

Clinical Practice Guidelines

Adopted by CalOptima Health

Clinical practice guidelines (CPGs) help address conditions frequently seen in patients at your practice. All CPGs included have been reviewed and approved by CalOptima Health's Clinical Quality Improvement Committee. All CPGs are connected to links that are simple to access. A detailed document, linked to peer-reviewed or organizational sources, accompanies each link. Additional CPGs can be added upon request and approval by the Clinical Quality Improvement Committee.

Clinical Practice Guidelines



GENERAL GUIDELINES

- ❖ General Clinical Resources

[cdc.gov](https://www.cdc.gov)

[nih.gov](https://www.nih.gov)

[ahrq.gov](https://www.ahrq.gov)



ASTHMA

- ❖ 2020 Focused Updates to the Asthma Management Guidelines: At-A-Glance Guide. National Heart, Lung, and Blood Institute (December 2020) 



BEHAVIORAL HEALTH

- ❖ Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents with Major and Persistent Depressive Disorders. American Psychiatric Association (October 2022) 
- ❖ Nonpharmacologic and Pharmacologic Treatment of Adults in the Acute Phase of Major Depressive Disorder: A Living Clinical Guideline. American College of Physicians (January 2023) 
- ❖ Practice Guideline for the Treatment of Patients with Major Depressive Disorder. Third Edition. American Psychiatric Association (October 2010) 



CARDIOVASCULAR

- ❖ 2025 AHA/ACC Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults. American College for Cardiology/American Heart Association (August 2025) 



ENDOCRINE

- ❖ Diabetes Care: Standards of Medical Care in Diabetes 2026. American Diabetes Association (ADA) (December 2025)
- ❖ Pharmacologic Approaches to Glycemic Treatment: Standards of Medical Care in Diabetes - 2026. American Diabetes Association (ADA) (December 2025)



HYPERTENSION

- ❖ Hypertension Clinical Practice Guidelines (ISH, 2020): What is New? National Library of Medicine (August 2021)



INFECTIOUS DISEASES

- ❖ California Sexually Transmitted Infections (STI) Treatment Guidelines for Adults and Adolescents. California Department of Public Health (March 2026)



OBSTETRICS AND PERINATAL CARE

- ❖ Guidelines for Perinatal Care (8th Edition) American Academy of Pediatrics (September 2017)



MUSCULOSKELETAL

- ❖ Cervical and Thoracic Spine Disorders. American College of Occupational and Environmental Medicine (May 2016)
- ❖ 2019 American College of Rheumatology/Arthritis Foundation Guideline for the Management of Osteoarthritis of the Hand, Hip, and Knee (February 2020)



HOSPICE

- ❖ These guidelines can help healthcare professionals to better determine potential hospice eligibility. Dierksen Hospice (2026)

Preventive Health Guidelines



AGES 0-18 YEARS

- ❖ California Management Guidelines on Childhood Lead Poisoning for Health Care Providers. California Department of Public Health (August 2023)
- ❖ Recommendations for Preventive Pediatric Health Care. Bright Futures/American Academy of Pediatrics (AAP) (February 2025)



AGES 19 AND OLDER

- ❖ Adult Immunization Schedule by Age. Recommendations for Ages 19 Years or Older, United States, 2025. Centers for Disease Control (October 2025) California Department of Public Health & West Coast Health Alliance (January 2026) 
- ❖ U.S. Preventive Services Task Force (USPSTF) A and B Recommendations 
- ❖ Breast Cancer Risk Assessment Tool. National Cancer Institute (2018) 
- ❖ Updated Cervical Cancer Screening Guidelines. The American College of Obstetricians and Gynecologists (July 2026) 



COLORECTAL SCREENER

- ❖ U.S. Preventive Services Task Force final recommendation statement on Colorectal Cancer: Screening. U.S Preventive Services Task Force (May 2021) 

Guidelines for Recommended Child and Adolescent Immunization Schedule



CHILD AND ADOLESCENT IMMUNIZATION SCHEDULE.

- ❖ Office of Communications West Coast Health Alliance Recommends American Academy of Pediatrics Vaccine Schedule. California Department of Public Health (January 2026) 
- ❖ Recommended Child and Adolescent Immunization Schedule for Ages 18 Years or Younger Vaccines and Other Immunizing Agents in the Child and Adolescent Immunization Schedule. American Academy of Pediatrics (February 2026) 

Guidelines for Nurse Advice Line (NAL)



Schmitt-Thompson Clinical Content Nurse Triage Guidelines to Ensure Clinical Safety and Consistency of Responses to Symptom-Based Questions.

- ❖ Home Page. Schmitt-Thompson
stcc-triage.com