

Chronic Condition Clinical Guideline Summary 2024 Annual Review

There is an ongoing comprehensive review of all Chronic Condition Management (CCM) and Wellness & Health Promotion (WHP) program materials. Given that the CCM and WHP programs are based on guidelines from recognized sources, all collaterals for these programs are developed to be consistent with these guidelines. Cigna collaborated with Healthwise® to develop, adopt and update evidence-based clinical practice guidelines.

Guidelines are reviewed for consistency with the following:

- CCM and WHP program content
- Practitioner program content review
- Customer education/tools material review
- Staff training materials
- Gaps in Care (Well Informed) program

Healthwise® content is developed and reviewed by public health and medical professionals with experience in scientific research and medical writing. The Healthwise Medical Team, Content Team, and Medical Library work together to develop accurate, current, and well-written content. These teams are made up of physician reviewers, a behavioral health expert, medical librarians, medical content specialists, medical writers and editors, and other public health professionals with experience in consumer-based health decisions and health literacy guidelines.

Healthwise based content contained in each update is also reviewed for cultural and linguistic appropriateness. In addition to examining content related to overall health beliefs/practices, health literacy (plain language/usability/understandability), preferred language and other communication needs, this review also considers the following:

- Diversity
 - Human: race, gender, sexual orientation, body type/ability, ethnicity, and age
 - Cultural: language, religion, class, ethics, and values
 - Systems: organizational role/function, geographic location, organizational culture
- Gender Inclusive Language
- Illustrations that represent diverse cultures, races, and ethnicities in common or accessible environments

Healthwise® guideline reviews/updates are provided on a quarterly basis as applicable to Cigna and then undergo Cigna's internal review process to verify alignment with program content and training materials. Online materials (Healthwise and educational materials) are automatically updated within 30 days of Cigna receiving the updates. Cigna's review of new information includes the sources of this information, an assessment of value to the patient and the decision process related to potentially implementing changes. Cigna's Integrated Health Management Quality Committee (IHMQC) reviews and approves the annual guideline summary for the following chronic conditions: Asthma, Depression, Anxiety, Diabetes, Heart Failure, Coronary Heart Disease, Peripheral Arterial Disease, Chronic Obstructive Lung Disease, Osteoarthritis, Metabolic Syndrome, and Low Back Pain.

A. Examples of Recognized Sources

Professional Medical Associations/Specialties & Disease Specific Societies:

- American College of Cardiology
- American College of Physicians
- American College of Chest Physicians
- American College of Radiology
- American Heart Association
- American Diabetes Association
- American Association of Diabetes Educators
- American Academy of Ophthalmology
- American Association of Clinical Endocrinologists
- American Psychological Association
- American Academy of Asthma, Allergy and Immunology
- American Association for Respiratory Care
- American Academy of Orthopedic Surgeons
- American Thoracic Society
- Society for Cardiovascular Angiography and Interventions
- Society for Vascular Medicine
- Society for Vascular Surgery
- European Society of Cardiology
- European League Against Rheumatism
- Endocrine Society
- European Association for the Study of Diabetes

Federal Government Agencies & Global Initiatives:

- National Institutes of Health
- National Institute of Mental Health
- National Heart, Lung, and Blood Institute
- National Asthma Education and Prevention Program
- U.S. Dept. of Health and Human Services
- U.S. Preventive Services Task Force
- U.S. Food and Drug Administration
- VA/DoD Clinical Practice Guidelines
- Centers for Disease Control and Prevention
- World Health Organization
- Global Initiative for Chronic Obstructive Lung Disease
- Global Initiative for Asthma

Professional Journals/Health Information Literature:

- NEJM Journal Watch Cardiology
- NEJM Journal Watch: Diabetes
- NEJM Journal Watch: Depression/Anxiety
- New England Journal of Medicine
- European Heart Journal
- Journal of Cardiovascular Nursing
- Journal of Clinical Endocrinology and Metabolism
- Journal of the American Medical Association
- Journal of the American Medical Association Psychiatry
- American Journal of Psychiatry
- American Journal of Respiratory and Critical Care Medicine

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- Endocrine Reviews
- JAMA Cardiology
- JAMA Internal Medicine

B. Evidence-Based Guideline Review

Evidence-based guidelines are reviewed to ensure content is accurate, consistent, and helpful to consumers. The medical guidelines and publications listed below are examples, not a full list, of publications and updated guideline reviews completed in 2024.

