

# Clinical Practice and Preventive Health Guidelines



Adopted by L.A. Care Health Plan

L.A. Care Health Plan systematically reviews and adopts evidence-based Clinical Practice and Preventive Health Guidelines promulgated from peer-reviewed sources and from organizations like the National Guideline Clearinghouse™ and U.S. Preventive Services Task Force™. Guidelines for diseases and health conditions identified as most salient to L.A. Care members for the provision of preventive, acute or chronic medical and behavioral health services are regularly reviewed by L.A. Care's Quality Improvement and Health Equity Committee to help improve the delivery of health care services to members. The most current list of Clinical Practice and Preventive Health Guidelines adopted by L.A. Care is available for download from the link below.


For hard copies, please contact L.A. Care's Q.I. Department at [quality@lacare.org](mailto:quality@lacare.org) or access it directly. 

## Clinical Practice Guidelines

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### GENERAL GUIDELINES

- ⌘ Centers for Medicare and Medicaid Services (CMS). ICD-10-CM Official Guidelines for Coding and Reporting FY 2025. 
- ⌘ General Clinical Resources
  - [cdc.gov](https://www.cdc.gov)
  - [nih.gov](https://www.nih.gov)
  - [ahrq.gov](https://www.ahrq.gov)



## BEHAVIORAL HEALTH

- ❖ American Psychiatric Association Practice Guidelines for the Psychiatric Evaluation of Adults, 3rd Edition (2015). [🔗](#)
  - ❖ Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents (2019) [🔗](#)
  - ❖ Current Pharmacologic Treatment of Dementia: A Clinical Practice Guideline from the American College of Physicians and the American Academy of Family Physicians (2008). [🔗](#)
  - ❖ Promoting Optimal Development: Identifying Infants and Young Children With Developmental Disorders Through Developmental Surveillance and Screening (2020). [🔗](#)
  - ❖ Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts (2019). [🔗](#)
  - ❖ Screening and Behavioral Counseling Interventions to Reduce Unhealthy Alcohol Use in Adolescents and Adults (2018). [🔗](#)
  - ❖ Standards of Care for the Health of Transgender and Gender Diverse People, World Professional Association for Transgender Health, 8th Version (2022). [🔗](#)
  - ❖ The National Practice Guideline for the Treatment of Opioid Use Disorder. American Society of Addiction Medicine (2020). [🔗](#)
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## CARDIOVASCULAR

- ❖ 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: A Report of the American College of Cardiology/ American Heart Association Task Force on Clinical Practice Guidelines (2019). [🔗](#)
- ❖ Correction to: 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol (2018). [🔗](#)
- ❖ 2017 ACC/AHA/HFSA Focused Update of the 2013 ACCF/AHA Guideline for the Management of Heart Failure. [🔗](#)
- ❖ Correction to: 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. [🔗](#)
- ❖ 2019 AHA/ACC/HRS Focused Update of the 2014 AHA/ACC/HRS Guideline for the Management of Patients with Atrial Fibrillation. [🔗](#)
- ❖ American College of Cardiology. Acute Management of Pulmonary Embolism (2017). [🔗](#)
- ❖ Antithrombotic Therapy for VTE Disease: Second Update of the CHEST Guideline and Expert Panel Report CHEST Guideline and Expert Panel Report (2021). [🔗](#)



## ENDOCRINE

- ❖ American Diabetes Association (ADA) Diabetes Care (2024). [🔗](#)



## INFECTIOUS DISEASES

- ❖ Adult and Pediatric Acute Infection Guideline Summary. Physicians for a Healthy California (2019). [🔗](#)
- ❖ California Department of Public Health. Sexually Transmitted Diseases (STD) Clinical Guidelines and Tools. [🔗](#)
- ❖ CA Adult Tuberculosis Risk Assessment (2024). [🔗](#)
- ❖ Infectious Diseases Society of America (IDSA) Practice Guidelines (2024). [🔗](#)
- ❖ IDSA Updates Guideline for Managing Group A Streptococcal Pharyngitis (2023). [🔗](#)
- ❖ American Journal of Respiratory and Critical Care Medicine: Diagnosis and Treatment of Adults with Community-acquired Pneumonia. An Official Clinical Practice Guideline of the American Thoracic Society and Infectious Diseases Society of America (2019). [🔗](#)
- ❖ Surviving Sepsis Campaign: International Guidelines for Management of Sepsis and Septic Shock. (2021). [🔗](#)
- ❖ Sexually Transmitted Infections Treatment Guidelines. Centers for Disease Control and Prevention (2021). [🔗](#)



## PAIN MANAGEMENT

- ❖ CDC Guideline for Prescribing Opioids for Chronic Pain. Centers for Disease Control and Prevention (2022). [🔗](#)
- ❖ Noninvasive Treatment for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline from the American College of Physicians - Annals of Internal Medicine (2017). [🔗](#)



