

**Quality Policy: Depression, 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, 2/23/21,  
2/22/22, 2/7/23, 2/27/24, 5/28/24.

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](http://www.joslin.org/info/joslin-clinical-guidelines.html) , click on Clinical Guidelines for Adults and at [www.diabetes.org](http://www.diabetes.org) , click on Practice Resources at the bottom of the page, and the American Diabetes Associates (ADA) at [www.diabetes.org](http://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 (4<sup>th</sup> highest dollars in 2012 and 6<sup>th</sup> 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.

[Asthma - What Is Asthma? | NHLBI, NIH](#)

[Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma - NCBI Bookshelf \(nih.gov\)](#)

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. [American Psychiatric Association \(APA\) Clinical Practice Guideline for Treatment of Depression in Adults](#)

**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: Catherine Sanders, MD

Committee Review: QAC: February 24, 2015

Reviewed/ Revised: Catherine Sanders, MD

Committee Review: QAC: June 2, 2015

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2/22/22, 2/7/23, 2/27/24, 5/28/24.

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 Committee Review: QAC: February 26, 2019  
 Reviewed/ No Changes: Howard Taekman, MD  
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 Reviewed/ No Changes: Howard Taekman, MD  
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 Reviewed/Updated with Changes: Howard Taekman, MD  
 Committee Review: QAC: May 28, 2024

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 guidelines 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
2/23/2021	No	Howard Taekman, MD	Annual Review
2/22/2022	No	Howard Taekman, MD	Annual Review
2/23/2023	No	Howard Taekman, MD	Annual Review
2/27/2024	No	Howard Taekman, MD	Annual Review
5/28/2024	Yes	Howard Taekman, MD	Updated NIH website link, Updated with <a href="#">American Psychiatric Association (APA)</a>



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2/22/22, 2/7/23, 2/27/24, 5/28/24.

			<a href="#">Clinical Practice Guideline for Treatment of Depression in Adults</a> link.
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