February 2024

- AIUM practice parameter for the performance of physiologic evaluation of extremity arteries (2023). Journal of Ultrasound in Medicine : Official Journal of the American Institute of Ultrasound in Medicine, 42(9): E49–E54. DOI: 10.1002/jum.16246.
- Arbelo E, et al. (2023). 2023 ESC Guidelines for the management of cardiomyopathies. European Heart Journal, published online August 25, 2023: ehad194. DOI: 10.1093/eurheartj/ehad194.
- Byrne RA, et al. (2023). 2023 ESC Guidelines for the management of acute coronary syndromes. European Heart Journal, published online August 25, 2023: ehad191. DOI: 10.1093/eurheartj/ehad191.
- Cuchel M, et al. (2023). 2023 Update on European Atherosclerosis Society Consensus Statement on Homozygous Familial Hypercholesterolaemia: New treatments and clinical guidance. European Heart Journal, 44(25): 2277–2291. DOI: 10.1093/eurheartj/ehad197.
- Delgado V, et al. (2023). 2023 ESC Guidelines for the management of endocarditis. European Heart Journal, published online August 25, 2023: ehad193. DOI: 10.1093/eurheartj/ehad193.
- Department of Veterans Affairs, Department of Defense (2023). VA/DoD Clinical Practice Guidelines. Management of Pregnancy.
- Gloviczki P, et al. (2023). The 2023 Society for Vascular Surgery, American venous Forum, and American vein and Lymphatic Society clinical practice guidelines for the management of varicose veins of the lower extremities. Part II. Journal of Vascular Surgery. Venous and Lymphatic Disorders, published online August 29, 2023: S2213. DOI: 10.1016/j.jvsv.2023.08.011.
- Fitridge R, et al. (2023). The intersocietal IWGDF, ESVS, SVS guidelines on peripheral artery disease in people with diabetes mellitus and a foot ulcer. Journal of Vascular Surgery, published online September 14, 2023: S0741. DOI: 10.1016/j.jvs.2023.07.020.
- Johnson SA, et al. (2023). Saturated fat intake and the prevention and management of cardiovascular disease in adults: An Academy of Nutrition and Dietetics evidence-based nutrition practice guideline. Journal of the Academy of Nutrition and Dietetics, published online July 21, 2023: S2212. DOI: 10.1016/j.jand.2023.07.017.
- Jones JM, et al. (2023). Use of nirsevimab for the prevention of respiratory syncytial virus disease among infants and young children: Recommendations of the Advisory Committee on immunization Practices - United States , 2023. Morbidity and Mortality Weekly Report, 72(34): 920–925. DOI: 10.15585/mmwr.mm7234a4.
- Khan A, et al. (2023). Respiratory management of patients with neuromuscular weakness: An American College of Chest Physicians clinical practice guideline and expert panel report. Chest, 164(2): 394–413. DOI: 10.1016/j.chest.2023.03.011.
- Lang IM, et al. (2023). Balloon pulmonary angioplasty for chronic thromboembolic pulmonary hypertension: A clinical consensus statement of the ESC working group on pulmonary circulation

and right ventricular function. *European Heart Journal*, 44(29): 2659–2671. DOI: 10.1093/eurheartj/ehad413.

