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North Sound Behavioral Health Administrative Services Organization, LLC

Section 1500 – Clinical: Clinical Practice Guidelines

Authorizing Source: HCA Contract

Approved by: Executive Director

Date: 5/10/2022

Signature:

POLICY # 1508.00

SUBJECT: CLINICAL PRACTICE GUIDELINES

PURPOSE

To ensure that North Sound Behavioral Health Administrative Services Organization (BH-ASO) and its Provider Network adopt and utilize Practice Guidelines to enhance the quality of care to individuals through the use of those Practice Guidelines for clinical decision making.

DEFINITIONS

Emerging Technology is an approach that is currently being developed or will be developed within a reasonable time frame (such as the next five to ten years). The new approach will substantially alter healthcare environment and may include (but not be limited to) information systems (such as Electronic Health Records), communications, somatic treatments (medications or direct interventions) and biotechnologies.

Evidence-Based Practice means a program or practice that has been tested where the weight of the evidence from review demonstrates sustained improvements in at least one outcome. “Evidence-based” also means a program or practice that can be implemented with a set of procedures to allow successful replication in Washington and, when possible, is determined to be cost-beneficial.

Practice Guideline is a systematically developed statement designed to assist in decisions about appropriate behavioral health treatment. The guidelines are intended to assist practitioners in the prevention, diagnosis, treatment and management of clinical conditions.

POLICY

North Sound BH-ASO encourages network providers to utilize the North Sound BH-ASO clinical practice guidelines.

Clinical practice guidelines will be compliant with all State and Federal standards and requirements and include best and promising clinical practices. Providers are also encouraged to utilize these practice guidelines as a training and supervision tool for direct clinical staff. .

Decisions for utilization management individual education, coverage of services, service delivery and other areas to which the guidelines apply will be consistent with their content.

North Sound BH-ASO will also participate in the evaluation of emerging technologies for the treatment of behavioral health conditions and related decisions as directed by the Health Care Authority (HCA) and as requested by the Managed Care Organizations (MCOs) it contracts with.

PROCEDURES

1. North Sound BH-ASO will, under the oversight of its Medical Director, adopt clinical practice guidelines known to be effective in improving outcomes. Practice guidelines shall be based on the following:

- a. Valid and reliable clinical scientific evidence;
 - b. In the absence of scientific evidence, professional standards; or
 - c. In the absence of scientific evidence and professional standards, a consensus of Health Care Professionals in the particular field.
2. North Sound BH-ASO will adopt guidelines from recognized sources that develop or promote evidence-based clinical practice guidelines such as voluntary health organizations such as the American Psychiatric Association (APA) or the American Academy of Child and Adolescent Psychiatry (AACAP), National Institute of Health Centers, or Substance Abuse Mental Health Services Administration (SAMHSA).
 3. If North Sound BH-ASO does not adopt guidelines from recognized sources, board-certified behavioral health providers must participate in the development of the guidelines. The guidelines shall:
 - a. Consider the needs of Individuals and support Individual and family involvement in care plans;
 - b. Be implemented in concert with the ethnic, cultural and linguistic characteristics of its Individuals;
 - c. Be adopted in consultation with contracting Behavioral Health Professionals within the state of Washington;
 - d. Be reviewed and updated at least every two (2) years and more often if national guidelines change during that time to ensure their ongoing compliance with requirements and clinical relevance;
 - i. These reviews will be under the oversight of the BH-ASO Medical Director.
 - ii. As often as possible, the clinical guidelines will encompass internet links to APA and AACAP 's accepted and published clinical practice guidelines, which are self-updating.
 4. Provider utilization of North Sound BH-ASO clinical practice guidelines will be encouraged by disseminating them to all affected providers (including GFS and FBG providers), by referencing them in the North Sound BH-ASO Supplemental Provider Guide, and, upon request, to providing them to the HCA and Individuals. In addition, The BH-ASO will make them available on North Sound BH-ASO website.
 5. The North Sound BH-ASO Medical Director will participate in the evaluation of emerging technologies for the treatment of behavioral health conditions and related decisions. North Sound BH-ASO will also have a Child or Adolescent Psychiatrist available for consultation related to other emerging technologies for the treatment of behavioral health conditions in children and youth.

ATTACHMENTS

1508.01 Practice Guideline Elements