

CLINICAL PRACTICE GUIDELINES

First Choice Next 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.**

Adolescent Health Risk Behavior Assessment

- ∞ [US Preventive Services Task Force \(UPSTF\): Depression and Suicide Risk in Children and Adolescents: Screening \(2022\)](#)
- ∞ [American Academy of Child and Adolescent Psychiatry: Assessment and Treatment of Psychiatric Disorders in Children and Adolescents \(2022\)](#)
- ∞ [American Academy of Child and Adolescent Psychiatry: Assessment and Treatment of Children and Adolescents With Anxiety Disorders \(2020\)](#)

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 \(2024\)](#)
- ∞ [American Medical Association: Advance Care Planning \(2017\)](#)

Asthma

- ∞ [NHLBI Guidelines for the Diagnosis and Management of Asthma 2007 \(EPR-3\) and 2024 update](#)
- ∞ [European Respiratory Society/American Thoracic Society: Management of Severe Asthma \(2020\)](#)

Attention Deficit/Hyperactivity Disorder

- ∞ [American Academy of Pediatrics Diagnosis, Evaluation, and Treatment of Attention-Deficit Hyperactivity Disorder in Children and Adolescents \(2019\)](#)
- ∞ [The Society for Developmental and Behavioral Pediatrics Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents with Complex Attention-Deficit/Hyperactivity Disorder \(2020\)](#)
- ∞ [American Academy of Family Physicians: ADHD in Children and Adolescents \(2020\)](#)

Autism Spectrum Disorder in Children

- ∞ [American Academy of Pediatrics: Identification, Evaluation, and Management of Children With Autism Spectrum Disorder \(2020\)](#)

- ∞ [American Association for Child and Adolescent Psychiatry: Assessment and Treatment of Children and Adolescents With Autism Spectrum Disorder \(2014\)](#)

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 \(NICE\): Low Back Pain and Sciatica in Over 16s: Assessment and Management \(2020\)](#)

Bipolar Disorder

- ∞ [American Psychiatric Association: Treatment of Patients With Bipolar Disorder \(2002\)](#)
- ∞ [British Association for Psychopharmacology: Evidence-based guidelines for treating bipolar disorder \(2016\)](#)
- ∞ [Canadian Network for Mood and Anxiety Treatments \(CANMAT\) and International Society for Bipolar Disorders \(ISBD\): Management of Patients with Bipolar Disorder \(2018\)](#)
- ∞ [NICE: Bipolar Disorder-Assessment and Management \(2023\)](#)

Bronchitis

- ∞ [American College of Chest Physicians: Acute Cough Due to Acute Bronchitis in Immunocompetent Adult Outpatients \(2020\)](#)
- ∞ [American Academy of Family Physicians: Acute Bronchitis \(2016\)](#)
- ∞ [Global Initiative for Chronic Obstructive Lung Disease, Inc.: Global Strategy 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: 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 \(USPSTF\): 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 \(2020\)](#)
- ∞ [European Respiratory Society/American Thoracic Society: Management of COPD exacerbations \(2017\)](#)
- ∞ [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 \(2019\)](#)
- ∞ [American College of Physicians: Nonpharmacologic and Pharmacologic Treatments of Adults in the Acute Phase of Major Depressive Disorder: A Living Clinical Guideline \(2023\)](#)

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 \(2022\)](#)

General Anxiety Disorder

- ∞ [American Academy of Family Physicians: Generalized Anxiety Disorder and Panic Disorder in Adults \(2022\)](#)
- ∞ [NICE: Generalised Anxiety Disorder and Panic Disorder in Adults: Management \(2020\)](#)

Heart Failure - Adults

- ∞ [AHA/ACC/HFSA: Management of Heart Failure \(2022\)](#)

HIV/AIDS

- ∞ [USPSTF: Human Immunodeficiency Virus \(HIV\) Infection: Screening \(2019\)](#)
- ∞ [USPSTF: Prevention of Acquisition of HIV: Preexposure Prophylaxis \(2023\)](#)
- ∞ [Infectious Diseases Society of America \(IDSA\): Clinical Practice Guidance for Persons With Human Immunodeficiency Virus \(2020\)](#)

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 \(ISH\): Management of Hypertension in the Community \(2014\)](#)