- Marciniuk DD, et al. (2023). Effect of race and ethnicity on pulmonary function testing interpretation: An American College of Chest Physicians (CHEST), American Association for Respiratory Care (AARC), American Thoracic Society (ATS), and Canadian Thoracic Society (CTS) evidence review and research statement. *Chest*, 164(2): 461–475. DOI: 10.1016/j.chest.2023.03.026.
- Marx N, et al. (2023). 2023 ESC Guidelines for the management of cardiovascular disease in patients with diabetes. *European Heart Journal*, published online August 25, 2023: ehad192. DOI: 10.1093/eurheartj/ehad192.
- McDonagh TA, et al. (2023). 2023 Focused Update of the 2021 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure. *European Heart Journal*, published online August 25, 2023: ehad195. DOI: 10.1093/eurheartj/ehad195.
- Potpara T, et al. (2023). Antithrombotic therapy in arterial thrombosis and thromboembolism in COVID-19: An American College of Chest Physicians Expert Panel Report. *Chest*, published online June 29, 2023: S0012. DOI: 10.1016/j.chest.2023.06.032.
- Rochester CL, et al. (2023). Pulmonary rehabilitation for adults with chronic respiratory disease: An official American Thoracic Society clinical practice guideline. *American Journal of Respiratory and Critical Care Medicine*, 208(4): e7–e26. DOI: 10.1164/rccm.202306-1066ST.
- Sacks DB, et al. (2023). Guidelines and recommendations for laboratory analysis in the diagnosis and management of diabetes mellitus. *Clinical Chemistry*, published online July 20, 2023: hvad080. DOI: 10.1093/clinchem/hvad080.
- Schroder JN, et al. (2023). The American Association for Thoracic Surgery 2023 Expert Consensus Document: Adult cardiac transplantation utilizing donors after circulatory death. *Journal of Thoracic and Cardiovascular Surgery*, 166(3): 856-869.e5. DOI: 10.1016/j.jtcvs.2023.03.014.
- Swaminathan RV, et al. (2023). SCAI Position Statement on Renal Denervation for Hypertension: Patient Selection, Operator Competence, Training and Techniques, and Organizational Recommendations, *Journal of the Society for Cardiovascular Angiography & Interventions*.
- Writing Committee, et al. (2023). 2023 ACC/AHA/SCAI advanced training statement on interventional cardiology (coronary, peripheral vascular, and structural heart interventions): A report of the ACC Competency Management Committee. *Journal of Thoracic and Cardiovascular Surgery*, 166(3): e73–e123. DOI: 10.1016/j.jtcvs.2023.04.024.
- Writing Committee Members, et al. (2023). 2023 AHA/ACC clinical performance and quality measures for coronary artery revascularization: A report of the American College of Cardiology/American Heart Association joint committee on performance measures. *Journal of the American College of Cardiology*, published online July 21, 2023: S0735. DOI: 10.1016/j.jacc.2023.03.409.
- Writing Committee Members, et al. (2023). 2023 AHA/ACC/ACCP/ASPC/NLA/PCNA guideline for the management of patients with chronic coronary disease: A report of the American Heart Association/American College of Cardiology joint committee on clinical practice guidelines. *Journal of the American College of Cardiology*, published online July 14, 2023: S0735. DOI: 10.1016/j.jacc.2023.04.003.

May 2024

- American Diabetes Association Professional Practice Committee (2024). Introduction and methodology: Standards of care in diabetes-2024. Diabetes Care, 47(Supplement_1): S1–S4. DOI: 10.2337/dc24-SINT.
- Baddour LM, et al. (2023). Nondental invasive procedures and risk of infective endocarditis: Time for a revisit: A science advisory from the American Heart Association. Circulation, 148(19): 1529–1541. DOI: 10.1161/CIR.0000000000001180.
- Baddour LM, et al. (2023). Update on cardiovascular implantable electronic device infections and their prevention, diagnosis, and management: A scientific statement from the American Heart Association. Circulation, published online December 4, 2023. DOI: 10.1161/CIR.0000000000001187.
- Expert Panels on Vascular and Cardiac Imaging, et al. (2023). ACR appropriateness Criteria® preprocedural planning for transcatheter aortic valve replacement: 2023 update. Journal of the American College of Radiology : JACR, 20(11S): S501–S512. DOI: 10.1016/j.jacr.2023.08.009.
- Johnson SA, et al. (2023). Saturated fat intake and the prevention and management of cardiovascular disease in adults: An Academy of Nutrition and Dietetics evidence-based nutrition practice guideline. Journal of the Academy of Nutrition and Dietetics, 123(12): 1808–1830. DOI: 10.1016/j.jand.2023.07.017.
- Writing Committee Members, et al. (2023). 2023 ACC/AHA/ACCP/HRS guideline for the Diagnosis and Management of atrial fibrillation: A report of the American College of Cardiology/American Heart Association joint committee on clinical practice guidelines. Journal of the American College of Cardiology, published online November 23, 2023: S0735. DOI: 10.1016/j.jacc.2023.08.017.

