

# CLINICAL PRACTICE GUIDELINES

First Choice VIP CARE PLUS 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.**

## Psychology: Anxiety, Depression and Suicide Risk in Adults

∞ [U.S. Preventive Services Task Force](#)

## Adolescent Health Risk Behavior Assessment

∞ [USPSTF Depression and Suicide Risk in Children and Adolescents: Screening \(2022\)](#)

## Advanced Care Planning

∞ European Society for Medical Oncology Clinical Practice Guidelines on palliative care: advanced care planning (2014): [https://www.annalsofoncology.org/article/S0923-7534\(19\)34086-4/fulltext](https://www.annalsofoncology.org/article/S0923-7534(19)34086-4/fulltext)

∞ American Society of Clinical Oncology Advanced Care Planning (2023): <https://practice.asco.org/sites/default/files/drupalfiles/2023-03/Advance-Care-Planning-Guide.pdf>

## Asthma

∞ [NHLBI Guidelines for the Diagnosis and Management of Asthma 2007 \(EPR-3\) and 2020 update](#)

## Attention Deficit/Hyperactivity Disorder

∞ [American Academy of Pediatrics Diagnosis, Evaluation, and Treatment of Attention-Deficit Hyperactivity Disorder in Children and Adolescents \(2019\)](#)

## Autism Spectrum Disorder in Children

∞ [American Academy of Pediatrics](#)

## Back Pain

∞ [American College of Physicians Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain \(2017\)](#)

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## Bipolar Disorder

- ∞ [American Psychiatric Association](#)

## Bronchitis

- ∞ American College of Chest Physicians [Chronic Cough Due to Acute Bronchitis](#) (2006):  
[https://journal.chestnet.org/article/S0012-3692\(15\)52837-7/pdf](https://journal.chestnet.org/article/S0012-3692(15)52837-7/pdf)
- ∞ American Academy of Family Physicians Acute Bronchitis (2016):  
<https://www.aafp.org/pubs/afp/issues/2016/1001/p560.html>
- ∞ Global Initiative for Chronic Obstructive Lung Disease, Inc. Global Initiative for the Diagnosis, Management and Prevention of Chronic Obstructive Pulmonary Disease (2020). [https://goldcopd.org/wp-content/uploads/2019/12/GOLD-2020-FINAL-ver1.2-03Dec19\\_WMV.pdf](https://goldcopd.org/wp-content/uploads/2019/12/GOLD-2020-FINAL-ver1.2-03Dec19_WMV.pdf)
- ∞ American Thoracic Society. Pharmacologic Management of COPD. A Clinical Practice Guideline (2020):  
<https://www.atsjournals.org/doi/pdf/10.1164/rccm.202003-0625S>

## Caring for Adult Patients with Suicide Risk

- ∞ [Suicide Prevention Resource Center](#)

## Chronic Obstructive Pulmonary Disease

- ∞ [Global Initiative for Chronic Obstructive Lung Disease](#)

## Depression - Adults

- ∞ American Psychiatric Association Treatment of Patients with Major Depressive Disorder (2010):  
[https://psychiatryonline.org/pb/assets/raw/sitewide/practice\\_guidelines/guidelines/mdd.pdf](https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/mdd.pdf)
- ∞ American College of Physicians Nonpharmacologic Versus Pharmacologic Treatment of Adult Patients with Major Depressive Disorder (2016). <http://annals.org/aim/fullarticle/2490527/nonpharmacologic-versus-pharmacologic-treatment-adult-patients-major-depressive-disorder-clinical>

## Diabetes

- ∞ [American Diabetes Association \(2023\)](#)

## General Anxiety Disorder

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- ∞ [National Institute for Health and Care Excellence](#)

### Heart Failure - Adults

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

### HIV/AIDS

- ∞ [U.S. Preventive Services Task Force](#)

### Hypertension- Adults

- ∞ American College of Cardiology Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults (2017):  
[http://www.onlinejacc.org/content/71/19/e127?\\_ga=2.176976865.553150704.1550539575-1607157456.1550539575](http://www.onlinejacc.org/content/71/19/e127?_ga=2.176976865.553150704.1550539575-1607157456.1550539575)
- ∞ American Academy of Family Physicians does not endorse ACC (2017) guideline. They endorse the 8<sup>th</sup> Joint National Committee guidelines for hypertension management in adults (2014, reaffirmed 2019):  
<https://www.aafp.org/pubs/afp/issues/2014/1001/p503.html>

### Kidney Disease - Adults

- ∞ [National Kidney Foundation, Kidney Disease Outcome Quality Initiative CKD Evaluation and Management \(2012\)](#)

### Lipids

- ∞ AHA/ACC/AACVPR/AAPA/ ABC/ACPM/ADA/AGS/APhA/ASPC/ NLA/PCNA Guideline on the Management of Blood Cholesterol (2018):  
[https://www.jacc.org/doi/pdf/10.1016/j.jacc.2018.11.003?\\_ga=2.213522324.1437320068.1685625704-318890780.1685625704](https://www.jacc.org/doi/pdf/10.1016/j.jacc.2018.11.003?_ga=2.213522324.1437320068.1685625704-318890780.1685625704)
- ∞ ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: Executive Summary (2019):  
[https://www.jacc.org/doi/pdf/10.1016/j.jacc.2018.11.003?\\_ga=2.213522324.1437320068.1685625704-318890780.1685625704](https://www.jacc.org/doi/pdf/10.1016/j.jacc.2018.11.003?_ga=2.213522324.1437320068.1685625704-318890780.1685625704)

