

**Quality Policy: Diabetes and Asthma
Clinical Practice Guidelines**

Effective Date: 5/28/2013

Review Date: 5/27/2014, 2/24/15, 06/02/15,
2/23/16, 2/23/17, 2/27/17, 2/27/18, 2/26/19, 2/25/20

The Ventura County Health Care Plan has adopted Clinical Practice Guidelines for the following disease conditions:

1. Diabetes – Diabetes is a chronic disease that has a high prevalence in the membership of the VCHCP (849 identified members), there is a high identified risk of complications from the disease, there is proven effectiveness of good control to prevent complications and there is a high cost of diabetic medications to the Plan (Diabetes was the top indication for medication cost in 2012). The Diabetes guidelines are adopted from the guidelines published by the Joslin Diabetic Center and Joslin Clinic for adult patients with Diabetes, last updated 10/2014 and from the American Diabetes Association (ADA), updated for 2015. These guidelines can be found at www.joslin.org/info/joslin-clinical-guidelines.html , click on Clinical Guidelines for Adults and at www.diabetes.org , click on Practice Resources at the bottom of the page, and the American Diabetes Associates (ADA) at www.diabetes.org.

These guidelines have been used to develop the Diabetes Disease Management program.

2. Asthma - Asthma has been selected on the basis of the prevalence of the disease (258 identified members), there is proven effectiveness of preventive measures and controller medications and the cost of asthma medications to the Plan is high (4th highest dollars in 2012 and 6th highest in 2011). The VCHCP uses the guidelines recommended by the National Asthma Education and Prevention Program Expert Panel Report 3, Guidelines for the Diagnosis and Management of Asthma- summary report 2007

<http://www.nlm.nih.gov/health-pro/guidelines/index.htm> and click on Asthma, Expert Panel Report 3

These guidelines have been used to develop the Asthma Disease Management program.

3. Depression-Depression is one of the top 10 most common diagnoses found in the membership of the VCHCP. It is also a common co-morbidity with many medical diagnoses. VCHCP has adopted the Depression guidelines developed by the American Psychiatric Association and adopted by Optum Behavioral Health. <http://psychiatryonline.org/guidelines.aspx> and click on Major Depressive Disorder.

A. Attachment: None

B. Revision History: Author/Reviewer: Albert Reeves, MD; Date: May 2013

Committee Review & Approval: UM on 05/9/13 & QA on 05/28/13

Review/Revised: Catherine Sanders, MD

Committee Review: QAC on 05/27/2014

Reviewed/ Revised by: Catherine Sanders, MD

Committee Review: QAC: February 24, 2015

Reviewed/ Revised by: Catherine Sanders, MD

Committee Review: QAC: June 2, 2015

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Reviewed/ Revised by: Catherine Sanders, MD
 Committee Review: QAC: February 23, 2016
 Reviewed/ No Changes by: Catherine Sanders, MD
 Committee Review: QAC: February 28, 2017
 Reviewed/ Revised by: Catherine Sanders, MD
 Committee Review: QAC: February 27, 2018
 Reviewed/ No Changes by: Catherine Sanders, MD
 Committee Review: QAC: February 26, 2019
 Reviewed/ No Changes by: Howard Taekman, MD
 Committee Review: QAC: February 25, 2020

| Revision Date | Content Revised (Yes/No) | Contributors | Review/Revision Notes |
|---------------|--------------------------|-----------------------|---|
| 2/28/2017 | Yes | Catherine Sanders, MD | Annual review; updated the new numbers of members in the DM for Diabetes and Asthma. |
| 2/27/2018 | Yes | Catherine Sanders, MD | Annual review; removed ADHD as Optum “retired” the ADHD clinical practice guideline for now. AACAP no longer has clinical practice guideline on ADHD. According to AACAP, the “over the next few years”, the original series-known as Practice Parameters – will be phased out and replaced by two new series of documents – known as Clinical Updates and Clinical Practice Guidelines.” Therefore, Optum “retired” the ADHD Guidelines for now. |
| 2/26/2019 | No | Catherine Sanders, MD | Annual Review |
| 2/25/2020 | No | Howard Taekman, MD | Annual Review |