August 2024

- “2024 GOLD Report.” Global Initiative for Chronic Obstructive Lung Disease - GOLD, <https://goldcopd.org/2024-goldreport/> Accessed 25 Apr. 2024.
- Grant, Michael C., et al. “Perioperative Care in Cardiac Surgery: A Joint Consensus Statement by the Enhanced Recovery After Surgery (ERAS) Cardiac Society, ERAS International Society, and The Society of Thoracic Surgeons (STS).” The Annals of Thoracic Surgery, Jan. 2024, p. S0003497523013176.
- Honarmand, Kimia, Randy S. Wax, et al. “Society of Critical Care Medicine Guidelines on Recognizing and Responding to Clinical Deterioration Outside the ICU: 2023.” Critical Care Medicine, vol. 52, no. 2, Feb. 2024, pp. 314–30.
- Jneid, Hani, et al. “2024 ACC/AHA Clinical Performance and Quality Measures for Adults With Valvular and Structural Heart Disease.” Journal of the American College of Cardiology, Mar. 2024, p. S0735109723082542.
- Nassikas, Nicholas J., et al. “Indoor Air Sources of Outdoor Air Pollution: Health Consequences, Policy, and Recommendations: An Official American Thoracic Society Workshop Report.” Annals of the American Thoracic Society, vol. 21, no. 3, Mar. 2024, pp. 365–76. PubMed.
- Pharmacological Management of Cardiac Arrhythmias in the Fetal and Neonatal Periods: A Scientific Statement From the American Heart Association. Accessed 15 Feb. 2024.
- Qadir, Nida, et al. “An Update on Management of Adult Patients with Acute Respiratory Distress Syndrome: An Official American Thoracic Society Clinical Practice Guideline.” American Journal of Respiratory and Critical Care Medicine, vol. 209, no. 1, Jan. 2024, pp. 24–36.

- Riley, Robert F., et al. “SCAI Expert Consensus Statement on the Management of Calcified Coronary Lesions.” *Journal of the Society for Cardiovascular Angiography & Interventions*, Jan. 2024, p. 101259.
- Roberts, Karsten J., et al. “AARC Clinical Practice Guideline: Spontaneous Breathing Trials for Liberation From Adult Mechanical Ventilation.” *Respiratory Care*, Mar. 2024, p. respcare.11735.
- Schulman, Sam, et al. “2023 ISTH Update of the 2022 ISTH Guidelines for Antithrombotic Treatment in COVID-19.” *Journal of Thrombosis and Haemostasis: JTH*, Mar. 2024, pp. S1538-7836(24)00113-2. PubMed.
- Secemsky, Eric A., et al. “Intravascular Ultrasound Use in Peripheral Arterial and Deep Venous Interventions: Multidisciplinary Expert Opinion From SCAI/AVF/AVLS/SIR/SVM/SVS.” *Journal of Vascular and Interventional Radiology*, vol. 35, no. 3, Mar. 2024, pp. 335–48.
- Treatment and Outcomes of Cervical Artery Dissection in Adults: A Scientific Statement From the American Heart Association. Accessed 15 Feb. 2024.
- Writing Committee, et al. “2024 ACC Expert Consensus Decision Pathway for Treatment of Heart Failure With Reduced Ejection Fraction: A Report of the American College of Cardiology Solution Set Oversight Committee.” *Journal of the American College of Cardiology*, Mar. 2024, pp. S0735-1097(23)08354-7. PubMed.
- Wyler Von Ballmoos, Moritz C., et al. “The Society of Thoracic Surgeons 2023 Clinical Practice Guidelines for the Surgical Treatment of Atrial Fibrillation.” *The Annals of Thoracic Surgery*, Jan. 2024, p. S0003497524000572.
- Zoghbi, William A., et al. “Guidelines for the Evaluation of Prosthetic Valve Function With Cardiovascular Imaging: A Report From the American Society of Echocardiography Developed in Collaboration With the Society for Cardiovascular Magnetic Resonance and the Society of Cardiovascular Computed Tomography.” *Journal of the American Society of Echocardiography*, vol. 37, no. 1, Jan. 2024, pp. 2–63.

