Clinical Practice Guidelines

Blue Cross and Blue Shield of Texas (BCBSTX) uses the following national clinical practice guidelines to support our condition management program. *Guideline dates reflect the most recent update from the sponsoring organization. All guidelines were reviewed by BCBSTX in 2007.*

**Asthma**
- Global Initiative for Asthma (GINA) November 2003

**Chronic Obstructive Pulmonary Disease**
- Global Initiative for Chronic Obstructive Lung Disease (2003)

**Coronary Artery Disease**
- ACC/AHA Guideline Update for the Management of Patients with Chronic Stable Angina (2002)
- Adult Treatment Program (ATP) III Full Report (2001)

**Congestive Heart Failure**
- ACC/AHA Guidelines for the Evaluation and Management of Chronic Heart Failure in the Adult (2001)
- Adult Treatment Program (ATP) III Full Report (2001)

**Diabetes**
- American Diabetes Association: Clinical Practice Recommendations 2005
- Position Statements
  - Standards of Medical Care in Diabetes
  - Diagnosis and Classification of Diabetes Mellitus 2005
  - Diabetes Care in the School and Day Care Setting
  - Diabetes Care at Diabetes Camps
Diabetes Management in Correctional Institutions
Hypoglycemia and Employment/Licensure
Third-Party Reimbursement for Diabetes Care, Self-Management Education, and Supplies

- Technical Reviews
- Committee Reports & Consensus Statement
- POSITION STATEMENTS & ADA STATEMENTS
- National Standards for Diabetes Self-Management Education
- Adult Treatment Program (ATP) III Full Report (2001)

Geriatrics
- Alcohol Use Disorders in Older Adults (2003), Pocket Guide
- Exercise Prescription for Older Adults With Osteoarthritis Pain: Consensus Practice Recommendations (2001)
- Oral Anticoagulation for Older Adults (2002), Pocket Guide

Guidelines for Multiple Diseases
- Recommended Childhood and Adolescent Immunization Schedule. Advisory Committee on Immunization Practices (CDC) (2005)
- Recommended Adult Immunization Schedule. Advisory Committee on Immunization Practices (CDC) (2005)
- U.S. Preventive Services Task Force - Screening for Obesity in Adults (2003)
- A Statement for Healthcare Professionals from the Nutrition Committee of the Council on Nutrition, Physical Activity, and Metabolism of the American Heart Association (AHA) (2001)
- Dietary Guidelines for Americans 2005

Hypertension (HTN)
- Adult Treatment Program (ATP) III Full Report (2001)
Low Back Pain

- Institute for Clinical Systems Improvement, Adult low back pain (2003)
- American Psychiatric Association, Practice Guidelines for the Treatment of Patients with Major Depression (2000)

Weight Management Guidelines

- U.S. Preventive Services Task Force - Screening for Obesity in Adults (2003)
- Summary of the Evidence - Screening and Interventions for Obesity in Adults (2003)