

Winter 2022



Dietary Guidelines for Americans 2020-2025

Network Health’s current Nutrition Clinical Practice Guideline is comprised of the [Dietary Guidelines for Americans 2020-2025](#), Ninth Edition from the U.S. Department of Health and Human Services and U.S. Department of Agriculture, updated in December 2020.

The current Nutrition Clinical Practice Guideline is updated every 5 years and is grounded in robust scientific reviews of the current body of evidence on key nutrition and health topics for each stage of life.

Clinical Practice Guideline for Heart Failure

In April 2022, the ACC/AHA Taskforce released updates to the [Clinical Practice Guideline for Heart Failure](#). This ensures guidelines remain current, new data which is reviewed on an ongoing basis. These updates include new, potentially practice changing study results relevant to existing or new medically proven drugs, devices or management strategies evaluated.

Heart failure remains a leading cause of morbidity and mortality globally. The 2022 heart failure guideline provides recommendations based on contemporary evidence for the treatment of these patients. The recommendations present an evidence-based approach to managing patients with heart failure, with the intent to improve quality of care and align with patients’ interests. Many recommendations from the earlier heart failure guidelines have been updated with new evidence, and new recommendations have been created when supported by published data. Value statements are provided for certain treatments with high-quality published economic

analyses. The guideline is intended to be a resource for the clinical and public health practice communities.

Physical Activity Guidelines for Americans – 2nd Edition

Network Health’s current Physical Activity Clinical Practice Guideline is comprised of the [Physical Activity Guidelines for Americans, 2nd Edition](#) from the U.S. Department of Health and Human Services, updated in 2018.

The current Physical Activity Clinical Practice Guideline is updated every 10 years and provides science-based guidance to help people over the age of 3 years and older improve their health through participation in regular physical activity.

Clinical Practice Guidelines for the Treatment of PTSD

Network Health’s current Stress Clinical Practice Guidelines is comprised of the [American Psychological Association’s Clinical Practice Guideline for the Treatment of PTSD](#), updated in February 2017.

The current Stress Clinical Practice Guideline was last updated in 2017 and provides recommendations on psychological and pharmacological treatments for posttraumatic stress disorder (PTSD) in adults.

Strategies to Prevent Obesity and other Chronic Diseases

Network Health’s current Weight Management Clinical Practice Guideline is comprised of the Strategies to Prevent Obesity and Other Chronic Disease ([The CDC Guide to Strategies to Increase](#)

[Physical Activity in the Community](#) and [The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables](#)), both updated in 2011.

The current Weight Management Clinical Practice Guideline was last updated in 2011 and provides guidance on how to select strategies to increase physical activity and consumption of fruits and vegetables in the community. It offers the most relevant information on each type of strategy.

Attention-Deficit/Hyperactivity Disorder (ADHD) Clinical Care Guideline

Network Health's current Attention-Deficit/Hyperactivity Disorder (ADHD) Clinical Care Guideline is comprised of the [American Academy of Pediatrics-ADHD: Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents, and Supplemental Information-Implementing the Key Action Statements: An Algorithm and Explanation for Process of Care for the Evaluation, Diagnosis, Treatment, and Monitoring of ADHD in Children and Adolescents](#), published October 2019.

The current ADHD Clinical Care Guideline was compiled from publications of a recognized organization and provides thorough and complete guidelines for primary care clinicians. This American Academy of Pediatrics guideline continues to be the most quoted by US organizations.

Retiring Network Health's Current Cessation of Tobacco Use Clinical Practice Guideline:

The Cessation of Tobacco Use Clinical Practice Guideline has not been updated since May 2008, and has been retired from use by Network Health.

The Network Health Quality Health Integration Wellness Team has created a [booklet](#) for their program using resources from the American Cancer Society.

Behavioral Health Committee

Network Health Insurance facilitates a Behavioral Health Committee. This Committee focuses on access, quality, and care coordination. It advocates for services which promote prevention, treatment, recovery, and self-determination for members experiencing behavioral health and substance use disorders. The Committee reviews and provides input into policy development, quality indicators and service evaluation. It also serves as resource for the educational needs of providers and Network Health employees.

The Behavioral Health committee consists of participating providers, community advocates - resources and Network Health Insurance clinical and operational leadership and staff. The committee works together to identify opportunities and barriers, assists in developing interventions to improve the quality of care members/patients receive and the continuity and coordination of care between members' behavioral health specialists and medical practitioners.

It is the responsibility of the Behavioral Health Committee to provide a platform for behavioral health providers and advocates to address recommendations, questions, and concerns directly with Network Health Insurance.

- Identify significant behavioral health integration challenges and recommend timely solutions.
- Identify areas of opportunity regarding member experience, care continuity, and access and availability to behavioral health services through committee conversation, annual survey results and member/provider feedback, and make recommendations, if applicable
- Identify and advise on best practices for behavioral health care.
- Reports up to Network Health Insurance's Quality Management Committee

The committee which meets three times a year or more frequently as needed, uses National Committee for Quality Assurance (NCQA) standards and NCQA Healthcare Effectiveness Data and Information Set (HEDIS) measures to help guide this process.

If you are interested in becoming a Behavioral Health Committee member or would like more information on the Behavioral Health Committee, please feel free to reach out to the Quality Health Integration department at qi@networkhealth.com.

If you are not a current subscriber to *The Consult* and you would like to be added to the mailing list, please [email us today](#).

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