

CLINICAL PRACTICE GUIDELINES

Keystone First VIP Choice 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.

*This list of CPGs were reviewed and approved at UMC on 3/28/2025.

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

| Advanced Care Planning |
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| <ul style="list-style-type: none"> ∞ European Society for Medical Oncology: Clinical Practice Guidelines on Palliative Care: Advanced Care Planning (2014) ∞ American Society of Clinical Oncology: Advanced Care Planning (2024) ∞ American Medical Association: Advance Care Planning (2017) ∞ National Hospice and Palliative Care Organization: Standards of Practice for Hospice Programs (2022). |
| Asthma |
| <ul style="list-style-type: none"> ∞ National Heart Lung Blood Institute: Guidelines for the Diagnosis and Management of Asthma 2007 (EPR-3) and 2024 update ∞ European Respiratory Society/American Thoracic Society: Management of Severe Asthma (2019) ∞ National Asthma Education and Prevention Program: 2020 Focused Updates to the Asthma Management Guidelines (2020) ∞ American College of Chest Physicians: Managing Chronic Cough Due to Asthma and NAEB in Adults and Adolescents (2020) ∞ VA/DoD Clinical Practice Guideline: Primary Care Management of Asthma (2019) |
| Back Pain |
| <ul style="list-style-type: none"> ∞ North American Spine Society: Diagnosis and Treatment of Low Back Pain (2020) ∞ Academy of Orthopedic Physical Therapy: Interventions for the Management of Acute and Chronic Low Back Pain (2021) ∞ American College of Physicians: Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain (2017) |
| Bipolar Disorder |
| <ul style="list-style-type: none"> ∞ Department of Veterans Affairs/Department of Defense: VA/DoD Clinical Practice Guideline for Management of Bipolar Disorder (2023) ∞ National Institute for Health and Care Excellence: Bipolar Disorder-Assessment and Management (2023) |
| Brain death |



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- ∞ [American Academy of Neurology: Pediatric and Adult Brain Death/Death by Neurologic Criteria Consensus Guideline \(2023\)](#)

Bronchitis

- ∞ [American College of Chest Physicians: Acute Cough Due to Acute Bronchitis in Immunocompetent Adult Outpatients \(2020\)](#)
- ∞ [American Academy of Family Physicians: Acute Bronchitis \(2016\)](#)

Caring for Adult Patients with Suicide Risk

- ∞ [Suicide Prevention Resource Center: Caring for Adult Patients with Suicide Risk \(2015\)](#)
- ∞ [The American Psychiatric Association: Practice Guidelines for the Psychiatric Evaluation of Adults \(2015\)](#)
- ∞ [U.S. Preventive Services Task Force: Depression and Suicide Risk in Adults: Screening \(2023\)](#)

Chronic Obstructive Pulmonary Disease

- ∞ [US Preventive Services Task Force: 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 \(2024\)](#)
- ∞ [American Thoracic Society: Pharmacologic Management of COPD. A Clinical Practice Guideline \(2020\)](#)
- ∞ [American Thoracic Society: Long-Term Noninvasive Ventilation in Chronic Stable Hypercapnic Chronic Obstructive Pulmonary Disease \(2020\)](#)

Depression – Adults

- ∞ [American Psychological Association: Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts \(2019\)](#)
- ∞ [American College of Physicians: Nonpharmacologic and Pharmacologic Treatments of Adults in the Acute Phase of Major Depressive Disorder: A Living Clinical Guideline \(2023\)](#)
- ∞ [Department of Veterans Affairs/Department of Defense: The Management of Major Depressive Disorder \(2022\)](#)

Diabetes

- ∞ [American Diabetes Association: Standards of Care in Diabetes \(2024\)](#)
- ∞ [American Association of Clinical Endocrinologists: Clinical Practice Guideline for Development of a Diabetes Mellitus Comprehensive Care Plan \(2022\)](#)
- ∞ [U.S. Preventive Services Task Force: Gestational Diabetes: Screening \(2021\) American Diabetes Association \(ADA\): Obesity and Weight Management for the Prevention and Treatment of Type 2 Diabetes \(2024\)](#)

General Anxiety Disorder

- ∞ [American Academy of Family Physicians: Generalized Anxiety Disorder and Panic Disorder in Adults \(2022\)](#)

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- ∞ [National Institute for Health and Care Excellence: Generalised Anxiety Disorder and Panic Disorder in Adults: Management \(2020\)](#)

