

## Clinical Practice Guidelines Aetna Better Health Kids

| Disease Management Condition            | Guideline (Copy and paste link into your browser or Ctrl+click)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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<br><a href="https://pediatrics.aappublications.org/content/144/4/e20192528">https://pediatrics.aappublications.org/content/144/4/e20192528</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Alcohol Use Disorder                    | American Society of Addiction Medicine Alcohol Withdrawal Management<br><a href="https://downloads.asam.org/sitefinity-production-blobs/docs/default-source/guidelines/awg-3-20-20.pdf?sfvrsn=d87852c2_2">https://downloads.asam.org/sitefinity-production-blobs/docs/default-source/guidelines/awg-3-20-20.pdf?sfvrsn=d87852c2_2</a><br><br>Unhealthy Alcohol Use in Adolescents and Adults: Screening and Behavioral Counseling Interventions (November 2018) <a href="https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/unhealthy-alcohol-use-in-adolescents-and-adults-screening-and-behavioral-counseling-interventions">https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/unhealthy-alcohol-use-in-adolescents-and-adults-screening-and-behavioral-counseling-interventions</a> |
| Anxiety Disorder                        | National Institute of Mental Health Anxiety Disorders July 2018<br><a href="https://www.nimh.nih.gov/health/topics/anxiety-disorders">https://www.nimh.nih.gov/health/topics/anxiety-disorders</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 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<br><a href="https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/2020-focused-updates-asthma-management-guidelines">https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/2020-focused-updates-asthma-management-guidelines</a><br><br><a href="https://www.nhlbi.nih.gov/health-topics/asthma-management-guidelines-2020-updates">https://www.nhlbi.nih.gov/health-topics/asthma-management-guidelines-2020-updates</a>                                                                                                                               |
| Chronic Obstructive Lung Disease (COPD) | CDC COPD Guidelines, Reports and References for Clinicians June 2021<br><a href="https://www.cdc.gov/copd/for-clinicians.html">https://www.cdc.gov/copd/for-clinicians.html</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 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:<br><a href="https://www.jacc.org/doi/10.1016/j.jacc.2021.12.012?_gl=1*x9itci*_ga*MjA0MDE3MjI0NC4xNjU1Mzk1MDg04*_ga_2V8VW4Y237*MTY2MDc0Nzg5NS4yLjEuMTY2MDc0Nzk0Ny44LjAuMA..&amp;_ga=2.192326766.51064336.1660747895-2040172244.1655395088">https://www.jacc.org/doi/10.1016/j.jacc.2021.12.012?_gl=1*x9itci*_ga*MjA0MDE3MjI0NC4xNjU1Mzk1MDg04*_ga_2V8VW4Y237*MTY2MDc0Nzg5NS4yLjEuMTY2MDc0Nzk0Ny44LjAuMA..&amp;_ga=2.192326766.51064336.1660747895-2040172244.1655395088</a>                                                                                                                                                    |
| Coronary Artery Disease (CAD)           | 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease<br><a href="https://www.jacc.org/guidelines/prevention">https://www.jacc.org/guidelines/prevention</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

## Clinical Practice Guidelines Aetna Better Health Kids

|                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Diabetes<br><i>ADA's current clinical practice recommendations</i> | <a href="file:///C:/Users/A617331/AppData/Local/Temp/OneNote/14.0/NT/1-2/American%20Diabetes%20Association%20Standards%20of%20Medical%20Care%20in%20Diabetes-2017">file:///C:/Users/A617331/AppData/Local/Temp/OneNote/14.0/NT/1-2/American Diabetes Association (ADA) Standards of Medical Care in Diabetes-2017</a> <a href="https://professional.diabetes.org/content/clinical-practice-recommendations">https://professional.diabetes.org/content/clinical-practice-recommendations</a> 2023 American Diabetes Association (ADA) Standards of Medical Care in Diabetes <a href="https://professional.diabetes.org/content-page/standards-medical-care-diabetes">https://professional.diabetes.org/content-page/standards-medical-care-diabetes</a> |
| Eating Disorders                                                   | Identification and Management of Eating Disorders in Children and Adolescents January 2021 <a href="https://pediatrics.aappublications.org/content/147/1/e2020040279">https://pediatrics.aappublications.org/content/147/1/e2020040279</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Hepatis C                                                          | March 2020 US Preventative Task Force: Hepatitis C Virus Infection in Adolescents and Adults: Screening <a href="https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/hepatitis-c-screening">https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/hepatitis-c-screening</a>                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| HIV/AIDS                                                           | Clinical Care Guidelines and Resources <a href="https://hab.hrsa.gov/clinical-quality-management/clinical-care-guidelines-and-resources">https://hab.hrsa.gov/clinical-quality-management/clinical-care-guidelines-and-resources</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Hypertension (HTN)                                                 | Guidelines Made Simple 2017 Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults <a href="https://www.acc.org/education-and-meetings/image-and-slide-gallery/media-detail?id=BDA0F36F3160426FAB2E784B82E2629A">https://www.acc.org/education-and-meetings/image-and-slide-gallery/media-detail?id=BDA0F36F3160426FAB2E784B82E2629A</a>                                                                                                                                                                                                                                                                                                                                                                  |
| Immunizations<br><i>CDC/ACIP Guidelines</i>                        | CDC 2023 Immunizations Schedules <a href="https://www.cdc.gov/vaccines/schedules/index.html">https://www.cdc.gov/vaccines/schedules/index.html</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Low Back Pain                                                      | Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline from the American College of Physicians (August 2020) <a href="#">ACP, AAFP release new guideline for treatment of non-low back pain from musculoskeletal injuries in adults   ACP Online</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Major Depressive Disorder<br><i>APA Guidelines</i>                 | Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts February 2019 <a href="https://www.apa.org/depression-guideline/guideline.pdf">https://www.apa.org/depression-guideline/guideline.pdf</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Obesity                                                            | Obesity Medicine 2023- <a href="#">Obesity Guidelines for Clinicians   2023 Obesity Algorithm E-Book (obesitymedicine.org)</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Opioids for Chronic Pain<br><i>CDC Guideline</i>                   | <a href="#">CDC's Clinical Practice Guideline for Prescribing Opioids for Pain   Guidelines   Healthcare Professionals   Opioids   CDC</a><br>Use of Opioids in the Management of Chronic Pain (2022) VA/DoD Clinical Practice Guidelines <a href="https://www.healthquality.va.gov/guidelines/pain/cot/">https://www.healthquality.va.gov/guidelines/pain/cot/</a>                                                                                                                                                                                                                                                                                                                                                                                    |

