

# **Guidelines and related tools for enhancing national health**

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**WORKSHOP ON**  
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ADAPTATION IN EGYPT**

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# Outline

- Defining guidelines
- Objectives from a guideline programme

# What is a guideline

- Clinical Practice Guideline / Clinical Guideline
- Public Health Guideline
  
- Any difference?

# A clinical practice or public health guideline

Aims to clarify the source of “knowledge” and establish it based on the best available evidence

*“Medicine shouldn’t be about authority, and the most important question anyone can ask on any claim is simple: ‘how do you know?’”*

Ben Goldrace, 2011

# What is best for my patient?

- Historically, implicit clinical policies rested primarily with individual practitioners

“the art of medicine”

“the art of nursing”

...

# When a guideline is needed

- There is uncertainty
  - “about what to do or how to choose among a range of potential policies or interventions”
- new public health problem or emergency
- the uncovering of new evidence
- an absence of good-quality evidence (or of any evidence at all)
- or a change in resource availability or access to services.

# Why clinical practice guidelines

- Improve frequency of appropriate care
- Reduce unnecessary care
- **Reduce variation in health care**
- **Improve process and patient outcomes**
- **Control cost**
- Provide concise summary of current best evidence
- Focus research in areas of inadequate data

# Clinical practice guidelines

- guidelines attempt to distill a large body of medical expertise into a convenient, readily usable format.
- help practitioners keep current with the literature
- help them assimilate evidence into practice



# What is meant by guidelines

- The term "guideline" is used loosely to describe documents with different purposes, such as regulation of hospital admissions, use of tests and technology, transfer of seriously ill patients
- Other relevant terms: "practice policies," "practice parameters," and "clinical indicators"

# What is a clinical practice guideline?

- "Clinical practice guidelines are statements that include recommendations intended to optimize patient care that are **informed by a systematic review of evidence** and an **assessment of the benefits and harms of alternative care options**" (IOM; Graham et al 2011)

# A WHO guideline is ... (WHO 2012)

- Any document containing recommendations about health interventions, whether these are clinical, public health or policy recommendations.
- A recommendation provides information about what policy-makers, health-care providers or patients should do.
- It implies a choice between different interventions that have an impact on health and that have implications for the use of resources.

# WHO guidelines

- Address an area of uncertainty and an unmet need for guidance.
- Reflect the core WHO value of the “right to health”
- Are tailored to a specific audience
- Process of developing recommendations is
  - explicit and transparent
  - multidisciplinary and includes all relevant expertise and perspectives
  - Based on methods to minimize the risk of bias in the recommendations.
- Recommendations assess the balance of a policy’s or intervention’s potential benefits and harms
- Evidence used in guidelines is publicly available.
- Recommendations can be implemented (adapted) at local settings

# Whose benefit is sought from a guideline?

- Who might benefit from it?
- Patients?
- Society/population?
- Healthcare provider (physician)?
- Healthcare provider (nurse)?
- Healthcare provider (specialist)?
  - Increased demand for a service?
  - Reduced demand for a service?
- Health insurance organization?
- MoH?
- Hospitals?

# Whose benefit is sought?

- What do you think?
- Does the selection of the target group affects the content?

# Perspective

- ‘Patient perspective’ – maximise the health outcome of the specific patient group covered by the guideline (e.g. patients with malignant pleural effusion)
- ‘Population perspective’ – maximise the health outcome of the whole population
- Potentially conflicting objectives
  - Other perspective can also be considered
- Use of cost-effectiveness studies

# Clinical practice protocols

- Linked to a guideline or could be a standalone document
- Specifies the exact steps that need to be followed
- A strong implementation tool



# Clinical pathways

- Practice guidelines represent specific decision nodes that can be linked together to form algorithms.
- Clinical pathways organize, sequence, and time the care given to a "typical, uncomplicated patient"
- Clinical algorithms
  - more complex instructions for addressing a particular issue in which decisions and their consequences are expressed in conditional, branching logic

# Standards of care

- "STANDARDS OF QUALITY are authoritative statements of
- (1) minimum levels of acceptable performance or results,
- (2) excellent levels of performance or results
- (3) the range of acceptable performance or results."
  - (IOM; Field & Lohr, 1990)

# Standards of care

- Standards usually carry more regulatory power than guideline recommendations.
- Often it is compulsory to follow the standards.

- Thank you