



CLINICAL PRACTICE GUIDELINES

Clinical practice guidelines are designed to guide and aid clinical decisions about diagnosing and treating specific health conditions. These guidelines are based on scientific evidence, medical literature review, and/or established expertise and authority. All recommendations are grounded in nationally recognized and accepted guidelines and do not prioritize treatments based solely on cost.

It is critical that clinicians and patients work together to create individualized treatment plans tailored to meet each individual patient's needs and health care goals. Treating health care professionals are solely responsible for diagnosis, treatment and medical guidance.

Clinicians should adapt clinical practice guidelines based on their clinical judgement and expertise. When individual circumstances indicate that the guideline(s) is not appropriate for the individual patient and/or circumstances indicate that the guideline(s) is inappropriate the clinical team (i.e., medical director, medical policy, specialists and other clinical resources) should consider alternatives and make decisions on a case-by-case basis. Guideline questions and/or recommended alternatives can be sent to: GCHPMedicalPolicy@goldchp.org.

Guidelines provide references identified at the time of review. New guidelines or medical literature may emerge and/or be published. Treating health care professionals are solely responsible for diagnosis, treatment and medical guidance. Gold Coast Health Plan (GCHP) regularly reviews and updates these guidelines to provide the most current information. Upon GCHP quality committee approval of updated and/or new guidelines, contracted providers are notified via fax and/or mail.

GCHP applies nationally recognized MCG® to review treatment and referrals for treatment authorization decisions.

GCHP has adopted the following clinical practice guidelines:

Attention Deficit Disorder

American Academy of Pediatrics

[Clinical practice guidelines for the diagnosis, evaluation, and treatment of ADHD in children and adolescents - published 2019, adopted September 2022](#)

Alzheimer's Disease and Related Dementias (ADRD)

Alzheimer's Association

<https://www.alz.org/professionals/health-systems-medical-professionals/clinical-practice-guidelines-and-evidence>

Anxiety, neuroses

American Academy of Child and Adolescent Psychiatry (AACAP)

https://www.aacap.org/AACAP/Practice/Clinical%20Practice%20Guidelines/AACAP/Resources_for_Primary_Care/Practice_Parameters_and_Resource_Centers/Home.aspx?hkey=4959f1ff-8f05-445e-84cd-1c7713570735

Asthma

National Institute of Health (NIH) National Heart, Lung and Blood Institute (NHLBI) Update on Asthma Management Guidelines (2024)

<https://pubmed.ncbi.nlm.nih.gov/39421468/>

GINA Report, Global Strategy for Asthma Management and Prevention (2025)

<https://ginasthma.org/2025-gina-strategy-report/>

Chronic Kidney Disease (CKD)

National Kidney Foundation

https://www.kidney.org/sites/default/files/2024-08/ckd_evaluation_classification_stratification.pdf

Chronic Obstructive Pulmonary Disease

American Academy of Family Physicians | AAFP

<https://www.aafp.org/family-physician/patient-care/clinical-recommendations/clinical-guidance-copd.html>

National Institutes of Health (NIH)

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10815941/>

Dental – IV Sedation/General Anesthesia

American Dental Association

https://www.ada.org/-/media/project/ada-organization/ada/ada-org/files/resources/research/ada_sedation_use_guidelines.pdf?rev=313932b-4f5eb49e491926d4feac00a14&hash=C7C55D7182C639197569D4ED8EDCDDF6

Department of Health Care Services (DHCS)

<https://www.dhcs.ca.gov/formsandpubs/Documents/MMCDAPLsandPolicyLetters/APL2023/APL23-028.pdf>

Department of Health Care Services (DHCS) Medi-Cal Dental Provider Handbook

https://www.dental.dhcs.ca.gov/Dental_Providers/Medi-Cal_Dental/Provider_Handbook/

Depression

American College of Physicians

<https://www.carelonbehavioralhealth.com/content/dam/digital/carelon/cbh-assets/documents/historical/clinical-practice-guideline-nonpharmacologic-and-pharmacologic-treatments-of-adults-in-the-acute-phase-of-major-depressive-disorder.pdf>

American Psychiatric Association

<https://www.psychiatry.org/Psychiatrists/Practice/Clinical-Practice-Guidelines>

American Academy of Child and Adolescent Psychiatry (AACAP)

https://www.aacap.org/AACAP/Practice/Clinical%20Practice%20Guidelines/AACAP/Resources_for_Primary_Care/Practice_Parameters_and_Resource_Centers/Home.aspx?hkey=4959f1ff-8f05-445e-84cd-1c7713570735

Diabetes

American Diabetes Association (ADA) (2025)

https://diabetesjournals.org/care/article/48/Supplement_1/S1/157562/Introduction-and-Methodology-Standards-of-Care-in

Disorders of lipid metabolism

American Heart Association (AHA)

<https://www.ahajournals.org/doi/10.1161/cir.0000000000000625#:~:text=In%20all%20age%20groups%2C%20lifestyle,begin%20high%2Dintensity%20statin%20therapy>