C. Evidence Based Guidelines Review Schedule

Cigna reviews, updates and utilizes evidence-based guidelines through a consistent collaboration with Healthwise®. Recognized resources are reviewed/updated at least every five (5) years and Healthwise Guidelines are reviewed at least every two (2) years. It is important to note that the table below provides a high-level summary of review sources. A full reference list can be found within the Healthwise under each program/condition.

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update (at least every 5 years)	Healthwise Medical Guideline Review (at least every 2 years)	Cigna Quality Committee Review (at least every 2 years)
Asthma (2 years of age)	Department of Veterans Affairs/ Department of Defense	Veterans Affairs/Department of Defense (2025). Clinical Practice Guideline for the Primary Care Management of Asthma VA/DOD CLINICAL PRACTICE GUIDELINE FOR THE PRIMARY CARE MANAGEMENT OF ASTHMA	2025	March 2024	May 2024
	Global Initiative for Asthma	Global Initiative for Asthma (202). Global Strategy for Asthma Management and Prevention: GINA 2024 Strategy Report	2024		
	National Institute for Health and Care Excellence	National Institute for Health and Care Excellence (2024). Asthma: diagnosis, monitoring and chronic asthma management (BTS, NICE, SIGN) Overview Asthma: diagnosis, monitoring and chronic asthma management (BTS, NICE, SIGN) Guidance NICE	2024		
COPD (18 years of age)	Global Initiative for Chronic Obstructive Lung Disease	Global Initiative for Chronic Obstructive Lung Disease (2025). Global strategy for the diagnosis, management, and prevention of chronic obstructive pulmonary disease: 2025 GOLD Report. 2025 GOLD Report - Global Initiative for Chronic Obstructive Lung Disease - GOLD	2025	March 2024	May 2024
	American Thoracic Society	American Thoracic Society (2024). Assessment of Home-based Monitoring in Adults with Chronic Lung Disease. An Official American Thoracic Society Research Statement. Assessment of Home-based Monitoring in Adults with Chronic Lung Disease	2024		
CAD (18 years of age)	American College of Cardiology	American College of Cardiology/American Heart Association (2025). 2025 ACC/AHA/ACEP/NAEMSP/SCAI Guideline for the Management of	2025	March 2024	May 2024

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update (at least every 5 years)	Healthwise Medical Guideline Review (at least every 2 years)	Cigna Quality Committee Review (at least every 2 years)
	Society for Cardiovascular Angiography & Interventions	Patients With Acute Coronary Syndromes. New in Clinical Guidance ACC/AHA ACS Guideline, More - American College of Cardiology Society for Cardiovascular Angiography & Interventions (2024). SCAI Expert Consensus Statement on the Management of Patients with STEMI Referred for Primary PCI. SCAI Expert Consensus Statement on the Management of Patients with STEMI Referred for Primary PCI SCAI	2024		
Heart Failure (18 years of age)	American Heart Association/ American College of Cardiology	American College of Cardiology (2024). ACC Expert Consensus Decision Pathway on Clinical Assessment, Management, and Trajectory of Patients Hospitalized With Heart Failure Focused Update: A Report of the American College of Cardiology Solution Set Oversight Committee. New Expert Consensus Decision Pathway Updates Guidance on HF Management, Treatment - American College of Cardiology	2024	March 2024	May 2024
	American Heart Association	American Heart Association/American College of Cardiology Joint Committee on Clinical Practice Guidelines (2024). 2024 AHA/ACC/AMSSM/HRS/PACES/SCMR Guideline for the Management of Hypertrophic Cardiomyopathy. 2024 Guideline for the Management of Hypertrophic Cardiomyopathy	2024		
		American Heart Association/American College of Cardiology (2024). 2024 Update to the 2020 ACC/AHA Clinical Performance and Quality Measures for Adults With Heart Failure. 2024	2024		

