



Clinical Practice Guidelines 2025

May 27, 2025

To: All Contracted Providers by First Medical Health Plan, Inc., and their Provider Network International Medical Card, Inc.

Re: Clinical Practice Guidelines

Receive a warm greeting on behalf of First Medical Health Plan, Inc., (FMHP)

Committed in offering quality services to our providers and subscribers, we would like to inform you that we have updated the Clinical Practice Guidelines (CPG's). For your knowledge, annually the Clinical Practice Review Committee approves and adopts CPG's for prevention, diagnostic and management of physical and mental health.

These national and international Guidelines correspond to standards of care and clinical treatments for specific conditions. We encourage you to use these Guidelines, in order to collaborate with the quality and consistency of health care management.

Below you will find the links to access and review the Clinical Practice Guidelines.

Special Section on COVID-19

COVID-19 is a dynamic and changing disease for which there is new information that changes continuously. There are protocols, guidelines, clinical guidance, and clinical trials to manage this condition, but because it is so recent, there are no evidence-based Clinical Guidelines. However, FMHP has decided to include a section on recognized links with information about COVID-19. This link will take you to globally and nationally recognized sources such as the World Health Organization and U.S. Centers for Disease Control and Prevention. Once we have evidence-based Clinical Guidelines we will share them. The links are:

Centers for Disease Control and Prevention (CDC)

- [Health Care Professionals: COVID-19 Information | COVID-19 | CDC](#)

World Health Organization (WHO)

- [Clinical management of COVID-19](#)

Preventive Health in Adults, Children and Adolescents

The Guidelines for Clinical Preventive Services from the U.S. Preventive Services Task Force (USPSTF) includes recommendations on screening, counseling, and preventive treatments with clinical considerations for each topic. Below, you will find the link.

- <http://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/guide/cpsguide.pdf>

The USPSTF also offers updated guidelines at the link below. Here you will find the newly published Guides, which include nearly one hundred (100) topics on prevention, interventions, and counseling.

- https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=All&searchterm=

Asthma

The following link provides Guidelines for the Diagnosis and Treatment of Asthma (RPE-3). It was developed by the Expert Panel Committee by the National Asthma Education and Prevention Program (NAEPP). Update in 2020.

- <http://www.nhlbi.nih.gov/Guidelines/asthma/asthgdln.htm>

The Guideline Implementation Panel (GIP) report presents recommendations and strategies to overcome barriers to acceptance and utilization of the updated National Heart, Lung, and Blood Institute (NHLBI) Clinical Practice Guidelines for asthma. Below, you will find the link.

- https://www.nhlbi.nih.gov/files/docs/guidelines/gip_rpt.pdf

From the National Heart, Lung, and Blood Institute (NHLBI) we provide the link to the "Focused Updates to the Asthma Management Guidelines", published in 2020.

- <https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/2020-focused-updates-asthma-management-guidelines>

Attention Deficit Hyperactivity Disorder (ADHD)

The American Academy of Pediatrics provides the link on ADHD: Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention Deficit Hyperactivity Disorder (ADHD) in Children and Adolescents. Below, you will find the link.

- [Clinical Practice Guidelines for the Diagnosis, Evaluation, and Treatment of Attention Deficit Hyperactivity Disorder in Children and Adolescents | Pediatrics | American Academy of Pediatrics](#)

Autism Spectrum Disorder

In this section you will find referral links to three (3) of the best practice organizations for Autism Spectrum Disorder.

One of these links is the National Professional Development Center on Autism Spectrum Disorders (ASD). Below, you will find the link to literature related to autism interventions. One of these links is the National Professional Development Center on Autism Spectrum Disorders (ASD)

- <https://autismpdc.fpg.unc.edu/ebps/>

Another link is the Frank Porter Graham Child Development Institute at the University of North Carolina at Chapel Hill, which published in 2020 the Evidence-Based Practices for Children, Youth, and Young Adults with Autism Spectrum Disorder. This article provides information focused on Autism Spectrum Disorder interventions. Below, you will find the link.

- <https://ncaep.fpg.unc.edu/wp-content/uploads/EBP-Report-2020.pdf>

Finally, you will find the American Academy of Child and Adolescent Psychiatry, which in 2014 published (an article) in their magazine the article: Practice Parameter for the Assessment and Treatment of Children and Adolescents with Autism Spectrum Disorder. Below, you will find the link.