Heart Failure - Adults

- ∞ [American Heart Association/American College of Cardiology/Heart Failure Society of America: Management of Heart Failure \(2023\)](#)
- ∞ [American College of Emergency Physicians: Clinical Policy: Critical Issues in the Evaluation and Management of Adult Patients Presenting to the Emergency Department With Acute Heart Failure Syndromes \(2022\)](#)

HIV/AIDS

- ∞ [US Preventive Services Task Force: Human Immunodeficiency Virus \(HIV\) Infection: Screening \(2019 – Update in Progress\)](#)
- ∞ [US Preventive Services Task Force: Prevention of Acquisition of HIV: Preexposure Prophylaxis \(2023\)](#)
- ∞ [Infectious Diseases Society of America: Clinical Practice Guidance for Persons With Human Immunodeficiency Virus \(2024\)](#)
- ∞ [Community Preventive Services Task Force: HIV Prevention: Clinical Decision Support System to Increase HIV Screening \(2020\)](#)
- ∞ [Community Preventive Services Task Force: HIV Prevention and Control: Partner Services to Increase HIV \(2021\)](#)

Hypertension- Adults

- ∞ [American College of Cardiology: Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults \(2018\)](#)
- ∞ [American Academy of Family Physicians: Blood Pressure Targets in Adults With Hypertension \(2022\)](#)
- ∞ [International Society of Hypertension: International Society of Hypertension Global Hypertension Practice Guidelines \(2020\)](#)

Kidney Disease - Adults

- ∞ [Kidney Disease: Improving Global Outcomes: KDIGO Clinical Practice Guideline for the Evaluation and Management of Chronic Kidney Disease \(2024\)](#)

Lipids

- ∞ [American College of Cardiology/American Heart Association: AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/ NLA/PCNA Guideline on the Management of Blood Cholesterol \(2019\)](#)
- ∞ [American College of Cardiology/American Heart Association: Guideline on the Primary Prevention of Cardiovascular Disease: Executive Summary \(2019\)](#)
- ∞ [American Association of Clinical Endocrinologists: Management of Nonalcoholic Fatty Liver Disease \(2022\)](#)
- ∞ [Endocrine Society: Lipid Management in Patients with Endocrine Disorders \(2020\)](#)
- ∞ [VA/DOD Guidelines: The Management of Dyslipidemia for Cardiovascular Risk Reduction \(Lipids\) \(2020\)](#)

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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 \(2024\)](#)
- ∞ [American Academy of Dermatology: Use of Local Anesthesia in Office-Based Dermatologic Surgery \(2016\)](#)
- ∞ [American College of Surgeons: Patient Safety Principles for Office-Based Surgery Utilizing Moderate Sedation/Analgesia \(2019\)](#)

Opioid Addiction

- ∞ [American Society of Addiction Medicine: Treatment of Opioid Use Disorder \(2020\)](#)
- ∞ [American Pain Society: Methadone Safety \(2014\)](#)

Opioid Prescribing

- ∞ [Centers for Disease Control and Prevention: Guideline for Prescribing Opioids for Chronic Pain \(2022\)](#)
- ∞ [VA/DOD Guidelines: Use of Opioids in the Management of Chronic Pain \(2022\)](#)

Orthognathic Surgery

- ∞ [American Association of Oral and Maxillofacial Surgeons: Criteria for Orthognathic Surgery \(2025\)](#)

Osteoarthritis- Adults

- ∞ [American College of Rheumatology/Arthritis Foundation: Guideline for the Management of Osteoarthritis of the Hand, Hip, and Knee \(2020\)](#)
- ∞ [American Academy of Orthopedic Surgeons: Management of Osteoarthritis of the Knee \(Non-Arthroplasty\) \(2021\)](#)
- ∞ [National Institute for Health and Care Excellence: Osteoarthritis in Over 16s: Diagnosis and Management \(2022\)](#)

Osteoporosis

- ∞ [Endocrine Society Clinical Practice Guideline: Osteoporosis in Men \(2012\)](#)
- ∞ [American College of Physicians: Pharmacologic Treatment of Primary Osteoporosis or Low Bone Mass to Prevent Fractures in Adults \(2023\)](#)
- ∞ [American Association of Clinical Endocrinologists: Diagnosis and Treatment of Postmenopausal Osteoporosis \(2020\)](#)
- ∞ [American College of Radiology: Osteoporosis and Bone Mineral Density \(2022\)](#)
- ∞ [American College of Obstetricians and Gynecologists: Osteoporosis Prevention, Screening, and Diagnosis \(2021\)](#)
- ∞ [American College of Obstetricians and Gynecologists: Management of Postmenopausal Osteoporosis \(2022\)](#)