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update (at least every 5 years)	Healthwise Medical Guideline Review (at least every 2 years)	Cigna Quality Committee Review (at least every 2 years)
		Update to the 2020 ACC/AHA Clinical Performance and Quality Measures for Adults With Heart Failure			
Diabetes (2 years of age)	American Diabetes Association	American Diabetes Association (2025). Standards of Medical Care in Diabetes—2025. The American Diabetes Association Releases Standards of Care in Diabetes—2025 American Diabetes Association	2025	March 2024	May 2024
	American Academy of Ophthalmology	American Academy of Ophthalmology (2025). Diabetic Retinopathy Preferred Practice Pattern. Diabetic Retinopathy PPP 2024 - American Academy of Ophthalmology	2025		
	Canadian Journal of Diabetes	Diabetes Canada (2025). Glycemic Management Across the Lifespan for People with Type 1 Diabetes: A Clinical Practice Guideline. Glycemic Management Across the Lifespan for People With Type 1 Diabetes: A Clinical Practice Guideline - Canadian Journal of Diabetes	2025		
Depression (18 years of age)	American College of Physicians	American College of Physicians (2023, updated 2025). Nonpharmacologic and Pharmacologic Treatments of Adults in the Acute Phase of Major Depressive Disorder: A Living Clinical Guideline from the American College of Physicians. Nonpharmacologic and Pharmacologic Treatments of Adults in the Acute Phase of Major Depressive Disorder	2025	March 2024	May 2024
	Department of Veterans Affairs/ Department of Defense	Veteran Affairs/Department of Defense (2024). VA/DoD Clinical Practice Guideline for the Assessment and Management of Patients at Risk for Suicide. Assessment and Management of Patients at Risk for	2024		

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update (at least every 5 years)	Healthwise Medical Guideline Review (at least every 2 years)	Cigna Quality Committee Review (at least every 2 years)
		Suicide (2024) - VA/DOD Clinical Practice Guidelines			
PAD (18 years of age)	American College of Cardiology/ American Heart Association	American College of Cardiology/American Heart Association (2024). 2024 ACC/AHA/AACVPR/APMA/ABC/SCAI/SVM/SVN/SVS/SIR/VESS Guideline for the Management of Lower Extremity Peripheral Artery Disease. 2024 Guideline for the Management of Lower Extremity Peripheral Artery Disease	2024	March 2024	May 2024
Low Back Pain (18 years of age)	American Society of Regional Anesthesia and Pain Medicine	American Society of Regional Anesthesia and Pain Medicine, the American Academy of Pain Medicine, the American Society of Interventional Pain Physicians, and the International Pain and Spine Intervention Society (2024). Use of corticosteroids for adult chronic pain interventions: sympathetic and peripheral nerve blocks, trigger point injections. Use of corticosteroids for adult chronic pain interventions	2024	March 2024	May 2024
	American Psychological Association	American Psychological Association (2024). APA Clinical Practice Guidelines for Psychological and Other Nonpharmacological Treatment of Chronic Musculoskeletal Pain in Adults. Guidelines for Psychological Practice With Older Adults	2024		
Osteo- arthritis (18 years of age)	American Society of Regional Anesthesia and Pain Medicine	American Society of Regional Anesthesia and Pain Medicine, the American Academy of Pain Medicine, the American Society of Interventional Pain Physicians, the International Pain and Spine Intervention Society, and the North American Spine (2024). Use and safety of corticosteroid injections in joints and musculoskeletal soft tissue. Use and safety of corticosteroid injections in joints and musculoskeletal soft tissue	2024	March 2024	May 2024

Condition/ Program	Recognized Source	Sources of Evidence-Based Guidelines	Recognized Resource Review/ Update (at least every 5 years)	Healthwise Medical Guideline Review (at least every 2 years)	Cigna Quality Committee Review (at least every 2 years)
Metabolic Syndrome (18 years of age)	American Diabetes Association American Association of Clinical Endocrinology	American Diabetes Association (2025). Standards of Medical Care in Diabetes—2025. The American Diabetes Association Releases Standards of Care in Diabetes—2025 American Diabetes Association American Association of Clinical Endocrinology (2025). Clinical Practice Guideline on Pharmacologic Management of Adults with Dyslipidemia. 2025 Clinical Practice Guideline for the Pharmacologic Management of Adults with Dyslipidemia American Association of Clinical Endocrinology	2025 2025	March 2024	May 2024

