

## ***How to Use a Clinical Practice Guideline EBM Working Group***

### **Relevance?**

Is it common?  
Does it change my practice?

### **Are the results valid?**

Were all important options and outcomes specified?  
Was an explicit and sensible process used to identify, select and combine the evidence?  
Was an explicit and sensible process used to consider the relative value of different outcomes?  
Were important recent developments included?  
Has the guidelines had peer review and testing?

### **What are the recommendations?**

Are practical, important recommendations made?  
How strong are the recommendations?  
Could the uncertainty in the evidence or values change the guideline's recommendations?

### References:

JAMA 1995; 274(7):570-574  
JAMA 1995; 274(20):1630-1632

A clinical practice guideline is systematically developed statement designed to assist practitioner and patient decisions about appropriate health care for specific clinical circumstances.

### Levels of Recommendation (Proposed)

A1: RCTs, no heterogeneity, CIs clear threshold NNT  
A2: RCTs, no heterogeneity, CIs cross threshold NNT  
B1: RCTs, heterogeneity, CIs clear threshold NNT  
B2: RCTs, heterogeneity, CIs cross threshold NNT  
C1: Observational studies, CIs clear threshold NNT  
C2: Observational studies, CIs cross threshold NNT

### Finding a Clinical Practice Guideline:

Best combination of search terms -  
Guideline (pt)  
Or practice guideline (pt)  
Or all guideline (tf)  
Or all recommend (tf)  
Or consensus (tf)  
Or standards (tf)  
Or all parameter (tf)

[Walker C, personal communication]