

Condition/ Disease	Guideline Title	Recognized Source	URL	Last Review Date
Depression	Practice Parameter for the Assessment and Treatment of Children and Adolescents With Depressive Disorder (Published October 17, 2000)	American Academy of Child and Adolescent Psychiatry	http://www.aacap.org/galleries/PracticeParameters/Vol%2046%20Nov%202007.pdf	February 2011
Diabetes	Standards of Medical Care in Diabetes – 2009	American Diabetes Association	http://care.diabetesjournals.org/cgi/content/full/32/Supplement_1/S13#top	February 2011
Sickle Cell	The Management of Sickle Cell Disease, Fourth Edition (Revised June 2002) Practice Guidelines: Management of Pain in Sickle Cell Disease (Published March 2000)	National Institutes of Health; National Heart, Lung, and Blood Institute (NHLBI) American Academy of Family Physicians	http://www.nhlbi.nih.gov/health/ prof/blood/sickle/sc_mngt.pdf http://www.aafp.org/afp/20000301/practice.html	February 2011

Nurtur Clinical Practice Guidelines
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Chronic Respiratory

- **Asthma**, National Heart Lung and Blood Institute (NHLBI) of the National Institutes of Health (NIH). The core document is titled *Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma- Full Report 2007*, from the National Asthma Education and Prevention Program.
- **COPD**, *Global Strategy for the Diagnosis, Management, and Prevention of COPD*, Global Initiative for Chronic Obstructive Lung Disease (GOLD) 2008.
- **Tobacco cessation**, U.S. Public Health Service, U.S. Department of Health and Human Services, under the title “Treating Tobacco Use and Dependence: Clinical Practice Guidelines, 2008 Update.”

Coronary Artery Disease

- American College of Cardiology in conjunction with the American Heart Association. The core documents are titled
 - *AHA/ACC Guidelines for Preventing Heart Attack and Death in Patients with Atherosclerotic Cardiovascular Disease (Circulation 2001)*,
 - *Guidelines for Secondary Prevention for Patients with Coronary and Other Atherosclerotic Vascular Disease: 2006 Update (Circulation 2006)* and
 - *Treatment of Hypertension in the Prevention and Management of Ischemic Heart Disease (Circulation 2007;115:2761-2788.)*
- Nurtur utilizes the following document to address risk factors and co-morbidities
 - Tobacco cessation: *Treating Tobacco Use and Dependence* published by the U.S. Public Health Service in 2000 with 2008 update.
 - Exercise: *Exercise and Heart Failure: A Statement from the American Heart Association Exercise and Physical Activity in the Prevention and Treatment of Atherosclerotic Cardiovascular Disease (Circulation. 2003; 107:3109)*.
 - Obstructive Sleep Apnea: *Obstructive Sleep Apnea* published by the American College of Physicians 2008.

Diabetes Mellitus and Pre Diabetes Mellitus

- American Diabetes Association and the American Association of Clinical Endocrinologists. The American Diabetes Association publishes the recommendations each January in *Diabetes Care*, under the heading of “Clinical Practice Recommendations.” (*Diabetes Care 2009, Volume 32, S1-S97*).
- The American Association of Clinical Endocrinologists published the AACE Guidelines in *Endocrine Practice* under the heading “Medical Guidelines for Clinical Practice for the Management of Diabetes Mellitus (*Endocrine Practice 2007, Volume 13, S1-66*).
- Nurtur utilizes the Position Statement “Prevention or Delay of Type 2 Diabetes” (*Diabetes Care 2004 Volume 27, S47-S54*).
- National Heart Lung and Blood Institute. The core documents are titled
 - *Third Report of the National Cholesterol Education Program) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III)*, from the National Cholesterol Education Program, NIH Publication No. 02-5215, September 2002 and
 - the National High Blood Pressure Education Program, *The Seventh report of the Joint National Committee on Prevention, Detection Evaluation and Treatment of High Blood Pressure*, NIH Publication No. 03-5233 May 2003.
- Tobacco cessation, The Public Health Service in 2000 under the title “Treating Tobacco Use and Dependence.”
- Exercise, American Diabetes Association in collaboration with the American College of Sports Medicine published in *Diabetes Care 2004, Volume 27; S58-S62*.

Pregnant women diagnosed with Gestational (GDM), Type 1 or Type 2 Diabetes.

- American College of Obstetrics and Gynecologists: (ACOG Practice Bulletin: March 2005; 60) and the American Diabetes Association, “Clinical Practice Recommendations” (*Diabetes Care 2007, Volume 30, S1-S96*), “Gestational Diabetes Mellitus” Position Statement (*Diabetes Care 2004 Volume 27, S88-90*) and “Gestational Diabetes Mellitus” (*Clinical Diabetes 2005, 23: 17-22*).
- National Heart Lung and Blood Institute. The core document is titled the *Seventh Report of the Joint National Committee on Prevention, Detection Evaluation and Treatment of High Blood Pressure* NIH Publication No 03-5233 May 2003.
- Nurtur utilizes the following document to address risk factors and co-morbidities

- Exercise, The American Diabetes Association “*Diabetes Management and Exercise in Pregnant Patients with Diabetes*” (Clinical Diabetes 2005, 23:165-168).
- Tobacco cessation, Nurtur follows practice guidelines set forth by The American College of Obstetricians and Gynecologists, 2002 “*Smoking Cessation During Pregnancy*” (Clinical Diabetes 2005, 23:165-168).