D. Integrated Health Management Quality Committee (IHMQC): 2024 Annual Review of Quarterly Guideline Updates

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
Asthma		May 2024	Updated Health and Disease Topics: - Lung Function Tests: We replaced the abnormal result tables with a message that your doctor will talk with you about abnormal results so we could make this topic easier to understand and to make it personal for the reader. (hw5022) New Video Topics - Acute respiratory distress syndrome (ARDS): Fast Facts (acp4689) - Helping Your Child Use a Metered-Dose Inhaler With a Mask Spacer: We changed

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
			the script and visuals to be consistent with the visual patient instructions. (abo5501) • Helping Your Child Use a Metered-Dose Inhaler Without a Spacer: We revised the script and visuals to be consistent with visual patient instructions. (abo8260) • How Secondhand Smoke Affects Your Child: We revised this script to add more supportive language. We also added more gender-inclusive language. (abp5506) • Using a Metered-Dose Inhaler Without a Spacer: We changed the visuals and the script to be consistent with the visual patient instruction. (abo5495) • Using an Inhaler and Spacer: We changed the script and the visuals to be consistent with the visual patient instructions (abl3223)
Asthma		Aug 2024	New Video Topics • Asthma: Measuring Peak Flow: We changed the visuals and the script to match current medical and design guidelines.[abo5513]
COPD		Feb 2024	New/Updated Health and Disease Topics: • COPD and Sex: We expanded the scope of the article to include people who are recovering from illness, surgery, and injury. (hw165114) New/Updated Videos • Chronic obstructive pulmonary disease (COPD): Fast Facts (aco6462)
COPD		May 2024	Updated Health and Disease Topics: • COPD (Chronic Obstructive Pulmonary Disease): We added additional treatments such as palliative care and surgery options, as well as additional self-care instructions such as a broader description of lung irritants, additional vaccine recommendations for the shingles and RSV vaccines, advice to watch for

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
			changes in symptoms, and advice to ask how to use inhalers correctly. (hw32559) Updated Care Support Page Topics: • COPD: How to Prevent Lung Infections: We added the RSV vaccine. (zu1507) • Acute respiratory distress syndrome (ARDS): Fast Facts (acp4689)
CAD		Feb 2024	Updated Health and Disease Topics: • Atrial Fibrillation: We added recommendations for healthy sleep and not using any tobacco or other nicotine products. (hw160870)
CAD		May 2024	Updated Health and Disease Topics: • Heart-Healthy Lifestyle: We added recommendations for healthy sleep and not using any tobacco or other nicotine products. (abk9834) Updated Care Support Page Topics: • Coronary Artery Disease: Lifestyle Changes to Lower Heart Attack Risk: We added recommendations for healthy sleep and not using any tobacco or other nicotine products. (ad1246) • Heart Health: Your Risk for a Heart Attack: We added recommendations for healthy sleep and not using any tobacco or other nicotine products. (ug3307) • Cardiac ischemia: Fast Facts (acp4595) New Video Topics: • Cardiac ischemia: Fast Facts (acp4595) • Heart-Healthy Diet: We updated the content and images to reflect new tone and style, as well as updated art and graphics. (abo5525)
Heart Failure		May 2024	Updated Health and Disease Topics: • Heart Failure: Having a Heart-Healthy Lifestyle: We added recommendations for healthy sleep and not using any tobacco or other nicotine products. (zp3781)

