- Obesity Guidelines for Clinicians 2023 Obesity Algorithm E-Book https://obesitymedicine.org/obesity-algorithm/	Dec 2023
Opioids for Chronic Pain	CDC's Clinical Practice Guideline for Prescribing Opioids for Pain Guidelines Healthcare Professionals Opioids CDC https://www.cdc.gov/opioids/healthcare-professionals/prescribing/guideline/index.html Use of Opioids in the Management of Chronic Pain (2022) VA/DoD Clinical Practice Guidelines https://www.healthquality.va.gov/guidelines/pain/cot/	Dec 2023
Prenatal Services	Ambulatory Adult Prenatal Care Guideline https://michmed-public.policystat.com/policy/7109717/latest/#autoid-45d62	Dec 2023
Schizophrenia	American Psychiatric Association Treatment of Patients with Schizophrenia (2022) https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890424841	Dec 2023
Sickle Cell Anemia	ASH Clinical Practice Guidelines on Sickle Cell Disease 2020 https://www.hematology.org/education/clinicians/guidelines-and-quality-care/clinical-practice-guidelines/sickle-cell-disease-guidelines	Dec 2023
Substance Use Disorder	American Society of Addiction Medicine Consensus Statement — Appropriate Use of Drug Testing in Clinical Addiction Medicine (Reviewed December 2019) https://www.asam.org/quality-care/clinical-guidelines/drug-testing American Society of Addiction Medicine Treatment of Opioid Use Disorder (2020) https://www.asam.org/quality-care/clinical-guidelines/national-practice-guideline	Dec 2023
Suicide Prevention	US Department of Veterans Affairs Assessment and Management of Patients at Risk for Suicide (2019) https://www.healthquality.va.gov/guidelines/MH/srb/	Dec 2023

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Tobacco Cessation	Cessation Material for State Tobacco Control Programs https://www.cdc.gov/tobacco/quit_smoking/cessation/index.htm Tobacco and Nicotine Cessation During Pregnancy ACOG. Number 807 (May 2020) https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/05/tobacco-and-nicotine-cessation-during-pregnancy	Dec 2023
Trauma Informed Care	Fostering Resilience and Recovery: A Change Package https://www.thenationalcouncil.org/resources/fostering-resilience-and-recovery/	Dec 2023