## Clinical Practice Guidelines Aetna Better Health Kids

|                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Pediatric Preventative Health Care</p>                                                                                   | <p>Recommendations for Preventive Pediatric Health Care</p> <ol style="list-style-type: none"> <li>a. Link is still current and schedule reflects changes approved in December 2022 and published in April 2023.</li> <li>b. <a href="https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf">https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf</a></li> </ol>                                                                                                                                                                                                                       |
| <p>Prenatal Services</p>                                                                                                    | <p>Ambulatory Adult Prenatal Care Guideline<br/> <a href="https://michmed-public.policystat.com/policy/7109717/latest/#autoid-45d62">https://michmed-public.policystat.com/policy/7109717/latest/#autoid-45d62</a></p>                                                                                                                                                                                                                                                                                                                                                                            |
| <p>Preventive Screenings, Counseling and Preventive Medication<br/> <i>USPSTF Guidelines (Pediatric, Adult, Senior)</i></p> | <p>U.S. Preventive Services Task Force (USPSTF)<br/> <a href="https://www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations">https://www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations</a></p>                                                                                                                                                                                                                                                                                                                                                  |
| <p>Schizophrenia</p>                                                                                                        | <p>American Psychiatric Association Treatment of Patients with Schizophrenia (2022)<br/> <a href="https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890424841">https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890424841</a></p>                                                                                                                                                                                                                                                                                                                                          |
| <p>Sickle Cell Anemia</p>                                                                                                   | <p>ASH Clinical Practice Guidelines on Sickle Cell Disease 2020<br/> <a href="https://www.hematology.org/education/clinicians/guidelines-and-quality-care/clinical-practice-guidelines/sickle-cell-disease-guidelines">https://www.hematology.org/education/clinicians/guidelines-and-quality-care/clinical-practice-guidelines/sickle-cell-disease-guidelines</a></p>                                                                                                                                                                                                                            |
| <p>Substance Use Disorder</p>                                                                                               | <p>American Society of Addiction Medicine Consensus Statement — Appropriate Use of Drug Testing in Clinical Addiction Medicine (Reviewed December 2019)<br/> <a href="https://www.asam.org/quality-care/clinical-guidelines/drug-testing">https://www.asam.org/quality-care/clinical-guidelines/drug-testing</a></p> <p>American Society of Addiction Medicine Treatment of Opioid Use Disorder (2020)<br/> <a href="https://www.asam.org/quality-care/clinical-guidelines/national-practice-guideline">https://www.asam.org/quality-care/clinical-guidelines/national-practice-guideline</a></p> |
| <p>Suicide Prevention</p>                                                                                                   | <p>US Department of Veterans Affairs Assessment and Management of Patients at Risk for Suicide (2019)<br/> <a href="https://www.healthquality.va.gov/guidelines/MH/srb/">https://www.healthquality.va.gov/guidelines/MH/srb/</a></p>                                                                                                                                                                                                                                                                                                                                                              |
| <p>Tobacco Cessation</p>                                                                                                    | <p>Cessation Material for State Tobacco Control Programs<br/> <a href="https://www.cdc.gov/tobacco/quit_smoking/cessation/index.htm">https://www.cdc.gov/tobacco/quit_smoking/cessation/index.htm</a></p> <p>Tobacco and Nicotine Cessation During Pregnancy ACOG. Number 807 (May 2020)<br/> <a href="https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/05/tobacco-and-nicotine-cessation-during-pregnancy">https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/05/tobacco-and-nicotine-cessation-during-pregnancy</a></p>             |

## Clinical Practice Guidelines Aetna Better Health Kids

Trauma Informed Care

Fostering Resilience and Recovery: A Change Package

<https://www.thenationalcouncil.org/resources/fostering-resilience-and-recovery/>

[Revised 10/2023](#)