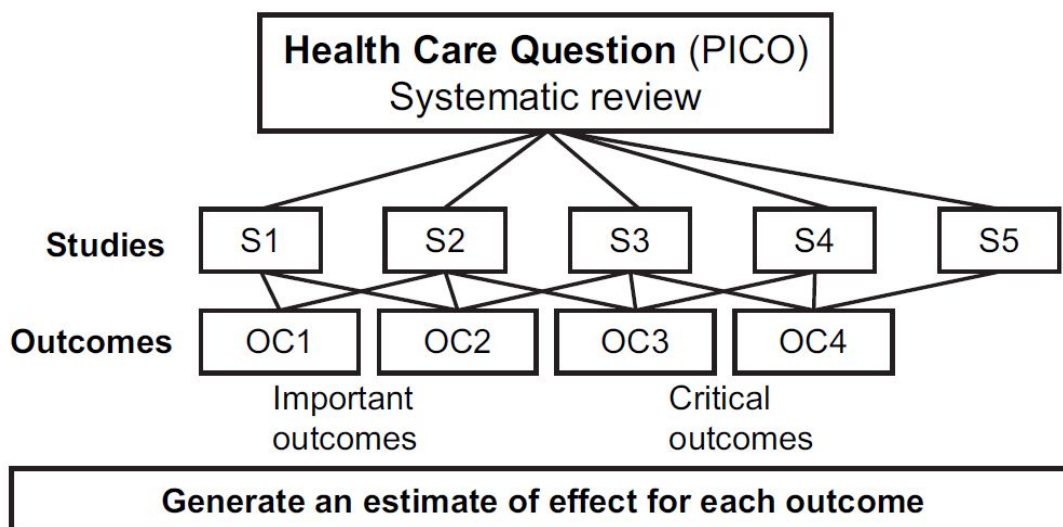




## Tool for the development of Guidelines using the GRADE methodology

1. Define the questions according to the PICO model (Patient-Intervention-Comparison - Outcome)
2. Make a systematic review of the literature



3. Grade the the quality of the evidences

**Rate the quality of evidence for each outcome, across studies**  
 RCTs start with a high rating, observational studies with a low rating

<p>Rating is modified downward:</p> <ul style="list-style-type: none"> <li>- Study limitations</li> <li>- Imprecision</li> <li>- Inconsistency of results</li> <li>- Indirectness of evidence</li> <li>- Publication bias likely</li> </ul>	<p>Rating is modified upward:</p> <ul style="list-style-type: none"> <li>- Large magnitude of effect</li> <li>- Dose response</li> <li>- Confounders likely minimize the effect</li> </ul>
---	--

**Final rating of quality for each outcome: high, moderate, low, or very low**

4. Formulate recommendation:
  - a. **STRONG** recommendation pro or against. Use the verb **“to recommend”**.

- b. **WEAK/CONDITIONAL** recommendation pro or against. Use the verb “**to suggest**”.

For a guideline panel making recommendations to offer a strong recommendation they have to be **certain** about the various factors that influence the strength of a recommendation. The panel also should have the relevant information at hand that supports a clear balance towards either the desirable effects of an intervention (to recommend an action) or undesirable effects (to recommend against an action).

When a guideline panel is **uncertain** whether the balance is clear or when the relevant information about the various factors that influence the strength of a recommendation is not available, a guideline panel should be more cautious and in most instances it would opt to make a weak recommendation.

**Table: Suggested representations of quality of evidence and strength of recommendations**

<b>Quality of Evidence</b>	<b>Symbol</b>	<b>Letter</b> (varies)
High	⊕⊕⊕⊕	A
Moderate	⊕⊕⊕○	B
Low	⊕⊕○○	C
Very low	⊕○○○	D
<b>Strength of Recommendation</b>	<b>Symbol</b>	<b>Number</b>
Strong for an intervention	↑↑	1
Weak for an intervention	↑?	2
Weak against an intervention	↓?	2
Strong against an intervention	↓↓	1

## References

GRADE handbook

<https://gdt.grade.org/app/handbook/handbook.html#h.gwd531rylwaj>

Guyatt GH, Oxman AD, Vist GE, Kunz R, Falck-Ytter Y, Alonso-Coello P, Schünemann HJ; GRADE Working Group GRADE: an emerging consensus on rating quality of evidence and



strength of recommendations. BMJ. 2008 Apr 26;336(7650):924-6.

doi:10.1136/bmj.39489.470347.AD.

<https://www.ncbi.nlm.nih.gov/pubmed/18436948>