## OBSTETRICS AND PERINATAL CARE

- ❖ Guidelines for Perinatal Care, 8th Edition. American Academy of Pediatrics and The American College of Obstetricians and Gynecologists (2017). [🔗](#)
- ❖ Implementing Perinatal Mental Health Screening. The American College of Obstetricians and Gynecologists (2018). [🔗](#)
- ❖ Procedures to Prevent Perinatal Hepatitis B Virus Transmission. Centers for Disease Control And Prevention (2022).
  - Hepatitis B status **unavailable** at delivery. [🔗](#)
  - Hepatitis B status **available** at delivery. [🔗](#)
- ❖ Safe Prevention of the Primary Cesarean Delivery. The American College of Obstetricians and Gynecologists (2021). [🔗](#)
- ❖ Tobacco and Nicotine Cessation During Pregnancy. The American College of Obstetricians and Gynecologists (2020). [🔗](#)



## MUSCULOSKELETAL

- ❖ American College of Occupational and Environmental Medicine. Cervical and Thoracic Spine Disorders (2018). [🔗](#)
  - ❖ 2019 American College of Rheumatology/Arthritis Foundation Guideline for the Management of Osteoarthritis of the Hand, Hip and Knee (2019). [🔗](#)
  - ❖ American College of Rheumatology. Guideline for the Treatment of Rheumatoid Arthritis (2021). [🔗](#)
  - ❖ Diagnostic Imaging for Low Back Pain: Advice for High-Value Health Care From the American College of Physicians - Annals of Internal Medicine (2011). [🔗](#)
  - ❖ Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline from the American College of Physicians - Annals of Internal Medicine (2017). [🔗](#)
  - ❖ Treatment of Low Bone Density or Osteoporosis to Prevent Fractures in Men and Women: A Clinical Practice Guideline Update From the American College of Physicians - Annals of Internal Medicine (2017). [🔗](#)
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## RESPIRATORY

- ❖ Global Initiative for Chronic Obstructive Lung disease (GOLD). 2025 Global Strategy for Prevention, Diagnosis and Management of COPD (2025). [🔗](#)
  - ❖ Guidelines for the Diagnosis and Management of Asthma (EPR-3). National Heart, Lung and Blood Institute, and National Institutes of Health (2007). [🔗](#)
  - ❖ Centers for Disease Control and Prevention. Smoking & Tobacco Use (2024). [🔗](#)
  - ❖ Community-Acquired Pneumonia Clinical Decision Support Implementation Toolkit (2018). [🔗](#)
  - ❖ 2020 Focused Updates to the Asthma Management Guidelines: A Report from the National Asthma Education and Prevention Program Coordinating Committee (NAEPPCC) Expert Panel Working. [🔗](#)
  - ❖ 2020 Focused Updates to the Asthma Management Guidelines. At-a-Glance Guide. [🔗](#)
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## OBESITY

- ❖ American Academy of Pediatrics. The Role of the Pediatrician in Primary Prevention of Obesity (2015). [🔗](#)
- ❖ National Heart, Lung, and Blood Institute. Managing Overweight and Obesity in Adults: Systematic Evidence Review from the Obesity Expert Panel (2013). [🔗](#)
- ❖ Physicians for a Healthy California/CMA Foundation Child & Adolescent Obesity Provider Toolkit (2011-2012). [🔗](#)
- ❖ Physicians for a Healthy California/CMA Foundation Pre/Post Bariatric Surgery Provider Toolkit (2013). [🔗](#)
- ❖ Physicians for a Healthy California/CMA Foundation Adult Obesity Provider Toolkit (2013). [🔗](#)

## General Tools to Support Clinical Care

- ⌘ Agency for Healthcare Research and Quality. Prevention and Chronic Care Evidence - Based Decisionmaking (2019). [🔗](#)
- ⌘ Agency for Healthcare Research and Quality. Quality and Patient Safety Resources (2022). [🔗](#)
- ⌘ Clinical Practice Guidelines for Quality Palliative Care (2018). [🔗](#)
- ⌘ ACEs Aware. Screen. Treat. Heal (2024). [🔗](#)
- ⌘ Global Initiative for Asthma. Reports 2023. [🔗](#)
- ⌘ 2020 Focused Updates to the Asthma Management Guidelines: Clinician's Guide. [🔗](#)
- ⌘ Opportunities for Advancing Adult Immunization Through Quality Measurement. National Quality Forum, April 2021. [🔗](#)
- ⌘ Dementia Care Aware Early Detection. Better Care. [🔗](#)
- ⌘ Mini-Cog Instructions for Administration & Scoring. [🔗](#)
- ⌘ Mini-Cog In Other Languages. [🔗](#)

## Preventive Health Guidelines



### AGES 0-18 YEARS

- ⌘ Periodicity of Examination, Preventive Dental Services, Anticipatory Guidance/Counseling, and Oral Treatment for Infants, Children, and Adolescents (2022). [🔗](#)
- ⌘ Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger. United States - CDC (2025). [🔗](#)
- ⌘ Recommendations for Preventive Pediatric Health Care. Bright Futures /American Academy of Pediatrics (AAP) (2025). [🔗](#)



### AGES 19 AND OLDER

- ⌘ Recommended Adult Immunization Schedule for ages 19 years or older. United States - CDC (2025). [🔗](#)
- ⌘ U.S. Preventive Services Task Force (USPSTF) A and B Recommendations. [🔗](#)
- ⌘ National Cancer Institute. Breast Cancer Risk Assessment Tool (2018). [🔗](#)