

CLINICAL PRACTICE GUIDELINES

Updated 2/2010

University Physicians Health Plans (UPHP), including University Family Care (UFC), Maricopa Health Plan (MHP) and University Physicians HealthCare Group (UPHCG), endorses or develops clinical practice guidelines in order to support physicians and other clinical providers in the assessment, diagnosis, and treatment of UPHP members.

UPHP Clinical Guidelines are:

- based on valid and reliable clinical evidence or a consensus of health care professionals in that field
- selected with consideration of the needs of UPHP members
- adopted in consultation with UPHP providers
- based on National Practice Standards
- developed by health care professionals and based on a review of peer-reviewed articles published in the United States when national practice guidelines are not available.

UPHP Clinical Practice Guidelines are recommendations to support clinical decision-making. Primary care physicians, specialists, and other health care providers are expected to collaborate with their patient and / or the patient's surrogate to develop and implement treatment plans that are individualized to meet the specific needs of each patient. This collaboration allows deviation from the guideline in unique clinical situations and should be clearly substantiated in the medical record.

UPHP Clinical Practice Guidelines are endorsed or developed with designated, desired outcomes and associated, standardized measures of effectiveness.

UPHP Practice Guidelines are disseminated to all affected providers and are available to all providers, members, potential members, and affiliated allied health professionals upon request.

Clinical practice guidelines may include treatment that requires prior authorization and or / is not covered by a member's UPHP benefit structure. Please refer to the UPHP Prior Authorization Grid and / or Referral Guidelines for additional information. Links to both the Prior Authorization Grid and the Formulary are listed below for your convenience.

Clinical Practice Guidelines Endorsed by UPHP

To view or print any of the UPHP endorsed clinical practice guidelines, please select the corresponding link below:

- ❑ AIDS / HIV. www.aidsinfo.nih.gov
- ❑ Antibiotic Resistance Surveillance and Prevention Program. www.hs.state.az.us/phs/oids/abx
- ❑ Asthma, Diagnosis and Management. <http://www.nhlbi.nih.gov/guidelines/asthma/asthgdln.pdf>
- ❑ Attention Deficit/Hyperactivity Disorder, Diagnosis and Treatment. <http://pediatrics.aappublications.org/cgi/content/abstract/105/5/1158>
- ❑ Attention Deficit/Hyperactivity Disorder, Treatment of the School Aged Child. <http://pediatrics.aappublications.org/cgi/reprint/108/4/1033?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=clinical+practice+guidelines&andorexactfulltext>
- ❑ Bronchitis, Antibiotic Use for Treatment of Uncomplicated Acute Bronchitis. <http://www.annals.org/cgi/content/full/134/6/521>
- ❑ Chronic / Congestive Heart Failure . <http://content.onlinejacc.org/cgi/reprint/46/6/e1>

- ❑ Depression - Major, Diagnosis and Treatment in Adults in the Primary Care Setting.
http://www.healthquality.va.gov/mdd/mdd_cpg_v21.pdf
- ❑ Diabetes Mellitus.
http://care.diabetesjournals.org/content/33/Supplement_1/S11.full.pdf+html
- ❑ Immunizations / EPSDT.
 - http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10_0-6yrs-schedule-pr.pdf
 - http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10_7-18yrs-schedule-pr.pdf
 - http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2010/10_cat_chup-schedule-pr.pdf
- ❑ Myocardial Infarction, Management of Patients with ST-Elevation.
<http://content.onlinejacc.org/cgi/reprint/51/2/210>
- ❑ Pediatric Overweight and Obesity, Prevention and Reduction.
<http://pediatrics.aappublications.org/cgi/content/full/102/3/e29>
- ❑ Otitis Media, Acute. <http://pediatrics.aappublications.org/cgi/content/full/113/5/1412>
- ❑ Overweight and Obesity in Adults, Identification, Evaluation and Treatment.
http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm
- ❑ Tobacco Cessation. <http://www.ahrq.gov/clinic/tobacco/tobaqrg.pdf>
- ❑ Mycobacterium Tuberculosis.
<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5417a1.htm>
- ❑ Venous Thromboembolic Disease (DVT & PE); Antithrombotic Therapy.
http://www.chestjournal.org/cgi/reprint/126/3_suppl/401S

Additional Information can be located using the following links:

Prior Authorization Grids:

University Family Care. http://www.ufcaz.com/WebsiteMedia/Docs/PA_Grid.pdf

University Physicians Healthcare Group Benefit detail.

http://www.uphcq.com/pdf/PA_Grid.pdf

Maricopa Health Plans. http://www.mhpaz.com/WebsiteMedia/Docs/PA_Grid.pdf

UPHP Formularies:

University Family Care. http://www.ufcaz.com/docs/UFC_DrugFormulary.pdf

University Physicians Healthcare Group. <http://www.uphcq.com/pdf/PHARMACY.pdf>

Maricopa Health Plans. http://www.mhpaz.com/docs/MHP_DrugFormulary.pdf

Additional guideline resources are available through the National Guideline Clearinghouse at www.guidelines.gov

UPHP Practice Guidelines are reviewed by the UPHP Quality Management / Performance Improvement (QM/PI) Committee at least annually to determine if the Guidelines remain applicable, represent best practice standards, and reflect the current medical standards. The guidelines noted above were last reviewed and approved in June, 2009.

The UPHP Chief Medical Officer, Medical Director and other applicable clinical resources are available to providers that request and / or require additional information related to UPHP Clinical Practice Guidelines. Please contact your UPHP Provider Relations representative for any questions, comments or if you require clarification.