



## **NovumHealth**

### **Clinical Practice Guidelines Dissemination and Implementation Guide**

NovumHealth (NH) has determined the most prevalent diagnoses in the region for both Substance Use Disorders and Mental Health Disorders. This was accomplished through a review of available data and discussion with Novum-contracted providers and agency medical director. The Utilization Management/Care Coordination committees researched available practice guidelines for the target diagnoses. NH prepared summaries of the relevant practice guidelines, including target populations and main treatment recommendations for each guideline. Summaries included quality measures that will be used to determine compliance with the practice guidelines. The final three summaries were presented to Clinical Leadership, during the year end Quality Improvement Committee Meeting.

The three selected practice guidelines include:

- Opiate-related SUD Disorders – Adults
- Posttraumatic Stress Disorder – Youth
- Major Depressive Disorder – Adults

The Quality Improvement committee was presented with the three practice guideline summaries, provided feedback, and expressed support of the selected practice guidelines. Guidelines shall be reviewed and updated every two years or as new information on the diagnoses becomes available.

Following the selection, dissemination through the NovumHealth website, provider manual and additional training will take place. The UM committee will then work with the Quality Improvement committee in measuring compliance to the guidelines using identified quality measures.



## **NovumHealth Practice Guideline Summary: Treatment of Opiate-related SUD Disorders**

**Practice Guideline Title and Associated Organization:** Treating Adult Opioid Use Disorder

**Target Population:** Adults diagnosed with Opioid Use Disorder

### **General Recommendations:**

- Develop and maintain a therapeutic alliance
- Utilize motivational interviewing skills
- Choice of available treatment options should be a shared decision between clinician and patient
- Address initial withdrawal management options
- Assess and address special population issues, i.e.- pregnant women, HIV, Hepatitis, individuals with pain management issues, co-occurring disorders
- Urine Drug screens
- Ongoing relapse prevention
- Trauma-informed service approach
- Education regarding self-medicating
- Coordinate medical care and psychosocial treatment
- Evaluate safety
- Address co-morbidity
- Involve social supports

### **Initial Treatment:**

#### **Medication assisted treatment options**

- Buprenorphine, Office based opioid treatment (OBOT) or in (OTP)
- Methadone, Opioid treatment program (OTP)
- Naltrexone (opioid antagonist therapy)

#### **Psychosocial Treatment**

- Cognitive-Behavioral therapy
- Contingency management
- 12-step facilitation therapy
- Motivational Enhancement Therapy

### **Evaluating Response to Treatment:**

- Assess progress toward mutually agreed upon, measurable goals



- If it is determined that the client is not making progress toward agreed-upon goals, reassess the diagnosis, treatment modalities, treatment intensity and treatment goals in order to revise the treatment plan

#### **Continuation Phase of Treatment:**

- Monitor for signs, symptoms of relapse
- Reduce risk of ongoing use or return to use
- Assess for level of care appropriateness
- Continue to evaluate medication levels if in a medication assisted treatment

#### **Discontinuation of Treatment:**

- Engagement in recovery activities
- Titrated off prescribed medication
- Evaluate readiness for self-directed recovery program
- Relapse prevention plan in place

#### **Proposed Quality Measures**

- There is evidence that one of the suggested Psychosocial or Medication-assisted treatments is being used or that one was considered and why it was not used.
- Evidence that ongoing urinalysis testing is being done to accurately reflect substance use versus any medication management.

#### **Resources:**

1. Evidence-based practices for substance use disorders. McGovern and Carroll, 2003. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3678283/>
2. <http://eguideline.guidelinecentral.com/i/1224390-national-practice-guideline-for-the-treatment-of-opioid-use-disorder-2020-update/0>
3. [http://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/substanceuse.pdf](http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse.pdf)
4. <http://www.healthquality.va.gov/guidelines/MH/sud/VADoDSUDCPGRevised22216.pdf>
5. <http://www.fbhpartners.com/providers/guidelines/SUD-Clinical-Guidelines.pdf>
6. <https://macmhb.org/sites/default/files/attachments/files/Waller%20-%20Opioid%20Tx%20Guidelines.pdf>