- [https://www.jaacap.org/article/S0890-8567\(13\)00819-8/full text](https://www.jaacap.org/article/S0890-8567(13)00819-8/full text)

The following link corresponds to a correction made to the information provided in the previous link.

- <https://pdf.sciencedirectassets.com/279787/1-s2.0-S0890856714X00079/1-s2.0-S0890856714003670/main.pdf?x-amz-security-token=AgoJb3JpZ2luX2VjEFsaCXVzLWVhc3QtMSJGMEQCICoo%2Bk47rSizm%2FKe8lC3yx1AwGUwH5od5RrFZVfaJoQtAiAdrnW5ECQp%2BsK7Ooc7ZlmrQhWkEDlqD%2FcxombwMpTTAyraAwg0EAlaDDA1OTAwMzU0Njg2NSIMlZDWXkiCqIR4zbhBKrcDsttkpafMuXfwsW56rar5ywx0%2BqXiX6TuvB%2B4e%2FqIH%2BijLM%2BtdFd2pFv7ZxtvxbbNTV3tRvBRQy3r3ztkdL1NNc0xfJEkFeiD8v7XMDaoPTNJGErjeb7IZtfbjCOeiFHQSKJZRRFr9SixluLDPs2KL5KynQKpT1xWDm1qI9OsJBN5rMMU49quNNEhv5r7UeUeGIF5wPGMajNp4rlhdUo2V5BFd9Lv8Qb%2Fa%2BvXLvCXq0l0ghXtAA7bhrlde6H4uOee%2BiopPCLEISFz5lP1wekKEp4skFR157JpAbQxAafBmQwt5avedMlkJ91BvB%2BAFi8nmYuE30wln7Brzlh7HMaB91MsD9t2djd8EclrNy3FksZcUYmi5r3YeJGu6HkzojY1AZazxlt1%2FeR%2BFmxZeMzRFw6gGeRwjKmVmc373GHABM06gCSPlfWwy15oCDorZSnvv4KD8ubB2f0O4fMf6Gf3TOppgyYgUi0MBijicYAVZ8ZWOTgnLfhdHrKVuREGXyHBFwragOap43pyk%2Baxv52OBszfJgv1bRfeDi7Qqwpune7te%2FfoHP%2Foege67GlmUaE9f2A4sT8DDF6N3lBTq1AfNNCEYd9%2BazCeR2jPqox%2BM20MejwxMx24isv3SHeQXvpOSPhbznN9Y%2BTGdY9HwzwnEIPJuBhgMBWqFUhgL9pu9P%2FWywbSWH4lBzKPSlemcayr7T8WeaqAnZYI7ghu%2BW%2BWgeSqmK3%2FLC62%2BkE6U1%2B7RwQopyRMBrlPWY7rMlsEZvwM2uc1zuZ13PzUycZbdmrEm8jysU0MuzXjXthEzaLqnO3xX9KIUBvW22XpmJW3FnvaGF0ys%3D&AWSAccessKeyId=ASIAQ3PHCVTY4YGKL7TV&Expires=1555527598&Signature=zPglk%2FPEtBcuPPJnfVf2r993iyM%3D&hash=19547e4f40304c43c825c9e56dab5afdc5872b1f97ae8b8111681414c6a394e5&host=68042c943591013ac2b2430a89b270f6af2c76d8dfd086a07176afe7c76c2c61&pii=S0890856714003670&tid=spdf-34a19fca-9c92-48a4-9ad8-842f30fa9251&sid=4c7c68a42568824a7b396281884037a2c9f8gxrrqa&type=client>

Behavioral Health

In the following link, you will find the American Psychiatric Association (APA) Practice Guidelines. These provide evidence-based on recommendations for the assessment and treatment of psychiatric disorders such as depression, schizophrenia, panic disorder, and others.

- <http://psychiatryonline.org/guidelines.aspx>

Cancer

Below, you will find the National Comprehensive Cancer Network (NCCN) link, which provides multiple Guidelines related to the treatment and management of cancer and its complications.

- <https://www.nccn.org/>

Chronic Kidney Disease

Below, you will find the National Kidney Foundation Kidney Disease Outcome Quality Initiative (NKF KDOQI) link, which provides evidence-based on Clinical Practice Guidelines for all stages of Chronic Kidney Disease (CKD) and related complications.

