

# Chapter 7

## Clinical Practice Guidelines

**NOTE:** For additional detail on this chapter, please go to the Minnesota Health Care Programs Provider Manual at [MHCP Provider Manual](#) South Country Health Alliance (South Country) may vary from the MHCP Manual and Minnesota Department of Human Resources Guidelines, please review the following detail for specific processes and expectations with South Country.

**Billing Information** – Please review the [South Country Provider Manual Chapter 4 Provider Billing](#) for detailed billing processes and procedures.

### Overview

This chapter covers South Country Health Alliance clinical practice guidelines.

### Clinical Practice Guidelines

- Preventive services for various age groups;
- Diabetes, Pharmacologic management guideline;
- Asthma management and prevention;
- Hypertension diagnosis and treatment;
- Depression treatment across three age cohorts;
- Attention-deficit/hyperactivity disorder in children and adolescents; and chiropractic care.

### Clinical Practice Guidelines Overview

Clinical practice guidelines are systematically developed statements on medical practices that help a health care practitioner make decisions about appropriate health care for specific medical conditions for their patients. South Country adopts and disseminates clinical practice guidelines to:

- Enhance patient and practitioner clinical decision-making;
- Improve health care; and
- Reduce unnecessary variation in the health care delivery system.

South Country adopts guidelines to assist health care practitioners in recommended courses of intervention, including possible treatment options. Clinical practice guidelines are not a substitute for the advice of a physician or other knowledgeable health care practitioners or providers. Guidelines are one of the tools used in identifying areas of clinical improvement. The guidelines presented here have been selected for various attributes, but they are not intended to supersede or replace other guidelines or sources used at the discretion of the clinician.

South Country's clinical practice guidelines are adopted from multiple nationally recognized sources, for example: U.S. Preventive Services Task Force, American Academy of Pediatrics, American Diabetes Association, Global Initiative for Asthma, ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA, and American Psychological Association

Priority guidelines include preventive care, chronic disease, and behavioral health practice guidelines that are appropriate for children, adolescents, young adults, and adult populations, including seniors age 65+ years and persons with disabilities. Guidelines for seniors and persons with disabilities are consistent with accepted practices for geriatric age and persons with disabilities. On an annual basis, practice guideline measurement data are used to assess if desired outcomes are being achieved.

South Country and its delegates apply these guidelines to decisions for utilization management, member education, coverage of services, care coordination tools and other areas to which there is application and consistency with the guidelines. South Country also uses practice guidelines to evaluate the appropriateness, cost-effectiveness, and medical necessity of care by looking at the processes and outcomes of patient care.

The format of South Country practice guidelines includes a direct link to the source's online content for each clinical practice guideline as well as indicating the primary source.

1. Preventive Services for Various Age Groups

[Search Results | United States Preventive Services Taskforce \(uspreventiveservicestaskforce.org\)](https://www.uspreventiveservicestaskforce.org/)

[Note age group filter options for Adolescent, Adult, Pediatric, and Senior - more than one age group filter setting may be selected]

Primary source: U.S. Preventive Services Task Force

2. Pediatric Preventive Services Periodicity Schedule

[periodicity\\_schedule.pdf \(aap.org\)](https://www.aap.org/periodicity-schedule.pdf)

Primary source: American Academy of Pediatrics/Bright Futures

3. Health Supervision for Children and Adolescents With Down Syndrome

[Health Supervision for Children and Adolescents With Down Syndrome | Pediatrics | American Academy of Pediatrics \(aap.org\)](https://www.aap.org/health-supervision-for-children-and-adolescents-with-down-syndrome)

Primary source: American Academy of Pediatrics

4. [9. Pharmacologic Approaches to Glycemic Treatment: Standards of Care in Diabetes—2023 | Diabetes Care | American Diabetes Association \(diabetesjournals.org\)](https://www.diabetesjournals.org/standards-of-care-in-diabetes-2023)

American Diabetes Association (diabetesjournals.org)

Primary source: American Diabetes Association

[The first link is chapter 9 of the Standards of Care in Diabetes document, but that site has a link to the entire document. The second link is to a figure (9.3) within that chapter outlining some principles of medication choice for Diabetes, Type 2]

5. [Asthma Management and Prevention](https://www.giaasthma.org/)

Primary source: Global Initiative for Asthma

6. [Hypertension Diagnosis and Treatment](https://www.heart.org/hypertension-diagnosis-and-treatment)

Primary source: ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA

7. [APA Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts](https://www.apa.org/clinical-practice-guideline-for-the-treatment-of-depression-across-three-age-cohorts)

Primary source: American Psychological Association

8. [Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents](#)

Primary source: American Academy of Pediatrics

9. Chiropractic guidelines: [Chiropractic Care](#).

South Country educates members about current practice guideline recommendations through member newsletters, health promotion, case management, and quality improvement project materials. Priority practice guidelines are made available on South Country's web site and sent to members and other stakeholders upon request.

Periodically, and as updated, these guidelines will be disseminated through the Provider Page at [www.mnscha.org](http://www.mnscha.org), the *Provider Network News* e-newsletter, as well as South Country's health promotion, disease management program, and quality improvement project provider communications.