Overweight and Obesity- Adults



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- ∞ [American Association of Clinical Endocrinologists: Comprehensive Medical Care of Patients with Obesity \(2016\)](#)
- ∞ [American Gastroenterological Association: Clinical Practice Guideline on Pharmacological Interventions for Adults With Obesity \(2022\)](#)
- ∞ [VA/DOD Clinical Practice Guidelines: Management of Adult Overweight and Obesity \(2020\)](#)

Post-Traumatic Stress Disorder

- ∞ [American Psychological Association: Treatment of Posttraumatic Stress Disorder in Adults \(2017\)](#)
- ∞ [Department of Veterans Affairs/Department of Defense: Management of Posttraumatic Stress Disorder and Acute Stress Disorder \(2023\)](#)
- ∞ [Academy of Orthopedic Physical Therapy, APTA: Physical Therapy Evaluation and Treatment After Concussion/ Mild Traumatic Brain Injury \(2020\)](#)

Pregnancy Prenatal and Postnatal Care

- ∞ [American College of Obstetricians and Gynecologists: Clinical Practice Guidelines \(2024\)](#)
- ∞ [US Preventive Services Task Force: Hypertensive Disorders of Pregnancy: Screening Asymptomatic Pregnant Persons \(2023\)](#)
- ∞ [Society of Obstetricians and Gynecologists of Canada: Guideline No. 426: Hypertensive Disorders of Pregnancy: Diagnosis, Prediction, Prevention, and Management \(2022\)](#)
- ∞ [VA/DOD Clinical Practice Guidelines: Management of Pregnancy \(2023\)](#)

Pregnancy Prevention - Adults

- ∞ [American College of Obstetricians and Gynecologists: Patient-Centered Contraceptive Counseling \(2022\)](#)
- ∞ [Centers for Disease Control and Prevention: Medical Eligibility for Contraceptive Use \(2024\)](#)

Preventive Care- Adults

- ∞ [American Academy of Family Physicians: Adult Preventive Health Care Schedule \(2021\)](#)
- ∞ [US Preventive Services Task Force: Statin Use for the Primary Prevention of Cardiovascular Disease in Adults: Preventive Medication \(2022\)](#)
- ∞ [US Preventive Services Task Force: Screening: Asymptomatic Adults at Increased Risk of Latent Tuberculosis Infection \(2023\)](#)
- ∞ [US Preventive Services Task Force: Breast Cancer: Screening \(2024\)](#)
- ∞ [Centers for Disease Control and Prevention: Adult Immunization Schedule for Ages 19 Years or Older \(2025\)](#)

Schizophrenia

- ∞ [American Psychiatric Association: Treatment of Patients With Schizophrenia \(2020\)](#)
- ∞ [Department of Veterans Affairs/Department of Defense: Management of First-Episode Psychosis and Schizophrenia \(2023\)](#)

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Sexually Transmitted Diseases

- ∞ [Centers for Disease Control and Prevention: Sexually Transmitted Infections Treatment Guidelines \(2021\)](#)
- ∞ [US Preventive Services Task Force: Screening: Asymptomatic, Nonpregnant Adolescents and Adults Who Are at Increased Risk for Syphilis Infection \(2022\)](#)

Sickle Cell Disease

- ∞ [American Society of Hematology: Guidelines on Sickle Cell Disease \(2019-2021\)](#)
- ∞ [Association of Anesthetists: Guideline on the Peri-operative Management of Patients With Sickle Cell Disease \(2020\)](#)

Substance Use

- ∞ [Substance Abuse and Mental Health Services Administration: Detoxification and Substance Abuse Treatment \(2015\)](#)
- ∞ [American Society of Addiction Medicine: Various Guidelines](#)
- ∞ [VA/DOD Clinical Practice Guidelines: Management of Substance Use Disorder \(2021\)](#)

Tobacco Control

- ∞ [American Thoracic Society: Initiating Pharmacologic Treatment in Tobacco-Dependent Adults \(2020\)](#)

Transgender Health

- ∞ [Endocrine Society: Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons \(2017\)](#)
- ∞ [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 \(2020\)](#)

Vision Care

- ∞ [American Optometric Association: Comprehensive Adult Eye and Vision Examination, 2nd ed. \(2023\)](#)
- ∞ [American Optometric Association: Eye Care of the Patient with Diabetes Mellitus, 2nd ed. \(2019\)](#)
- ∞ [U.S. Preventive Services Task Force: Impaired Visual Acuity in Older Adults: Screening \(2022\)](#)