

Powers Health Partners (PHP) Clinical Practice Guidelines (CPG) Version 2026

Clinical Practice Guidelines (CPGs) by PHP and are the foundation for care navigation and quality improvement activities. These guidelines are rooted in established evidence-based standards of care, endorsed by clinical professional organizations and national quality improvement organizations. These guidelines are reviewed regularly and updated when new significant findings or major advancements in evidence-based practices or standards of care are established. These guidelines have been reviewed and approved by the PHP Quality Committee.

The Clinical Practice Guidelines (CPGs) are general guidelines and are not intended to substitute for clinical judgment in individual cases. Providers are encouraged to make decisions based on their own judgement and in consultation with the most current evidence-based information available.

1. General Adult Preventative Screening
2. Asthma
3. Chronic Obstructive Pulmonary Disease
4. Primary Prevention of Cardiovascular Disease
5. Diabetes
6. Heart Failure
7. Hypertension
8. Antibiotic Prescribing and Use

1. General Adult Preventative Screening

A. Blood Pressure

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/hypertension-in-adults-screening>

- Screening for high blood pressure in adults age 18 and older

B. Prediabetes and Type 2 Diabetes

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-for-prediabetes-and-type-2-diabetes>

- Annual fasting plasma glucose or A1C screening for abnormal blood glucose in adults aged 35 to 70 who are overweight or obese

C. Colorectal Cancer

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>

Screen starting at age 45 and continuing until age 75. The risks and benefits of different screening methods vary. Screening options:

- Fecal occult blood test (FOBT) every 12 months
- Flexible sigmoidoscopy every 5 years
- Colonoscopy every 10 years
- FIT-DNA every 3 years
- CT Colonography every 5 years

D. Depression

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-depression-suicide-risk-adults>

- Adults, including pregnant and postpartum persons, and older adults: Screen for major depressive disorder (MDD).

E. Breast Cancer

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening#bcei-recommendation-title-area>

Recommendation: Breast Cancer: Screening | United States Preventive Services Taskforce (uspreventiveservicestaskforce.org)

- Mammograms to be provided biennial for women aged 40-74

F. Cervical Cancer

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/cervical-cancer-screening>

- Women aged 21 to 29 years screening for cervical cancer every 3 years with cervical cytology alone
- Women aged 30 to 65 years, screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (co-testing)

G. Chlamydia

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/chlamydia-and-gonorrhea-screening>

- **For sexually active women, including pregnant persons: Screen for chlamydia** if they are

- 24 years or younger
- 25 years or older and at increased risk for infection

2. Asthma

“2025 GINA Global Strategy for Asthma Management and Prevention Guideline Summary - 2025 Update - Guideline Central.” 2025 GINA Global Strategy for Asthma Management and Prevention Guideline Summary - 2025 Update - Guideline Central, www.guidelinecentral.com/guideline/41774/#section-3686571. Accessed 20 Oct. 2025.

<https://www.guidelinecentral.com/guideline/41774/#section-3686571>

3. Chronic Obstructive Pulmonary Disease

2025 GOLD Report - Global Initiative for Chronic Obstructive Lung Disease - GOLD. (2024, December 17). Global Initiative for Chronic Obstructive Lung Disease - GOLD. <https://goldcopd.org/2025-gold-report/>

GLOBAL STRATEGY FOR PREVENTION, DIAGNOSIS AND MANAGEMENT OF COPD: 2025 Report

4. Primary Prevention of Cardiovascular Disease

Arnett, D. K., Blumenthal, R. S., Albert, M. A., Buroker, A. B., Goldberger, Z. D., Hahn, E. J., ... & Ziaeian, B. (2019). 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. *Circulation*, 140(11), e596-e646.

<https://www.ahajournals.org/doi/10.1161/cir.0000000000000678>

5. Diabetes

American Diabetes Association Primary Care Advisory Group; Standards of Care in Diabetes—2025 Abridged for Primary Care. *Clin Diabetes* 18 April 2025; 43 (2): 182.

<https://doi.org/10.2337/cd25-aint>

6. Heart Failure

Heidenreich, P. A., Bozkurt, B., Aguilar, D., Allen, L. A., Byun, J. J., Colvin, M. M., Deswal, A., Drazner, M. H., Dunlay, S. M., Evers, L. R., Fang, J. C., Fedson, S. E., Fonarow, G. C., Hayek, S. S., Hernandez, A. F., Khazanie, P., Kittleson, M. M., Lee, C. S., Link, M. S., & Milano, C. A. (2022). 2022 AHA/ACC/HFSA Guideline for the Management of Heart Failure: A Report of the American College of

Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines. *Circulation*, 145(18).

<https://doi.org/10.1161/cir.0000000000001063>

7. Hypertension

Jones DW, Ferdinand KC, Taler SJ, Johnson HM, Shimbo D, Abdalla M, Altieri MM, Bansal N, Bello NA, Bress AP, Carter J, Cohen JB, Collins KJ, Commodore-Mensah Y, Davis LL, Egan B, Khan SS, Lloyd-Jones DM, Melnyk BM, Mistry EA, Ogunniyi MO, Schott SL, Smith SC Jr, Talbot AW, Vongpatanasin W, Watson KE, Whelton PK, Williamson JD. 2025

AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines. *Circulation*. 2025 Sep 16;152(11):e114-e218. doi: 10.1161/CIR.0000000000001356. Epub 2025 Aug 14. PMID: 40811497.

<https://www.ahajournals.org/doi/10.1161/CIR.0000000000001356>

8. Antibiotic Prescribing and Use

U.S. Centers for Disease Control and Prevention (CDC) (n.d.). Antibiotic Prescribing and Use. CDC. Retrieved October 15, 2025, from <https://www.cdc.gov/antibiotic-use/hcp/core-elements/index.html>

<https://www.cdc.gov/antibiotic-use/hcp/core-elements/index.html>

Appendix

Guideline	Quality Measurement
General Adult Preventative Screening	Colorectal Cancer Screening (COL), Payer Audit, Breast Cancer Screening (BCS), Cervical Cancer Screening (CCS), Chlamydia Screening in Women (CHL)
Asthma	Asthma Medication Ratio (AMR)
Chronic Obstructive Pulmonary Disease	All-Cause Readmissions (PCR), Transitions of Care (TRC)
Primary Prevention of Cardiovascular Disease	Statin Therapy for Patients with Cardiovascular Disease (SPC), Statin Therapy for Patients with Diabetes (SPD), Medication Adherence Statin therapy
Diabetes	Kidney Health Evaluation (KED) Eye Exam (EED) Glycemic Status Assessment (GSD) Statin Therapy (SPD)
Heart Failure	All-Cause Readmissions (PCR), Transitions of Care (TRC)
Hypertension	Diabetes: Blood Pressure Control
Antibiotic Prescribing and Use	Avoidance of Antibiotic Treatment for Acute Bronchitis/ Bronchiolitis (AAB), Appropriate Testing for Pharyngitis (CWP), Appropriate Treatment for Upper Respiratory Infection (URI)

Powers Health Partners

Date	Group	Element	Action
03/19/2026	Quality / HIT Committee	CPG Updates	Approved
03/26/2026	Board of Directors	CPG Updates	Approved