- https://www.kidney.org/professionals/guidelines/guidelines_commentaries

Congestive Heart Failure

Below, you will find the link to the Guidelines for the Management of Congestive Heart Failure (2022) of the American College of Cardiology and American Heart Association Foundation.

- <https://www.jacc.org/doi/10.1016/j.jacc.2021.12.012>

COPD (Chronic Obstructive Pulmonary Disease)

The Global Strategy for the Diagnosis, Management, and Prevention of COPD has developed a report that includes technical discussions and management of COPD, evidence levels and specific citations from the scientific literature. Below, you will find the link.

- <http://goldcopd.org/gold-reports/>

The following link will take you to the 2018 report of the Global Strategy for the Diagnosis, Management and Prevention of COPD and other related references.

- https://goldcopd.org/wp-content/uploads/2017/11/GOLD-2018-v6.0-FINAL-revised-20-Nov_WMS.pdf

In addition, we have included a link for the pocket Guidelines for the Diagnosis, Management, and Prevention of COPD.

- <https://goldcopd.org/wp-content/uploads/2018/02/WMS-GOLD-2018-Feb-Final-to-print-v2.pdf>

Dementia

The following link will take you to the American Psychiatric Association (APA). Guidelines on the use of: Antipsychotics to Treat Agitation or Psychosis in Patients with Dementia.

- <https://psychiatryonline.org/doi/pdf/10.1176/appi.books.9780890426807>

Depression

Below you will find link from the Department of Veterans Affairs of the Department of Defense Clinical Practice Guideline for the Management of Major Depressive Disorder.

- [VA/DoD Clinical Practice Guideline for the Management of Major Depressive Disorder \(MDD\)](#)

Diabetes

The following two links are from the 2025 Standards of Medical Care from the American Diabetes Association. The first link give you access to 17 different topics of the Standard and then you can select the topic of your interest and download it. The second link is the abridged shortened version for Primary Care Physicians.

- [Volume 48 Issue Supplement 1 | Diabetes Care | American Diabetes Association](#)
- [Diabetes Standards of Care: 2025 Abbreviated for Primary Care | Diabetes Clinic | American Diabetes Association](#)

The following link is about the Consensus Statement by the American Association of Clinical Endocrinologist on the Comprehensive Type 2 Diabetes Management Algorithm- 2023.

- [AAACE Consensus Statement 2023: Comprehensive Type 2 Diabetes Management Algorithm | American Association of Clinical Endocrinology](#)

Fatty liver

From the American Association of Clinical Practice Endocrinology and Co-Sponsored by the American Association for the Study of Liver Diseases (AASLD) you would find the link for Clinical Practice Guideline for the Diagnosis and Management of Nonalcoholic Fatty Liver Disease in

Primary Care and Endocrinology Clinical Settings.

- [American Association of Clinical Endocrinology Clinical Practice Guideline for the Diagnosis and Treatment of Nonalcoholic Fatty Liver Disease in Primary Care and Endocrinology Clinical Settings](#)

Haemophilia

In the following link of the World Federation of Hemophilia you will find the Guidelines for the Management of Hemophilia.

- <https://onlinelibrary.wiley.com/doi/10.1111/hae.14046>

Hepatitis B

In the following links you will find information from the American Association for the Study of Liver Diseases (AASLD) and the European Association for the Study of the Liver (EASL) related to treatment of Chronic Hepatitis B:

- [AASLD Chronic Hepatitis B Prevention, Diagnosis, and Treatment Update: 2018 Hepatitis B Guidance \(wiley.com\)](#)
- <https://easl.eu/wp-content/uploads/2018/10/HepB-English-report.pdf>

Hepatitis C

The AASLD and the Infectious Diseases Society of America (IDSA), in collaboration with the International Antiviral Society-USA (IAS-USA) released Guidelines for the management and treatment of Hepatitis C. Below you will find the links.

- <http://www.hcvguidelines.org>
- [https://www.journal-of-hepatology.eu/article/S0168-8278\(18\)31968-8/full-text](https://www.journal-of-hepatology.eu/article/S0168-8278(18)31968-8/full-text)

HIV/AIDS

In the following link, you will find the Guidelines for Prevention and Treatment of Opportunistic Infections in HIV-Infected Adults and Adolescents:

- [Guidelines for the Prevention and Treatment of Opportunistic Infections in Adults and Adolescents \(hiv.gov\)](#)
- [Guidelines for the prevention and treatment of opportunistic infections in HIV-exposed and HIV-infected children](#)

Hypercholesterolemia

In the following link, you will find the 2018 Guidelines of the American College of Cardiology (ACC) and the American Heart Association (AHA). These include information for the treatment of blood cholesterol to reduce atherosclerotic cardiovascular risk in adults.

