CLINICAL PRACTICE GUIDELINES UNIT
Chiropractic

Goal:
At the completion of this unit, participants will be able to critically evaluate a guideline, using the “Users’ Guides”

Instructional Objectives:
At the completion of this unit you will be able to:
1. Assess the validity of a guideline
2. Understand the basics of GRADE
3. Describe concepts of effect size
4. Appreciate the elements that contribute to the quality of a guideline

Reference (Further Reading):
1. Chapter 26, p.531 How to Use Patient Management Recommendations

Educational Strategy:
1. Read the Users Guides chapter on How to Use Patient Management Recommendations, page 531.
3. Read the scenario below.
4. Read the enclosed reference “Diagnosis and treatment of low back pain: a joint clinical practice guideline from the American College of Physicians and the American Pain Society.”
5. Complete the critical appraisal form.
6. Return to the scenario and indicate how you would use the resource.
7. Potential teaching topics might include; magnitude of effect, GRADE process, determining level of evidence, minimizing bias in guideline development, usability of guidelines.
Scenario:

You are a chiropractor who has just been hired into a large multidisciplinary practice. You are pleased that you will have the opportunity to work with primary care providers, physical therapists, a massage therapist and even an acupuncturist. The CEO who hired you has charged you with developing in-house protocols for managing patients with low back pain.

Being generally familiar with the literature on this subject you are certain you will be able to find studies on the variety of treatment options available in the practice however, you are less confident that you would be able to find good quality comparative effectiveness studies with effect sizes large enough to definitively help with decision making.

Realizing that what would be ideal is a well-developed guideline incorporating both diagnosis and treatment you decide to go to the Guidelines Clearinghouse housed by AHRQ.

Running a query on ‘low back pain’ just to see what kind of a return you get, the top hit is a commentary on “Diagnosis and treatment of low back pain: a joint clinical practice guideline from the American College of Physicians and the American Pain Society.” When you pull this paper you see that it addresses the different treatment options available in your clinic and provides a clear indication of the level of evidence for each recommendation.

After critically appraising this paper, will you use these recommendations to develop the clinics protocols?

Enclosed Materials:


Critical Appraisal of a Clinical Practice Guideline