Adapting Guidelines with Conflicting Recommendations: The Case of Microscopic Asymptomatic Microhematuria

Whittaker, R. Loo. Southern California Permanente Medical Group, Pasadena, USA

Background Existing clinical practice guidelines (CPGs) conflict on the best approach to the work-up of patients with asymptomatic microscopic hematuria who are at low risk of urinary tract cancer. Consequently, while adapting existing CPGs to a local context, consensus building can negate anticipated gains in time and resources expected from guideline adaptation.

Context To reconcile conflicting recommendations and address gaps in evaluation of critical outcomes, a Guideline Development Team (GDT) in a regional health care organisation used existing CPGs and systematic reviews, supplemented by additional evidence reviews, to develop recommendations for asymptomatic microscopic hematuria.

Description of Best Practice Based on review of evidence synthesised in external guidelines, supplemental de novo evidence reviews on critical outcomes, and risk assessment analysis of patient data, the GDT reached consensus on recommendations that differed from external guidelines, concluding that asymptomatic hematuria patients without risk factors were at sufficiently low-risk for urinary tract cancer to safely eliminate multiphase CT urograms from most urologic evaluations. Guidelines to reduce unnecessary CTs and radiation exposure in low-risk patients were developed, and knowledge transfer interventions aimed at the practitioner and healthcare system levels were implemented.

Lessons for Guideline Developers When adapting external guidelines with conflicting recommendations and gaps in critical outcomes, additional evidence searches, data analysis, and consensus building can negate anticipated gains in time and resources expected from guideline adaptation.

A Multidisciplinary Approach to Creating Behavioral Health Guidelines: Challenges of Adhering to IOM Standards


Background In 2010 our organisation began creating evidence-based clinical practice guidelines for behavioural health, focusing initially on depression, PTSD, and obesity, following emerging IOM standards.

Context Selected challenges in five areas: 1. Terminology. For many years, our organisation used guideline terminology that was inconsistent with the field. 2. Representation. Given the diverse types of professionals in behavioural health and the breadth/depth of each topic, attaining sufficiently diverse panel membership has been challenging. 3. Stakeholders. Obtaining the patient perspective has been challenging, particularly given the stigma and privacy concerns often associated with mental health. 4. Systematic Reviews. The high cost of developing de novo systematic reviews, especially for large scope topic areas, is limiting. 5. Education. Professionals have varying knowledge and lexicons for the process, requiring education, particularly surrounding non-financial conflicts of interest.

Description of Best Practice • Terminology- Implemented organisational-wide systemic change in lexicon via change in organisation policy and routine dissemination. • Representation- Used multi-step consensus nomination process to assemble
Capacity Enhancement through a Distance Learning Course for Primary Health Care (PHC) Professionals: The First Approach for a Guideline Development

A Stein, E Wendland, M Finto, O D’Aulla, A Dahmer. Department of Public Health UFCSIP, Porto Alegre, Brazil

Background There is a need to develop strategies for guideline development. It is essential to learn educational needs of health professionals who work at PHC level. Evidence-based guidelines should be applied for these health professionals taking into account their context.

Objectives To identify skills and resources of primary health professionals in a distance learning course (UNASUS from UFC-SPA – Federal University of Health Science of Porto Alegre).

Methods A quasi-experiment study had been carried out and the inclusion criteria were dentists, nurses and family physicians that provide PHC. Data had been collected in the beginning of the distant course, as a baseline and one year after the enrollment. This course enables specialisation for primary health care. A web-based questionnaire was applied to these subjects.

Results The sample size was 251 eligible subjects. The mean age of the responders was 35.2±8.27DP (range: 25–68), from 48 different towns from South Brazil. The majority (88.8%) were 68), from 48 of the responders was 35.2±8.27DP (range: 25–68), from 48 different towns from South Brazil. The majority (88.8%) were women and 67.3% had nurse degree. 94% of the subjects had a higher impact.

Discussion The results have shown that distance learning is effective to enhance primary health care professional’s behaviour, especially when simulating real cases.

Implications for guideline developers/users The present research had a higher impact. Interactive activities resembling their daily routine reported that the distance course was a good strategy to change their practice. The authors review and discuss clinical findings and health-economic evidence of ticagrelor compared with clopidogrel to reduced myocardial infarction, stroke or death, major bleeding, in patients with ACS in Colombia, when only one RCT has been published comparing both drugs.

Lessons for Guideline Developers and Others Our challenges and resolutions could be helpful to others in guideline development.

Background Ticagrelor is oral antagonist of adenosine diphosphate receptors of subtype P2Y12. It is indicated for the prevention of atherothrombotic events in adults with acute coronary syndromes (ACS) and it act faster and shorter than clopidogrel.

Objectives The authors review and discuss clinical findings and health-economic evidence of ticagrelor compared with clopidogrel to reduced myocardial infarction, stroke or death, major bleeding, in patients with ACS in Colombia, when only one RCT has been published comparing both drugs.

Methods This question was part of the guideline development. The process included search, assessment, rating the quality of evidence and economic evaluation. The recommendations were classified according to the methodology described by GRADE Working Group: consideration benefit/harm, preferences and resources.

Results 1 clinical study was identified. The efficacy outcome was favourable for the group of patients receiving ticagrelor. The result of the economic analysis suggests that the probability of ticagrelor is a cost effective alternative in the Colombian health system is more than 76.6%.

Discussion We recommend ticagrelor plus ASA for patients with non-STEMI, intermediate to high-risk, and for patients with STEMI if they have not received fibrinolysis in the last 24 hours.

Implications for Guideline Developers/Users Our results hold in different scenarios and sensitivity analyses, as long as the time horizon is not limited to short-term assessment because may underestimate the costs and benefits and therefore lead to erroneous conclusions with a single primarily study. Our recommendation is strong, although there was a single RCT owing to time horizon and high quality of evidence.

How Confident Are You in the Results Given Only One RCT? Ticagrelor vs Clopidogrel: Case Report by Clinical Guideline on Acute Coronary Syndrome in Colombia

N Acosta-Baena, L Lugo, A Mejia, J Senior. Universidad de Antioquia, Medellin, Colombia

Background Patients guideline development is a complex process that must combine harmoniously clinic expert knowledge, values, preferences and patient’s information needs; it means in itself the possibility of transforming social imaginary, practices, beliefs and behaviours health. The design of a qualitative methodology systematic and rigorous a guideline for patients would allow producing efficient results. The paper contains the design of a systematic and rigorous type of qualitative methodology, a guidelines for patients, was allowed producing efficient results.

Objective Design a methodology for patients’ guidelines development in the Colombian context.

Methods A qualitative type study was developed in three phases: 1) Review of materials and patients guidelines targeting populations, creating an array of identification of information needs. 2) Development of a proposal for a context-sensitive communication expert team. 3) Validation of contents.

Results Designed a methodology with ten steps and developed the guidelines for patients which included scientific evidence, socio-cultural practices and participation of patients. The validation of the sexually transmitted infections the Guide was attended to people with a variety of gender, age and educational