Children with Diabetes Mellitus.

- American Diabetes Association:
 - *Care of Children and Adolescents with Type 1 Diabetes* (Diabetes Care 2005; 28: 186-212.),
 - *Type 2 Diabetes in Children and Adolescents* (Diabetes Care 2000; 23: 381-389),
 - *Management of Dyslipidemia in Children and Adolescents with Diabetes* (Diabetes Care 2003;26;2194-2196) and
 - *Drug Therapy of High-Risk Abnormalities in Children and Adolescents* (Circulation 2007; 115: 1948-1967), *Diabetes Care in the School and Daycare Setting* (Diabetes Care 2007; 30; S66-73).
 - Standards of Medical Care In Diabetes – 2009 (Diabetes Care, Volume 32, Supplement 1, January 2009, S6-S12).
- American Academy of Pediatrics & the National Diabetes Education Program: *An Update on Type 2 Diabetes in Youth* (Pediatrics 2004;114:259-263), *Active Healthy Living: Prevention of Childhood Obesity Through Increased Physical Activity* (Pediatrics 2006; 117: 1834-1841)
- National Heart Lung and Blood Institute: *The Fourth Report on the Diagnosis, Evaluation and Treatment of High Blood Pressure in Children and Adolescents* (Pediatrics 2004; 114: 555-576).

Heart Failure,

- American College of Cardiology and the American Heart Association. The publication is: “ACC/AHA Guidelines for the Evaluation and Management of Chronic Heart Failure in the Adult,” *Journal of the American College of Cardiology* 2001 and the 2005 Practice Guidelines update published in *Circulation* 112: 1853 – 1887.
- Heart Failure Society of America and the National Heart, Lung, and Blood Institute including *2006 Comprehensive Heart Failure Practice Guidelines* (*Journal of Cardiac Failure* 2006;12:e1-e122) and *Third Report of the National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III)*, from the National Cholesterol Education Program, NIH Publication No. 02-5215, September 2002

- Nurtur utilizes the following documents to address risk factors and co-morbidities:
 - Tobacco cessation: *Treating Tobacco Use and Dependence* published by the U.S. Public Health Service in 2000 with 2008 update.
 - Exercise: *Exercise and Heart Failure: A Statement from the American Heart Association Committee on Exercise, Rehabilitation, and Prevention* Circulation. 2003; 107: 1210-1225
 - Obstructive Sleep Apnea: *Obstructive Sleep Apnea* published by the American College of Physicians 2008

Hyperlipidemia/Hypertension

- National Heart, Lung, and Blood Institute. The core documents are titled *Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III)*, from the National Cholesterol Education Program, NIH Publication No. 02-5215, September 2002 (including July 2004 update Circulation. 2004;110:227-239)
- National High Blood Pressure Education Program, the seventh report of the Joint National Committee on Prevention, Detection Evaluation and Treatment of High Blood Pressure NIH Publication No 03-5233 May 2003.
- Exercise, American Heart Association, Circulation. 2003; 103:3109.

Back Pain

Institute for Clinical Systems Improvement Healthcare Guideline:

- *Acute Low Back Pain*, 13th edition, 2008
- *Guide to Assessing Psychosocial Yellow Flags in Acute Low Back Pain: Risk Factors for Long-term Disability and Work Loss (1997)* published by the National Health Committee in association with the Accident Rehabilitation and Compensation Insurance Corporation (ACC) of New Zealand

Wellness Programs (Stress Management, Nutrition, and Physical Activity)

- Nutrition - USDA 2005 Dietary Guidelines for Americans, Department of Health and Human Services.
- Exercise - Physical Activity Guidelines Advisory Committee Report 2008, Department of Health and Human Services.
- Stress - National Institutes of Health

Weight Management

Overweight individuals with a Body Mass Index (BMI) of over twenty five (25)

- National Heart, Lung, and Blood Institute's (NHLBI) Obesity Education Initiative in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The core documents are:
 - Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: Evidence Report (NIH Publication Number 98-4083, September 1998)
 - The Practical Guide to the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults (NIH Publication Number 00-4-84 October 2000).

Adult Weight Management

- American Dietetic Association Evidence Based Guidelines for Adult Weight Management (2006 ADA Evidence Analysis Library).

Exercise

- Physical Activity Guidelines Advisory Committee. *Physical Activity Guidelines Advisory Committee Report, 2008*. Washington, DC: U.S. Department of Health and Human Services, 2008

Tobacco Cessation

- US Public Health Service in June 2000 (Updated 2008), *Treating Tobacco Use and Dependence*
- American College of Obstetricians and Gynecologists 2002, *Smoking Cessation During Pregnancy*

Behavioral Health - Depression

American Psychiatric Association. The core document is titled *Practice Guideline for the Treatment of Patients with Major Depressive Disorder, Second Edition* (2000, updated 2005)