- <https://www.acc.org/~media/Non-Clinical/Files-PDFs-Excel-MS-Word-etc/Guidelines/2018/Guidelines-Made-Simple-Tool-2018-Cholesterol.pdf>

Hypertension

At the link below, you will find the 2014 Evidence-Based Guidance for the Management of High Blood Pressure in Adults based on the report of the panel members appointed to the Eighth Joint National Committee (JNC).

- <http://jnc8.jamanetwork.com/>

We include the link where you will have access to the Guidelines published by the American College of Cardiology and the American Heart Association, on Prevention, Detection, Evaluation and Management of High Blood Pressure in adults. These Guides were published in November 2017.

- <http://hyper.ahajournals.org/content/early/2017/11/10/HYP.0000000000000065>

The following link will provide you access to the executive summary of the document previously mentioned.

- <http://hyper.ahajournals.org/content/early/2017/11/10/HYP.0000000000000066>

Lithiasis Surgical Management

The link below from the American Urological Association (AUA) is for the Practice Guideline for the Treatment of Patients with Urinary Lithiasis. (Published 2016).

- [Kidney Stones: Surgical Treatment Guide - American Urological Association \(auanet.org\)](http://auanet.org)

Malaria

The following is the link to the World Health Organization's November 2024 guidelines on Malaria.

- [WHO Malaria Guidelines, 30 November 2024](#)

Multiple Sclerosis

In the links below you will find the Complementary and Alternative Medicine in Multiple Sclerosis Guidelines based on evidence and a summary of these Guideline. Reaffirmed on February 25, 2023.

- <https://www.aan.com/Guidelines/home/GuidelineDetail/641>

Nutrition and Promotion of Healthy Eating

The following links are from the United States Department of Agriculture (USDA) and the Center for Nutrition Policy and Promotion (CNPP). These work to improve the health and well-being by promoting dietary guidance that links scientific research to the nutrition needs of consumers.

- <https://www.fns.usda.gov/cnpp>
- [Dietary Guidelines for Americans, 2020-2025](#)

Obesity

The following links are Clinical Preventive Services Guidelines from the U.S. Preventive Services Task Force (USPSTF) related to Obesity in Adults. These include information related to screening and management of obesity in adults, and Obesity Screening in Children and Adolescents Guidelines. These Organizations are still in the process of updating their Guides. However, below you will find the links for your reference.

- <https://www.uspreventiveservicestaskforce.org/uspstf/>

- <http://www.uspreventiveservicestaskforce.org/Page/Topic/recommendation-summary/obesity-in-children-and-adolescents-screening>

The following is the link from European Society of Endocrinology and the Pediatric Endocrine Society, Clinical Practice Guideline on Pediatric Obesity-Assessment, Treatment, and Prevention.

- <https://academic.oup.com/jcem/article-lookup/doi/10.1210/jc.2016-2573>

Osteoporosis

The links that follow are for Clinical Practice Guidelines for the Diagnosis, Treatment and Pharmacological Management of Osteoporosis.

- [American Association of Clinical Endocrinologists/American College of Endocrinology Clinical Practice Guidelines for the Diagnosis and Treatment of Postmenopausal Osteoporosis—2020 Update - ScienceDirect](#)
- [Pharmacological treatment of osteoporosis in postmenopausal women: an update to the Endocrine Society guidelines | Journal of Clinical Endocrinology and Metabolism | Oxford Academic](#)

Pain Management

The following links (2014, 2015 and 2016) are Guidelines related to pain management. The topics covered by these Guidelines are regarding pain management after surgery, the effectiveness, and risks of long-term opioid treatment for chronic pain, and low back pain management treatment by injection.

