

CLINICAL PRACTICE GUIDELINES

Keystone First Community HealthChoices has adopted clinical practice guidelines for use in guiding the treatment of plan members, with the goal of reducing unnecessary variations in care. The following clinical practice guidelines represent current professional standards, supported by scientific evidence and research. These guidelines are intended to inform, not replace, a physician's clinical judgment. The physician remains responsible for determining applicable treatment for each individual.

∞ **Click the links to search the guideline topics.**

Advanced Care Planning

- ∞ [European Society for Medical Oncology Clinical Practice Guidelines on palliative care: Advanced care planning \(2014\)](#)
- ∞ [American Society of Clinical Oncology Advanced Care Planning \(2023\)](#)
- ∞ [American Medical Association: Advance Care Planning \(2017\)](#)

Asthma

- ∞ [NHLBI Guidelines for the Diagnosis and Management of Asthma 2007 \(EPR-3\) and 2020 update](#)
- ∞ [European Respiratory Society/American Thoracic Society: Management of severe asthma \(2020\)](#)

Back Pain

- ∞ [American College of Physicians Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain \(2017\)](#)
- ∞ [American Academy of Family Physicians \(AAFP\): Low Back Pain \(2017\)](#)
- ∞ [North American Spine Society: Diagnosis and treatment of low back pain \(2020\)](#)
- ∞ [National Institute for Health and Care Excellence \(NICE\) Guideline: Low back pain and sciatica in over 16: assessment and management \(2020\)](#)

Bipolar Disorder

- ∞ [American Psychiatric Association \(2002\)](#)
- ∞ [British Association for Psychopharmacology: Evidence-based guidelines for treating bipolar disorder: revised third edition](#)
- ∞ [Canadian Network for Mood and Anxiety Treatments \(CANMAT\) and International Society for Bipolar Disorders \(ISBD\) \(2018\)](#)
- ∞ [National Institute for Health and Care Excellence \(NICE\) Bipolar Disorder-Assessment and Management \(2023\)](#)

Bronchitis

- ∞ [American College of Chest Physicians Chronic Cough Due to Acute Bronchitis \(2006\)](#)
- ∞ [American College of Chest Physicians Acute Cough Due to Acute Bronchitis in Immunocompetent Adult Outpatients \(2020\)](#)

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- ∞ [American Academy of Family Physicians Acute Bronchitis \(2016\)](#)
- ∞ [Global Initiative for Chronic Obstructive Lung Disease, Inc. Global Initiative for the Diagnosis, Management and Prevention of Chronic Obstructive Pulmonary Disease \(2020\)](#)
- ∞ [American Thoracic Society. Pharmacologic Management of COPD. A Clinical Practice Guideline \(2020\)](#)

Caring for Adult Patients with Suicide Risk

- ∞ [Suicide Prevention Resource Center](#)
- ∞ [The American Psychiatric Association Practice Guidelines for the Psychiatric Evaluation of Adults \(2015\)](#)
- ∞ [USPSTF: Depression and Suicide Risk in Adults: Screening \(2023\)](#)

Chronic Obstructive Pulmonary Disease

- ∞ [USPSTF: Chronic Obstructive Pulmonary Disease: Screening \(2022\)](#)
- ∞ [Global Initiative for Chronic Obstructive Lung Disease, Inc. Global Initiative for the Diagnosis, Management and Prevention of Chronic Obstructive Pulmonary Disease \(2020\)](#)
- ∞ [Management of COPD exacerbations: a European Respiratory Society/American Thoracic Society guideline \(2017\)](#)
- ∞ [Prevention of COPD exacerbations: a European Respiratory Society/American Thoracic Society guideline \(2017\).](#)

Depression - Adults

- ∞ [American Psychiatric Association Treatment of Patients with Major Depressive Disorder \(2010\)](#)
- ∞ [American Psychological Association Clinical practice guideline for the treatment of depression across three age cohorts \(2019\)](#)
- ∞ [Anxiety and Depression Association of America: Clinical Practice Review for Major Depressive Disorder \(2020\)](#)
- ∞ [American College of Physicians: Nonpharmacologic and Pharmacologic Treatments of Adults in the Acute Phase of Major Depressive Disorder: A Living Clinical Guideline \(2023\)](#)
- ∞ [American College of Physicians Nonpharmacologic Versus Pharmacologic Treatment of Adult Patients with Major Depressive Disorder \(2016\)](#)

Diabetes

- ∞ [American Diabetes Association Standards of Care in Diabetes \(2023\)](#)
- ∞ [American Association of Clinical Endocrinologists \(2022\)](#)

General Anxiety Disorder

- ∞ [American Academy of Family Physicians \(2015\)](#)
- ∞ [National Institute for Health and Care Excellence \(2020\)](#)
- ∞ [Anxiety and Depression Association of America \(GAD\) \(2016\)](#)

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- ∞ [National Institute for Health and Care Excellence: GAD \(2020\)](#)

Heart Failure - Adults

- ∞ [American College of Cardiology Heart Failure: Guideline for Management \(2022\)](#)
- ∞ [American Heart Association \(2023\)](#)

HIV/AIDS

- ∞ [USPSTF Human Immunodeficiency Virus \(HIV\) Infection: Screening \(2019\)](#)
- ∞ [American College of Physicians and HIV Medicine Association \(2009\)](#)

Hypertension- Adults

- ∞ [American College of Cardiology Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults \(2017\)](#)
- ∞ [American Academy of Family Physicians Guidelines for the Management of Hypertension in Adults \(2014\)](#)
- ∞ [American Society of Hypertension \(ASH\) and International Society of Hypertension \(ISH\)\(2014\)](#)