### Office-Based Surgery Sedation

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- ∞ American Society of Anesthesiologists Practice Guidelines for Moderate Procedural Sedation and Analgesia (2018): [https://anesthesiology.pubs.asahq.org/article.aspx?articleid=2670190&\\_ga=2.125635340.768343024.1685637805-595311384.1685637805](https://anesthesiology.pubs.asahq.org/article.aspx?articleid=2670190&_ga=2.125635340.768343024.1685637805-595311384.1685637805).
- ∞ American Society of Anesthesiologists. Guidelines for Office-Based Anesthesia (2019): [American Society of Anesthesiologists. Guidelines for Office-Based Anesthesia \(2019\)](#)

### Opioid Addiction

- ∞ [American Society of Addiction Medicine](#)

### Opioid Prescribing

- ∞ American Society of Addiction Medicine **Use of Medications in the Treatment of Addiction Involving Opioids** (2020): [https://sitefinitystorage.blob.core.windows.net/sitefinity-production-blobs/docs/default-source/guidelines/npg-jam-supplement.pdf?sfvrsn=a00a52c2\\_2](https://sitefinitystorage.blob.core.windows.net/sitefinity-production-blobs/docs/default-source/guidelines/npg-jam-supplement.pdf?sfvrsn=a00a52c2_2)
- ∞ **CDC Guideline for Prescribing Opioids for Chronic Pain (2022)**: [https://www.cdc.gov/mmwr/volumes/71/rr/rr7103a1.htm?s\\_cid=rr7103a1\\_w](https://www.cdc.gov/mmwr/volumes/71/rr/rr7103a1.htm?s_cid=rr7103a1_w)

### Oppositional Defiant Disorder

- ∞ [Journal of the American Academy of Child & Adolescent Psychiatry](#)

### 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 \(2019\)](#)

### Osteoporosis

- ∞ [American College of Physicians Pharmacologic Treatment of Primary Osteoporosis or Low Bone Mass to Prevent Fractures in Adults \(2023\)](#)

### Overweight and Obesity- Children and Adults

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

### Pharyngitis - Children

- ∞ [Infectious Diseases Society of America \(IDSA\)](#)

### Post-Traumatic Stress Disorder

- ∞ [American Psychiatric Association](#)

### Pregnancy Prenatal and Postnatal Care

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

### Pregnancy Prevention - Adolescents and Adults

- ∞ [The American Academy of Family Physicians Foundation](#)

### Preventive Care- Children, Adolescents, and Adults

- ∞ American Academy of Family Physicians. [Introducing a One-Page Adult Preventive Health Care Schedule: USPSTF Recommendations at a Glance \(2021\)](#)
- ∞ USPSTF updates since 2021:
  - Statin Use for the Primary Prevention of Cardiovascular Disease in Adults: [Preventive Medication: adults aged 40 to 75 years who have 1 or more cardiovascular risk factors and an estimated 10-year cardiovascular disease \(CVD\) risk of 10% or greater \(2022\)](#)
  - Syphilis Infection in Nonpregnant Adolescents and Adults: [Screening: asymptomatic, nonpregnant adolescents and adults who are at increased risk for syphilis infection \(2022\)](#)
  - [Latent Tuberculosis Infection in Adults: Screening: asymptomatic adults at increased risk of latent tuberculosis infection \(LTBI\) \(2023\): <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/latent-tuberculosis-infection-screening>](#)
  - CDC immunization schedule: [Recommendations for Ages 19 Years or Older, United States, 2023](#)

### Preventive Pediatric Health Care - Bright Futures Periodicity Schedule

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- ∞ [American Academy of Pediatrics](#)

## Psychology: Anxiety, Depression and Suicide Risk in Adults

- ∞ [U.S. Preventive Services Task Force](#)

## Schizophrenia

- ∞ [American Psychiatric Association](#)

## Sickle Cell Disease

- ∞ [National Heart, Lung, and Blood Institute](#)

## Substance Use

- ∞ [Substance Abuse and Mental Health Services Administration Detoxification and Substance Abuse Treatment \(2015\) \(SAMHSA.gov\)](#)

## Tobacco Control

- ∞ American Thoracic Society [Initiating Pharmacologic Treatment in Tobacco-Dependent Adults: An Official ATS Clinical Practice Guideline \(2020\)](#): <https://www.atsjournals.org/doi/full/10.1164/rccm.202005-1982ST>
- ∞ [USPSTF Tobacco Use in Children and Adolescents: Primary Care Interventions \(2020\)](#)

## Transgender Health

- ∞ [World Professional Association for Transgender Health \(WPATH\)](#)
- ∞ [International Journal of Transgender Health](#)

## Venous Thrombosis

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