



**BlueCross BlueShield  
of Texas**

**2010 Evidence Based Measures**

<b>Evidence Based Measure</b>	<b>Clinical Intent</b>	<b>Guideline</b>	<b>Sponsoring Organization(s)</b>	<b>Strength of Evidence<sup>1</sup></b>	<b>Specialty Attribution</b>
Cervical Cancer Screening	To ensure that all women ages 21-64 receive a cervical cancer screening test during the measurement year or the 2 years prior.	U.S. Preventive Services Task Force (USPSTF), Screening for Cervical Cancer, 2003 <a href="http://www.ahrq.gov/clinic/uspstf/uspstf.htm">http://www.ahrq.gov/clinic/uspstf/uspstf.htm</a>	United States Preventive Services Task Force (USPSTF), American Cancer Society, American Academy of Family Physicians (AAFP), American College of Obstetricians and Gynecologists (ACOG), American College of Preventive Medicine, American Medical Assn. (AMA), Canadian Task Force on Preventive Health Care, American Academy of Pediatrics, NCQA (HEDIS 2008 Technical Specification), National Quality Forum (NQF) endorsed measure	A	Family Practice, Internal Medicine, Obstetrics-Gynecology
Colorectal Cancer Screening	To ensure that members 50–80 years of age received appropriate screening for colorectal cancer.	ASGE Guideline: Colorectal Cancer Screening and Surveillance. 2006 <a href="http://www.guideline.gov/summary/summary.aspx?ss=15&amp;doc_id=10162&amp;nbr=5347#s24">http://www.guideline.gov/summary/summary.aspx?ss=15&amp;doc_id=10162&amp;nbr=5347#s24</a>	NCQA (HEDIS 2008 Technical Specification), United States Preventive Services Task Force (USPSTF), American Cancer Society, American College of Obstetricians and Gynecologists (ACOG), American Academy of Family Physicians (AAFP), American Gastroenterological Association, National Quality Forum (NQF) endorsed measure	A	Family Practice, Geriatric Medicine, Internal Medicine, Obstetrics-Gynecology
Diabetic Retinal Exam (Annual)	To ensure that all diabetic members ages 18-75 receive at least 1 retinal or dilated eye exam during the measurement year.	American Diabetes Association, Texas Department of State Health Services-Minimum Practice Recommendations for Diabetes. Revised 1/8/09 <a href="http://www.dshs.state.tx.us/diabetes/hcstand.shtm">http://www.dshs.state.tx.us/diabetes/hcstand.shtm</a> The National Quality Measures Clearinghouse™ (NQMC), sponsored by the Agency for Healthcare Research and Quality (AHRQ), U.S. Department of Health and Human Services <a href="http://www.qualitymeasures.ahrq.gov/summary/summary.aspx?doc_id=4078">http://www.qualitymeasures.ahrq.gov/summary/summary.aspx?doc_id=4078</a>	NCQA (HEDIS 2008 Technical Specifications), American Diabetes Association, American Academy of Ophthalmology, American College of Physicians, National Quality Forum (NQF) endorsed measure	B	Endocrinology, Family Practice, Geriatric Medicine, Internal Medicine, Nephrology
Glycosylated Hemoglobin (HbA1c) Test for Diabetics (Annual)	To ensure that all diabetic members ages 18-75 receive at least 1 glycosylated hemoglobin test during the measurement year.	American Diabetes Association, Texas Department of State Health Services-Minimum Practice Recommendations for Diabetes. Revised 1/8/09 <a href="http://www.dshs.state.tx.us/diabetes/hcstand.shtm">http://www.dshs.state.tx.us/diabetes/hcstand.shtm</a>	American Diabetes Association, American Association of Clinical Endocrinologists, American College of Endocrinology, Centers for Disease Control and Prevention, Veterans Affairs Administration, NCQA (HEDIS 2008 Technical Specifications), National Quality Forum (NQF) endorsed measure	B	Endocrinology, Family Practice, Geriatric Medicine, Internal Medicine, Nephrology
Appropriate Treatment for Children with Upper Respiratory Infection (URI)	To ensure that children, ages 3 months to 18 years old as of the end of the measurement year, diagnosed with nonspecific upper respiratory infections are not being inappropriately treated with antibiotics.	CDC - Get Smart: Know When Antibiotics Work <a href="http://www.cdc.gov/getsmart/specifc-groups/healthcare-providers.html">http://www.cdc.gov/getsmart/specifc-groups/healthcare-providers.html</a>	Centers for Disease Control and Prevention, American College of Physicians, American Society of Internal Medicine, American Academy of Family Physicians, American Academy of Pediatrics, Infectious Diseases Society of America, NCQA (HEDIS 2008 Technical Specifications), National Quality Forum (NQF) endorsed measure	B	Allergy-Immunology, Family Practice, Pediatrics, Pediatric Allergy and Immunology