Kidney Disease - Adults

- ∞ [National Kidney Foundation, Kidney Disease Outcome Quality Initiative CKD Evaluation and Management \(2012\)](#)
- ∞ [Kidney Disease: Improving Global Outcomes \(KDIGO\) \(2022\)](#)

Lipids

- ∞ [AHA/ACC/AACVPR/AAPA/ ABC/ACPM/ADA/AGS/APhA/ASPC/ NLA/PCNA Guideline on the Management of Blood Cholesterol \(2018\)](#)
- ∞ [ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: Executive Summary \(2019\)](#)
- ∞ [American Association of Clinical Endocrinologists \(2022\)](#)

Office-Based Surgery Sedation

- ∞ [American Society of Anesthesiologists Practice Guidelines for Moderate Procedural Sedation and Analgesia \(2018\)](#)
- ∞ [American Society of Anesthesiologists. Guidelines for Office-Based Anesthesia \(2019\)](#)
- ∞ [American Academy of Dermatology \(2016\)](#)
- ∞ [American College of Surgeons \(2019\)](#)

Opioid Addiction

- ∞ [American Society of Addiction Medicine \(2020\)](#)
- ∞ [American Pain Society \(2014\)](#)

Opioid Prescribing

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- ∞ [American Society of Addiction Medicine Use of Medications in the Treatment of Addiction Involving Opioids \(2020\)](#)
- ∞ [CDC Guideline for Prescribing Opioids for Chronic Pain \(2022\)](#)

Orthognathic Surgery

- ∞ [American Association of Oral and Maxillofacial Surgeons on criteria for orthognathic surgery \(2020\)](#)

Osteoarthritis- Adults

- ∞ [American College of Rheumatology/Arthritis Foundation Guideline for the Management of Osteoarthritis of the Hand, Hip, and Knee \(2019\)](#)
- ∞ [The American Academy of Orthopedic Surgeons \(2021\)](#)
- ∞ [National Institute for Health and Care Excellence \(2020\)](#)

Osteoporosis

- ∞ [Endocrine Society Clinical Practice Guideline \(2012\)](#)
- ∞ [American College of Physicians Pharmacologic Treatment of Primary Osteoporosis or Low Bone Mass to Prevent Fractures in Adults \(2023\)](#)
- ∞ [American Association of Clinical Endocrinologists \(2020\)](#)

Overweight and Obesity- Adults

- ∞ [American Association of Clinical Endocrinologists Comprehensive Medical Care of Patients with Obesity \(2016\)](#)
- ∞ [American Psychological Association \(2018\)](#)

Post-Traumatic Stress Disorder

- ∞ [American Psychiatric Association \(2017\)](#)

Pregnancy Prenatal and Postnatal Care

- ∞ [American College of Obstetricians and Gynecologists \(ACOG\)](#)

Pregnancy Prevention - Adolescents and Adults

- ∞ [The American Academy of Family Physicians Foundation Evidence-Based Contraception \(2022\)](#)

Preventive Care- Adults

- ∞ [American Academy of Family Physicians Adult Preventive Health Care Schedule \(2021\)](#)
- ∞ [USPSTF Statin Use for the Primary Prevention of Cardiovascular Disease in Adults: Preventive Medication \(2022\)](#)
- ∞ [USPSTF Screening: asymptomatic, nonpregnant adolescents and adults who are at increased risk for syphilis infection \(2022\)](#)
- ∞ [Screening: Asymptomatic adults at increased risk of latent tuberculosis infection \(2023\)](#)

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- ∞ [CDC immunization schedule: Recommendations for Ages 19 Years or Older, United States \(2023\)](#)

Schizophrenia

- ∞ [The American Psychiatric Association Practice Guideline \(2021\)](#)
- ∞ [National Institute for Health and Care Excellence: Psychosis and schizophrenia in adults: prevention and management \(2014\)](#)
- ∞ [National Institute for Health and Care Excellence: psychosis and schizophrenia in children and young people: recognition and management \(2013; updated 2016\)](#)

Sickle Cell Disease

- ∞ [National Heart, Lung, and Blood Institute \(2014\)](#)
- ∞ [American Society of Hematology \(2016\)](#)

Substance Use

- ∞ [Substance Abuse and Mental Health Services Administration Detoxification and Substance Abuse Treatment \(2015\)](#)
- ∞ [American Society of Addiction Medicine \(2020\)](#)

Tobacco Control

- ∞ [American Thoracic Society Initiating Pharmacologic Treatment in Tobacco-Dependent Adults \(2020\)](#)
- ∞ [USPSTF Tobacco Use in Children and Adolescents: Primary Care Interventions \(2020\)](#)

Transgender Health

- ∞ [Endocrine Society Clinical Practice Guideline \(2017\)](#)
- ∞ [World Professional Association for Transgender Health \(WPATH\) Standards of Care Version 8 \(2022\)](#)

Venous Thrombosis

- ∞ [American Society of Hematology Guidelines for Management of Venous Thromboembolism: Treatment of Deep Vein Thrombosis and Pulmonary Embolism \(2020\)](#)
- ∞ [American College of Cardiology: ASH Venous Thromboembolism Guidelines: Treatment of DVT and PE \(2020\)](#)

Approval history:

Date	Summary
2/2024	Clinical Policy Committee (CPC) approved with changes.
7/2023	Clinical Policy Committee (CPC) approved with changes.