Kidney Disease - Adults

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

Lipids
<ul style="list-style-type: none">∞ 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: Management of Nonalcoholic Fatty Liver Disease (2022)
Office-Based Surgery Sedation
<ul style="list-style-type: none">∞ 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: 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
<ul style="list-style-type: none">∞ American Society of Addiction Medicine: Treatment of Opioid Use Disorder (2020)∞ American Pain Society: Methadone Safety (2014)
Opioid Prescribing
<ul style="list-style-type: none">∞ American Society of Addiction Medicine: Treatment of Opioid Use Disorder (2020)∞ Centers for Disease Control and Prevention (CDC): Guideline for Prescribing Opioids for Chronic Pain (2022)
Oppositional Defiant Disorder
<ul style="list-style-type: none">∞ American Academy of Child & Adolescent Psychiatry: Assessment and Treatment of Children and Adolescents With Oppositional Defiant Disorder (2007)
Orthognathic Surgery
<ul style="list-style-type: none">∞ American Association of Oral and Maxillofacial Surgeons: Criteria for Orthognathic Surgery (2020)
Osteoarthritis- Adults
<ul style="list-style-type: none">∞ American College of Rheumatology/Arthritis Foundation: Guideline for the management of osteoarthritis of the hand, hip, and knee (2019)∞ American Academy of Orthopedic Surgeons: Management of Osteoarthritis of the Knee (Non-Arthroplasty) (2021)∞ NICE: 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 \(2020\)](#)

Overweight and Obesity- Children and Adults

- ∞ [American Association of Clinical Endocrinologists: Comprehensive Medical Care of Patients with Obesity \(2016\)](#)
- ∞ [American Academy Of Pediatrics: Evaluation and Treatment of Children and Adolescents With Obesity \(2023\)](#)
- ∞ [American Psychological Association: Multicomponent Behavioral Treatment of Obesity and Overweight in Children and Adolescents \(2018\)](#)

Pharyngitis - Children

- ∞ [IDSA: Diagnosis and Management of Group A Streptococcal Pharyngitis \(2012\)](#)
- ∞ [Canadian Pediatric Society: Group A streptococcal \(GAS\) pharyngitis \(2021\)](#)

Post-Traumatic Stress Disorder

- ∞ [American Psychological Association: Treatment of Posttraumatic Stress Disorder in Adults \(2017\)](#)

Pregnancy Prenatal and Postnatal Care

- ∞ [American College of Obstetricians and Gynecologists \(ACOG\): Obstetric Care Consensus](#)

Pregnancy Prevention - Adolescents and Adults

- ∞ [ACOG: Patient-Centered Contraceptive Counseling \(2022\)](#)
- ∞ [CDC Guidelines: Medical Eligibility for Contraceptive Use \(2016\)](#)

Preventive Care- Children, Adolescents, and 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 \(2022\)](#)
- ∞ [USPSTF: Screening: Asymptomatic Adults at Increased Risk of Latent Tuberculosis Infection \(2023\)](#)
- ∞ [CDC: Adult Immunization Schedule for Ages 19 Years or Older \(2024\)](#)
- ∞ [CDC: Child and Adolescent Immunization Schedule \(2024\)](#)

Preventive Pediatric Health Care - Bright Futures Periodicity Schedule
∞ American Academy of Pediatrics (2023)
Schizophrenia
∞ American Psychiatric Association: Treatment of Patients With Schizophrenia (2021)
∞ NICE: Psychosis and Schizophrenia in Adults: Prevention and Management (2014)
∞ NICE: Psychosis and Schizophrenia in Children and Young People (2016)
Sexually Transmitted Diseases
∞ CDC: Sexually Transmitted Infections Treatment Guidelines (2021)
Sickle Cell Disease
∞ National Heart, Lung, and Blood Institute: Evidence-Based Management of Sickle Cell Disease (2014)
∞ American Society of Hematology: Guidelines on Sickle Cell Disease (2016)
Substance Use
∞ Substance Abuse and Mental Health Services Administration: Detoxification and Substance Abuse Treatment (2015)
∞ American Society of Addiction Medicine: Various Guidelines
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: 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 (AOA): Comprehensive Adult Eye and Vision Examination, 2nd ed. (2023)
∞ AOA: Eye Care of the Patient with Diabetes Mellitus, 2nd ed. (2019)

∞ [AOA: Comprehensive Pediatric Eye and Vision Examination \(2017\)](#)

Approval history:

Date	Summary
5/2024	Clinical Policy Committee (CPC) approved with changes.
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