- [https://www.jpain.org/article/S1526-5900\(15\)00995-5/pdf](https://www.jpain.org/article/S1526-5900(15)00995-5/pdf)
- https://effectivehealthcare.ahrq.gov/sites/default/files/related_files/chronic-pain-opioid-treatment_executive.pdf
- <https://www.cms.gov/medicare/coverage/determinationprocess/downloads/id98ta.pdf>

The links below are from the “CDC Guideline for Prescribing Opioids for Chronic Pain” of March 2016. These Guidelines provide recommendations for Primary Care Physician who are prescribing opioids for chronic pain outside of active cancer treatment, palliative care, and end-of-life care. The link for the “Checklist for Prescribing Opioids for Chronic Pain”, mentioned

in this article is also included below.

- <https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>
- <https://stacks.cdc.gov/view/cdc/38025>

Phenylketonuria

The following links include the Guidelines for the diagnosis and management of phenylalanine hydroxylase deficiency published by the American College of Medical Genetics and Genomics (ACMG). The second link is considered a reference that should accompany the previously mentioned Guide, and it discusses the recommendations for nutrition management of phenylalanine hydroxylase deficiency.

- https://www.acmg.net/docs/Phenylalanine_Hydroxylase_Deficiency_Practice_Guideline_AOP_Jan_2013.pdf
- <http://www.nature.com/gim/journal/v16/n2/pdf/gim2013179>

Prostate cancer

The following links include guidelines related to the treatment of localized prostate cancer and guidelines for the diagnosis, treatment, and follow-up of prostate cancer.

From the American Urological Association: AUS/ASTRO/SUO Published: 2022.

- [Clinically Localized Prostate Cancer: AUA/ASTRO Guideline \(2022\) - American Urological Association \(auanet.org\)](#)

From ESMO's Clinical Practice Guidelines for Diagnosis, Treatment, and follow-Up Published: June 25, 2020, *Annals of Oncology*

- [https://www.annalsofoncology.org/article/S0923-7534\(20\)39898-7/full-text](https://www.annalsofoncology.org/article/S0923-7534(20)39898-7/full-text)

Rheumatoid Arthritis

The following link provides the American College of Rheumatology 2015 Guide for the Rheumatoid Arthritis Treatment.

- <https://www.rheumatology.org/Portals/0/Files/ACR%202015%20RA%20Guideline.pdf>

Skin and Soft Tissue Infections

In the following link you will find the Practice Guidelines for the Diagnosis and Management of Skin and Soft Tissue Infections, updated in 2014 by the American Society of Infectious Diseases. Last updated in 2018. And it will continue to be present on its website in 2025.

- [Clinical Practice Guidelines for the Diagnosis and Treatment of Skin and Soft Tissue Infections: IDSA Update 2014](#)

Substance Use Disorder

The following link from the American Psychiatric Association provides the Practical Guide for the Treatment of Patients with Substance Use Disorders.

- https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/substanceuse.pdf

Suicide

The following link provides the Clinical Guidelines adopted by the U.S. Department of Veterans entitled: "Clinical Practice Guide for the Evaluation and Management of Patients at Risk of Suicide." Below is the link to version 2.0 of 2019.

- [VA/DOD Clinical Practice Guideline for the Evaluation and Treatment of Patients at Risk for Suicide](#)

Vaccination

In the following link, you will find the Vaccination Guidelines, for all age groups, from the Centers for Disease Control and Prevention (CDC).

- https://www.cdc.gov/vaccines/?CDC_AAref_Val=https://www.cdc.gov/vaccines/schedules/

Vascular access for hemodialysis

In this section you will find a group of links related to the Clinical Practice Guidelines of Vascular

Access for Hemodialysis. Below you will find the link for the United Kingdom Renal Association Guidelines.

- <https://renal.org/sites/renal.org/files/vascular-access.pdf>

The following guidelines are from the National Kidney Foundation and the Society for Vascular Surgery. These organizations are currently in the process of updating their Guidelines; However, below you will find the links, for your reference.

The following link is from the National Kidney Foundation:

- http://kidneyfoundation.cachefly.net/professionals/KDOQI/guideline_upHD_PD_VA/index.htm

The following link is from the Vascular Surgery Society:

- <http://www.sciencedirect.com/science/article/pii/S0741521408013992>

If you have any questions regarding this release and/or need additional information, please feel free to contact our Provider Service Center at 787-878-6909 Monday through Friday from 8:00 a.m. to 5:00 p.m. You can also send an email to servicio@intermedpr.com.

Cordially,

Department of Medical Affairs
First Medical Health Plan, Inc.