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LDL Monitoring for Diabetes (Annual)	To ensure that all members age 18-75 years old with diabetes receive LDL monitoring during the measurement year.	American Diabetes Association, Texas Department of State Health Services-Minimum Practice Recommendations for Diabetes. Revised 1/8/09 <a href="http://www.dshs.state.tx.us/diabetes/hcstand.shtm">http://www.dshs.state.tx.us/diabetes/hcstand.shtm</a>	American Diabetes Association, NCEP-ATP-III Guidelines, NCQA (HEDIS 2008 Technical Specifications), National Quality Forum (NQF) endorsed measure	B (for most adults with diabetes) C (for adults with low-risk lipid values [LDL < 100mg/dl, HDL > 50mg/dl, and triglycerides < 150mg/dl])	Cardiovascular Disease – Interventional, Cardiovascular Disease - Non-Interventional, Endocrinology, Family Practice, Geriatric Medicine, Internal Medicine, Nephrology
Mammography Screening	To ensure that all eligible women age 40-69 receive a mammography screening test during the measurement year or year prior.	Recommendations and Rationale, Screening for Breast Cancer U.S. Preventive Services Task Force (USPSTF), 1996 <a href="http://www.ahcpr.gov/clinic/3rduspstf/breastcancer/brcanrr.htm">http://www.ahcpr.gov/clinic/3rduspstf/breastcancer/brcanrr.htm</a> Screening Mammography for Breast Cancer: American College of Preventive Medicine Practice Policy Statement, 1996. <a href="http://www.acpm.org/breast.htm">http://www.acpm.org/breast.htm</a>	United States Preventive Services Task Force (USPSTF), Canadian Task Force on Preventive Health Care, American Academy of Family Physicians (AAFP), American College of Preventive Medicine, American Medical Assn. (AMA), American College of Obstetricians and Gynecologists (ACOG), American College of Radiology, American Cancer Society, NCQA (HEDIS 2008 Technical Specifications), National Quality Forum (NQF) endorsed measure	A (50 to 69) B (40 to 49)	Family Practice, Geriatric Medicine, Internal Medicine, Obstetrics-Gynecology
Treatment of Cardiovascular Conditions: Monitoring Lipid Levels (Annual)	To ensure that members with cardiovascular conditions receive lipid level monitoring at a clinically appropriate frequency.	AHA/ACC Guidelines for Secondary Prevention for Patients With Coronary and Other Atherosclerotic Vascular Disease: 2006 Update <a href="http://guidelines.gov/summary/summary.aspx?doc_id=9373">http://guidelines.gov/summary/summary.aspx?doc_id=9373</a>	NCQA (HEDIS 2008 Technical Specifications), Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III, or ATP III), American College of Cardiology, American Heart Association, National Cholesterol Education Program, National Quality Forum (NQF) endorsed measure	A	Cardiovascular Disease – Interventional, Cardiovascular Disease – Non - Interventional, Family Practice, Geriatric Medicine, Internal Medicine
Appropriate Use of Imaging in Low Back Pain Assessment	To ensure that all members diagnosed with lower back pain did not receive a clinically inappropriate imaging study.	National Committee for Quality Assurance (NCQA). HEDIS 2008 American College of Radiology (ACR) <a href="http://www.guideline.gov/summary/summary.aspx?view_id=1&amp;doc_id=13671">http://www.guideline.gov/summary/summary.aspx?view_id=1&amp;doc_id=13671</a>	Agency for Healthcare Research and Quality, Institute for Clinical Systems Improvement, American Academy of Family Physicians, American College of Physicians, American College of Radiology, American Pain Society, NCQA (HEDIS 2008 Technical Specifications), National Quality Forum (NQF) endorsed measure	A	Family Practice, Geriatric Medicine, Internal Medicine, Neurology
Follow-up After Initial Diagnosis and Treatment of Colorectal Cancer: CEA	To ensure that all eligible members with colorectal cancer who are status post colon resection receive follow up CEA test at least every 6 months to monitor for cancer reoccurrence.	NCCN National Comprehensive Cancer Network, Clinical Practice Guidelines in Oncology - Colon Cancer, 2007 <a href="http://www.nccn.org/professionals/physician_gls/PDF/colon.pdf">http://www.nccn.org/professionals/physician_gls/PDF/colon.pdf</a>	American Society of Clinical Oncology, National Comprehensive Cancer Network	B	Family Practice, Geriatric Medicine, Internal Medicine
X-ray Prior to MRI/CAT Scan in the Evaluation of Lower Back Pain	To ensure that an x-ray is conducted prior to an MRI for eligible members diagnosed with lower back pain.	American College of Physicians, American Pain Society <a href="http://www.annals.org/cgi/reprint/147/7/478.pdf">http://www.annals.org/cgi/reprint/147/7/478.pdf</a>	Agency for Healthcare Policy and Research, American Academy of Family Physicians, American Academy of Neurology, American College of Physicians, American Pain Society, Institute for Clinical Systems Improvement.	B	Family Practice, Internal Medicine, Geriatric Medicine, Neurology