## **NovumHealth Practice Guideline Summary: Children and Adolescents Diagnosed with PTSD**

**Practice Guideline Title and Associated Organization:** Practice Parameter for the Assessment and Treatment of Children and Adolescents with Posttraumatic Stress Disorder, American Academy of Child and Adolescent Psychiatry

**Target Population:** Children and adolescents diagnosed with Posttraumatic Stress Disorder

### **General Recommendations:**

- The initial assessment of children and adolescents should include questions about traumatic experiences and PTSD symptoms.
- If the assessment indicates significant PTSD symptoms, the clinician should conduct a formal evaluation to determine whether PTSD is present, the severity of the symptoms, and the degree of functional impairment. Parents or other caregivers should be included in this evaluation wherever possible.
- The assessment should consider differential diagnoses of other psychiatric disorders and physical conditions that may mimic PTSD.
- Treatment planning should consider a comprehensive treatment approach, which includes consideration of the severity and degree of impairment of the child's PTSD symptoms.
- Treatment planning should incorporate appropriate interventions for comorbid psychiatric disorders.
- Trauma-focused psychotherapies should be considered first-line treatments for children and adolescents with PTSD including Cognitive Behavioral and psychodynamic trauma- focused therapies. Eye Movement Desensitization and Reprocessing (EMDR) is included under CBT interventions.
- SSRIs can be considered for the treatment of children and adolescents with PTSD.
- Medications other than SSRIs may also be considered for children and adolescents with PTSD.
- Treatment planning may consider school-based accommodations.
- Use of restrictive "rebirthing" therapies and other techniques that bind, restrict, withhold food or water, or are otherwise coercive are not endorsed.

### **Proposed Quality Measures**

1. There is evidence that Trauma-Based CBT is being used or there is documentation that it was considered with a rationale for why it is not being offered.
2. There is evidence of routine screening for traumatic incidents and PTSD symptoms at intake.



**Resources:**

1. Practice Parameter for the Assessment and Treatment of Children and Adolescents with Posttraumatic Stress Disorder. Journal of the American Academy of Child and Adolescent Psychiatry, Volume 49, Number 4, April 2010



## **NovumHealth Practice Guideline Summary: Major Depression in Adults**

**Practice Guideline Title and Associated Organization:** Treating Major Depressive Disorder, American Psychiatric Association

**Target Population:** Adults diagnosed with Major Depressive Disorder (Does not apply to Major Depressive episodes in the context of Bipolar or Schizoaffective Disorder)

### **General Recommendations**

- Establish and maintain a therapeutic alliance
- Evaluate the safety of the patient
- Establish the appropriate treatment setting
- Evaluate and address functional impairments and quality of life
- Coordinate the patient's care with other clinicians
- Monitor the patient's psychiatric status
- Integrate measurements into psychiatric management
- Use of measurement tool- PHQ-9 facilitates diagnosis of major depression, provides assessment of symptom severity, is well validated and documented in a variety of populations, can be used in adolescents as young as 12 years of age
- Enhance treatment adherence
- Provide education to the patient and, when appropriate, to the family

### **Initial Treatment:**

- Psychotherapy and/or Pharmacotherapy
- Other somatic therapies including Electroconvulsive Therapy (ECT) for individuals with severe major depressive disorder that is not responsive to pharmacological or psychotherapeutic interventions

### **Evaluating Response to Treatment**

- Addressing inadequate response
- Changing to other treatments
- Augmenting and combining treatments
- Treatment-Resistant Depression

### **Continuation Phase of Treatment**

- To reduce the high risk of relapse, continue treatment
- Monitor for signs of relapse
- Determine if the patient requires maintenance treatment
- Provide maintenance treatment as needed



- Continue to monitor the patient

### **Discontinuation of Treatment**

- For stable patients, consider discontinuation of treatment
- If pharmacotherapy is discontinued, taper the medication over at least several weeks

### **Proposed Quality Measures**

1. An antidepressant medication is being used or there is documentation that it was considered with the rationale for not prescribing
2. Some form of psychotherapy is being used or there is documentation that it was considered with a rationale for why it is not being offered

### **Resources:**

1. Practice Guidelines for the Treatment of Patients with Major Depressive Disorder. American Psychiatric Association, 2010, Third Edition