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
			Acute respiratory distress syndrome (ARDS): Fast Facts (acp4689)
Diabetes		Feb 2024	New / Updated Videos: - Type 1 Diabetes: What Does It Mean for My Child? (acp5477) - What is type 1 diabetes? (acp7705) - Diabetes: Blood Sugar Tests: We revised the script and visuals to include continuous glucose monitors along with finger-stick tests. (abo2028) - Diabetes: Making and Using an Action Plan: This script was edited to focus on making and using a diabetes action plan that's built around shared decision-making with your care team. (abo9252) - Diabetes: Managing Kidney Disease: We revised this content to include more actionable tips and to add new visuals. (abo9246) - Diabetes: Preparing for Surgery: We revised this content to include more actionable tips and to add new visuals. (abo9240) - Learning About Noninsulin Medicines That Help Manage Type 2 Diabetes: We revised this script to include other examples of noninsulin medicine for type 2 diabetes. (aby4246) - Learning About Type 2 Diabetes: We revised this content to include more actionable tips and to add new visuals. (abr8813)
Diabetes		May 2024	Updated Health and Disease Topics: - Diabetes: Checking Your Blood Sugar: This topic was updated to reflect current technology. (aa19825) - Diabetes: Living With an Insulin Pump: We added information about not putting your insulin pump or continuous glucose monitor through an X-ray or scanner. (zx3069) - Diabetes: Travel Tips: We added information about not putting your insulin pump or continuous glucose

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
			monitor through an X-ray or scanner. (hw133328) - Home Blood Sugar Test: This topic was updated to reflect current technology. (hw226531) Updated Care Support Pages - Diabetes: Travel Tips: We added information about not putting your insulin pump or continuous glucose monitor through an X-ray or scanner. (abr2004) Updated Video Topics: - Diabetes: Benefits of Blood Sugar Testing: Revised script and visuals to include continuous glucose monitors (abr0707) - Diabetes: How Others Stay Motivated: This video was updated for tone and to focus more on positive points and accomplishments. (abp6115)
Diabetes		Aug 2024	Updated Videos: Insulin: Giving an Injection in the Arm Using a Syringe: We revised this video to show a caregiver how to give an insulin injection in the arm of an adult or child. [abo5471]
Depression/ Anxiety		Feb 2024	Updated Health and Disease Topics: - Bipolar Disorder: We revised this topic to include types of bipolar disorder, such as substance/medication-induced bipolar disorder and bipolar/related disorder due to another medical condition to replace specifiers. (hw148751) - Bipolar Disorder: Manic Episodes: The timeline indicating that manic symptoms must occur and last "at least 5 days" was revised to a week. (aa168081)
Depression/ Anxiety		May 2024	New/Updated Health and Disease Topics: Panic Attacks and Panic Disorder: We added information about exposure therapy and replaced the mention of benzodiazepine with more general

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
			information about antidepressants. (hw53796)
PAD		Feb 2024	New Health and Disease Topics: Peripheral Arterial Disease: We added heart-healthy lifestyle recommendations for healthy sleep and not using any tobacco or nicotine products. (aa105361)
Low Back Pain		Feb 2024	New/ Updated Videos: - Degenerative disc disease: Fast Facts (aco6456) - Herniated disc: Fast Facts (acp4682) - Lumbar spondylosis: Fast Facts (acp4683)
Low Back Pain		May 2024	Updated Health and Disease Topics: - Spinal Manipulation: This article was revised to include information on why a person might choose this treatment and to add information on the effectiveness of this treatment. (aa160810) New Videos: - Lumbar spinal stenosis: Fast Facts (acp4678) - Spinal Manipulation: This article was revised to include information on why a person might choose this treatment and to add information on the effectiveness of this treatment. (aa160810)
Osteo-arthritis		May 2024	Updated Health and Disease Topics: Assistive Devices and Orthotics This topic was revised to apply to conditions other than arthritis. (tr4637)
Metabolic Syndrome		May 2024	Updated Health and Disease Topics: - Obesity This topic was revised for accuracy, clarity, and patient safety. (hw252864) - Obesity: Should I Take Weight-Loss Medicine? We updated this topic to reflect new standards of care for prescription medicine for weight loss. (aa71898)

Condition/ Program	Recognized Source/ Evidence Based Guidelines	Review Date	Comments/Updates
			Updated Care Support Page Topics: Learning About Obesity: This topic was revised to reflect current practice. (abq2544csp)