



**Introduction to the Practice Guideline for the
Treatment of Patients with
Obsessive-Compulsive Disorder**

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Purpose of This Document

This document is an introduction to Magellan Health Services' (Magellan) adopted clinical practice guideline (CPG) for the treatment of patients with an obsessive-compulsive disorder.

As with all CPGs, this adopted guideline and this Introduction are intended to augment, not replace, sound clinical judgment. As a matter of good practice, clinically sound exceptions to this practice guideline should be noted in the member's treatment record, documenting the clinical reasoning used in making the exception. Magellan periodically requests clinical files from providers in order to monitor compliance with adopted guidelines. Clear documentation of the rationale for exceptions to the guideline's recommendations should be present in the member's treatment record whenever there is evidence of deviation from the guideline.

Additionally, this guideline does not supersede Food and Drug Administration (FDA) determinations or other actions regarding withdrawal or approval of specific medications or devices, and their uses. It is the responsibility of the treating clinician to remain current on medication/device alerts and warnings that are issued by the FDA and other regulatory and professional bodies, and to incorporate such information in his or her treatment decisions.

The guideline Magellan has adopted to augment providers' clinical decision-making with those members who have Obsessive-Compulsive Disorder is the American Psychiatric Association's (APA) *Practice Guideline for the Treatment of Patients With Obsessive-Compulsive Disorder*, First Edition.¹ This APA guideline incorporates developments in pharmacotherapy and other areas of psychiatric management of individuals with Obsessive-Compulsive Disorder. The APA guideline is a research-based document that covers all areas of psychiatric management of patients with this disorder, from clinical features and epidemiology, to treatment approach and planning.

Obtaining Copies of the APA Guideline

Copies of the Practice Guideline for the Treatment of Patients with Obsessive-Compulsive Disorder, First Edition may be obtained through the APA at www.psych.org, or by calling (800) 368-5777, or by U.S. mail at:

American Psychiatric Publishing, Inc.
1000 Wilson Blvd., Suite 1825
Arlington, VA 22209-3901

Provider Feedback

Magellan welcomes feedback on our clinical practice guidelines. All suggestions and recommendations are taken into consideration in our ongoing review of the guidelines. Comments may be submitted to:

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References

1. American Psychiatric Association Practice Guideline for the Treatment of Patients with Obsessive-Compulsive Disorder, First Edition. Published July 2007.