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2025 Clinical Guideline Updates

The Multiple Chronic Conditions Resource Center maintains current trends in clinical practice and health policy. Key 2025 guideline updates and recommendations for common chronic conditions are provided below.

ACUTE AND CHRONIC KIDNEY DISEASE:

[2025 US Department of Veterans Affairs & US Department of Defense Clinical Practice Guideline for the Primary Care Management of Chronic Kidney Disease](#)

DIABETES:

[2025 American Diabetes Association: Standards of Care in Diabetes](#)

Medscape provides an overview of these guidelines in 3 parts:

- [Standards of Care in Diabetes: Part 1, includes clinical presentation, classification, identification and diagnosis of diabetes \(Type 1, Type 2, gestational\)](#)
- [Standards of Care in Diabetes: Part 2, recommendations of the prevention and management of diabetes](#)
- [Standards of Care in Diabetes: Part 3, management of type 2 diabetes in people with concomitant cardiovascular and chronic kidney conditions.](#)

HYPERTENSION:

[2025 AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults.](#)

Earlier treatment moved from 140/90 to 130/80 "lower is better for preventing heart events."

The Multiple Chronic Conditions Resource Center offers FREE access to current clinical guidelines and resources to support the comprehensive care for the nation's largest patient population – those living with two or more chronic conditions.

[Resource Center](#)

RECENT PODCAST



PODCAST: Determinants of Health in Rural Healthcare

This Podcast highlights the rural healthcare center established by Northern Michigan University (NMU) and its impact on the rural population who reside in the upper peninsula of Michigan. Former Director **James K. Haveman** of the Michigan Department of Community Health under two Governors, and **Elise Bur** the Director of the Center discuss the evolution of the NMU Rural Healthcare Center and its impact on providing determinants of health to a unique patient population.

MORE PODCASTS



PODCAST: Person Centered Care Planning for Persons with Multiple Chronic Conditions

Arlene Bierman MD, MS, Agency for Healthcare Research and Quality,

Brittany Watson MD, MPH, Wake Forest University School of Medicine, **Jane Pederson MD, MS**, Stratis Health – discuss the recent JAMA Online publication *Person-Centered Care Planning for People Living with or at Risk for Multiple Chronic Conditions*. Discussion includes federal initiatives focused on person-centered care planning and how clinicians, organizations and policy can empower the largest US patient population



PODCAST: Redefining Palliative Care: From End-of-Life to Lifelong Quality

In this powerful discussion, we explore how palliative care is being redefined from a focus on the end of life to an emphasis on living better throughout illness. Our guest shares how health entrepreneurs and practitioners are pioneering new models of supportive care that give patients and their families dignity, resilience, and quality of life first.



PODCAST: Using the 4 M's in Person-Centered Care Planning for Persons with Multiple Chronic Conditions Patient

Dr. Cheryl Phillips MD, AGSF, Senior Program Consultant The John A Hartford Foundation

To learn more about the CMS age-friendly care measure:
<https://241684.fs1.hubspotusercontent-na1.net/hubfs/241684/Age-Friendly/Resources/CMS%20measure%20overview%202024%2010%2004.pdf>



PODCAST: A Paradigm Shift: Integrating Palliative Symptom Management in Multiple Chronic Conditions

Eduardo Bruera MD, University of Texas MD Anderson Cancer Center describes the integration of palliative care into the primary care setting. Palliative care used in the management of multiple chronic conditions, improves physical functioning, quality of life and reduces acute exacerbations and hospitalization.



PODCAST: Integrating Behavioral Health in the Primary Care Setting

Paul Ciechanowski MD, University of Washington discusses how to integrate behavioral health in the primary care setting for persons living with multiple chronic conditions. He discusses clinical inertia and how this can influence health outcomes



PODCAST: Patient Perspective on Living with Chronic Kidney Disease and Multiple Chronic Conditions.

Richard Knight, Bowie State University describes his patient journey and kidney transplant. He describes the need for patient education and self-advocacy.



PODCAST: Chronic Care Management: Do's, Don't's and Everything in Between

Irina Koyfman DNP discusses the Chronic Care Management, Medicare incentive for primary care providers. She promotes the use of this billing incentive through specialist providers.



PODCAST: The Effects of the Immune System in Multiple Chronic Conditions

Matthew Sorenson PhD, Texas A&M School of Nursing discusses how the immune system is affected by multiple chronic conditions.



PODCAST: Helping Overloaded People Remaining in the Workforce

Glenna Crooks PhD describes her research on helping overly committed people to remain in the workforce. She highlights her recent book *The NetworkSage: Realize Your Network Superpower*.



PODCAST: Understanding the Link Between Diabetes and Low Testosterone in Men

Julian Gallegos PhD, Purdue University School of Nursing describes the importance of men's health and the link between obesity, diabetes and low testosterone.

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WEBINARS

FREE ON-DEMAND

Person Centered Care Planning for the Oncology Patient



Course Objectives/Takeaways

- Review pathophysiology, diagnosis, management and incidence of prevalent malignancy.
- Describe how the nurse, pharmacist collaboration can ensure patient-centered care planning within the oncology setting.
- Examine the patient's oncology experience and how the nurse-pharmacist team can help to navigate the patient and family journey.

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MORE WEBINARS

- [Simulation: Preparing for workplace violence](#)
- [Tactical Implementation of an Effective Falls Program](#)
- [Challenging and Inspiring: Beyond Common Fall Prevention Practices](#)
- [Something's afoot: foot health in nursing and beyond](#)
- [Travel Nursing -- How to ensure a good experience](#)
- [Navigating the latest Temperature Management guidelines](#)
- [Safety & Science of Low- and No-Calorie Sweeteners](#)
- [When There Are No More Nurses...](#)
- [Strategies for Reducing Falls in the ED](#)
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