

Dear Colleague:

Optima Health is pleased to provide you with the **2009 Clinical Practice Guidelines**. The treatment guidelines are based on published national guidelines, literature review, and the expert consensus of clinical practitioners, and reflect current recommendations for screening, diagnostic testing and treatment. Primary and Specialty Care providers have coordinated the development of this document in order to assist you in providing accurate diagnosis, appropriate course of treatment and effective pharmacologic management for patients within our community.

Several of these Clinical Guidelines have been reviewed, revised, and contain updated information:

- COPD
- Back Pain
- Health Maintenance
- 2009 Immunizations

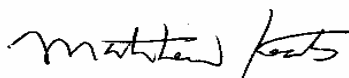
Primary care physicians and other non-behavioral health practitioners frequently treat behavioral health disorders, so Optima Health has also included clinical practice guidelines for those psychiatric conditions most often encountered in primary care settings. For more specific diagnoses, please refer to the Behavioral Health section. We hope this new format will make it easier for you to access, search and utilize **all** the guidelines in your day-to-day clinical practice. Since these guidelines are also shared with Optima Health's behavioral health practitioners, we hope you will use these guidelines as one way to improve the continuity and coordination of care between you and behavioral health practitioners. These guidelines include:

- Adult Depression Medication Management Guideline
- Childhood and Adolescent Antidepressant Medication Management Guideline
- Antenatal and Postpartum Depression "Tips for Treatment"
- Evaluation & Treatment of Attention Deficit Hyperactivity Disorder
- Guideline for Screening and Brief Intervention for Alcohol Use
- Guideline for Monitoring Clients on Second-Generation Antipsychotic Medication for Metabolic Effects
- Guideline on Opioid Management of Chronic Non-Cancer Pain

***This volume contains updated information and replaces any previous issues of Optima Health Clinical Practice Guidelines. We will continue to update the Optima Health guidelines as needed. Please be sure to discard any previous issues to avoid confusion.***

These clinical guidelines are also available on the Optima Health Provider website at <http://www.optimahealth.com/> under Providers/Provider Resources. If you would like a printed copy of these guidelines, or have questions, comments or suggestions about the guidelines, please contact 757-552-7350 or 1-866-425-5257.

Sincerely,



Matthew Keats, M.D., MMM  
Medical Director  
Optima Health