Immunization

Centers for Disease Control (CDC) Vaccines & Immunizations

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

Medicare Preventative Services

<https://www.cms.gov/medicare/prevention/prevntiongeninfo/medicare-preventive-services/mps-quickreferencechart-1.html>

United States Preventive Services Task Force (USPSTF)

https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?searchterm=immunization

Heart Disease and Stroke

American Heart Association (AHA)

<https://www.ahajournals.org/doi/10.1161/CIR.0000000000001168>

American College of Cardiology (ACC)

<https://www.acc.org/Guidelines>



Hypertension

American Association of Family Practice (AAFP)

<https://www.aafp.org/family-physician/patient-care/clinical-recommendations/all-clinical-recommendations/highbloodpressure.html>

American Heart Association (AHA)

<https://www.ahajournals.org/doi/10.1161/HYPERTENSIONAHA.120.15026>

Obesity

American Association of Clinical Endocrinology

<https://pro.aace.com/clinical-guidance/nutrition-and-obesity>

Oncology

American Cancer Society

<https://www.cancer.org/>

National Comprehensive Cancer Network (NCCN)

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

Pain Management

American Academy of Family Practitioners (AAFP)

<https://www.aafp.org/family-physician/patient-care/care-resources/pain-management.html>

American Academy of Pain Medicine

<https://painmed.org/clinical-guidelines/>

American Society of Anesthesiologists (ASA)

<https://www.asahq.org/>

Centers for Disease Control (CDC)

<https://www.cdc.gov/mmwr/volumes/71/rr/rr7103a1.htm>

Psychiatric Evaluation of Adults

American Psychiatric Association

[Clinical Practice Guidelines for the Psychiatric Evaluation of Adults - third edition, published 2016, reviewed February 2024](#)

American Academy of Child and Adolescent Psychiatry (AACAP)

https://www.aacap.org/AACAP/Practice/Clinical%20Practice%20Guidelines/AACAP/Resources_for_Primary_Care/Practice_Parameters_and_Resource_Centers/Home.aspx?hkey=4959f1ff-8f05-445e-84cd-1c7713570735

Preventative Service Guidelines

United States Preventive Services Task Force (USPSTF)

https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?searchterm=immunization

American Academy of Family Practitioners (AAFP)

<https://www.aafp.org/family-physician/patient-care/clinical-recommendations/aafp-cps.html>

American Cancer Society

<https://www.cancer.org/health-care-professionals/american-cancer-society-prevention-early-detection-guidelines.html>

Health Matters in Ventura County

<https://www.healthmattersinvc.org/indicators/index/dashboard?id=268493100931256780>



Refractive errors

American Academy of Ophthalmology

<https://www.aao.org/education/preferred-practice-pattern/refractive-errors-ppp-2022>

Rheumatoid Arthritis

American College of Rheumatology

<https://rheumatology.org/clinical-practice-guidelines>

Schizophrenia and affective psychosis

American Psychiatric Association

[Clinical Practice Guideline for the Treatment of Patients with Schizophrenia – third edition, published 2020, reviewed February 2025](#)

American Academy of Child and Adolescent Psychiatry (AACAP)

https://www.aacap.org/AACAP/Practice/Clinical%20Practice%20Guidelines/AACAP/Resources_for_Primary_Care/Practice_Parameters_and_Resource_Centers/Home.aspx?hkey=4959f1ff-8f05-445e-84cd-1c7713570735

Substance Use

American Society of Addiction Medicine

[Clinical Practice Guideline on the Management of Stimulant Use Disorders - published 2023, reviewed May 2024](#)

[Clinical Practice Guideline on Alcohol Withdrawal Management - published 2020, reviewed March 2024](#)

[National Clinical Practice Guideline for the Treatment of Opioid Use Disorder- published 2020, reviewed April 2024](#)

Substance Abuse and Mental Health Services Administration

[Clinical Practice Guidance for Treating Pregnant and Parenting Women with Opioid Use Disorder and Their Infants - published 2018, reviewed April 2024](#)

American Academy of Child and Adolescent Psychiatry (AACAP)

https://www.aacap.org/AACAP/Practice/Clinical%20Practice%20Guidelines/AACAP/Resources_for_Primary_Care/Practice_Parameters_and_Resource_Centers/Home.aspx?hkey=4959f1ff-8f05-445e-84cd-1c7713570735

Transgender Services

World Professional Association for Transgender Health (WPATH)

<https://wpath.org/publications/soc8/>

Department of Health Care Services (DHCS)

<https://www.dhcs.ca.gov/formsandpubs/Documents/MMCDAPLsandPolicyLetters/APL2020/APL20-018.pdf>

Additional resources:

National Library of Medicine (NIH)

<https://www.ncbi.nlm.nih.gov/>

American College of Obstetricians and Gynecologists (ACOG)

<https://www.acog.org/clinical/clinical-guidance/clinical-practice-guideline>

American Geriatric Society (AGS)

<https://www.americangeriatrics.org/publications-tools/guidelines-recommendations>

Uptodate

<https://www.wolterskluwer.com/en/search-results?q=clinical%20practice%20guidelines>