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Use of Long-Term Control Drugs for Persistent Asthma	To ensure that members with persistent asthma receive medication appropriate for long term control of asthma.	National Heart, Blood and Lung Institute, National Asthma Education and Prevention Program, Expert Panel Report 3 (EPR 3): Guidelines for the Diagnosis and Management of Asthma, Section 3 & 4, 2007 <a href="http://www.nhlbi.nih.gov/guideline/s/asthma/asthgdln.htm">http://www.nhlbi.nih.gov/guideline/s/asthma/asthgdln.htm</a>	The National Asthma Education and Prevention Program, The Joint Council of Allergy, Asthma and Immunology, National Heart, Lung and Blood Institute, NCQA (HEDIS 2008 Technical Specifications), National Quality Forum (NQF) endorsed measure	A (inhaled corticosteroid or inhaled corticosteroid combos) B (other classes of medication [i.e., mast cell stabilizers, leukotriene modifiers, methylxanthines])	Allergy – Immunology, Family Practice, Geriatric Medicine, Internal Medicine, Pediatrics, Pediatric Allergy and Immunology, Pediatric Pulmonary Disease, Pulmonary Disease
Chlamydia Screening for Women	To ensure that sexually active women 16-25 years of age had at least one screening test for chlamydia during the measurement year.	U.S. Preventive Services Task Force (USPSTF), Screening for Chlamydia, 2007 <a href="http://www.ahrq.gov/clinic/uspstf/uspstf11.htm">http://www.ahrq.gov/clinic/uspstf/uspstf11.htm</a>	American Academy of Family Physicians, Centers for Disease Control and Prevention and U.S. Preventive Services Task Force (USPSTF), NCQA (HEDIS 2008 Technical Specification), National Quality Forum (NQF) endorsed measure	A (for women 24 years and younger) C (for women 25 years)	Educational: Family Practice, Internal Medicine, Obstetrics-Gynecology
Monitoring for Diabetic Nephropathy	To ensure diabetic members ages 18-75 receive a diabetic nephropathy screening test during the measurement year.	American Diabetes Association, Texas Department of State Health Services-Minimum Practice Recommendations for Diabetes. Revised 1/8/09 <a href="http://www.dshs.state.tx.us/diabetes/hcstand.shtm">http://www.dshs.state.tx.us/diabetes/hcstand.shtm</a>	American Diabetes Association, NCQA (HEDIS 2008 Technical Specifications), National Quality Forum (NQF) endorsed measure	B	Educational: Endocrinology, Family Practice, Geriatric Medicine, Internal Medicine

<sup>1</sup>Strength of Evidence Definitions:

- A - Recommendation based on consistent and good-quality patient oriented evidence.
- B - Recommendation based on inconsistent or limited quality patient oriented evidence.
- C - Recommendation based on consensus, usual practice, disease oriented evidence, case series for studies of treatment or screening, and/or opinion.

Strength of Recommendation Taxonomy (SORT): A Patient-Centered Approach to Grading Evidence in the Medical Literature <http://www.aafp.org/afp/20040201/548.html>