

# 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):**

In: Users’ Guides to the Medical Literature: A Manual for Evidence Based Clinical Practice, 3rd Edition, Eds: Guyatt GH, Meade MO, Cook DJ, Rennie D., New York, NY: The McGraw-Hill Companies, Inc. 2015.

1. Chapter 26, p.531 How to Use Patient Management Recommendations
2. Chapter 28.1, p.561 Assessing the Strength of Recommendations: The GRADE Approach

### **Educational Strategy:**

1. Read the Users Guides chapter on How to Use Patient Management Recommendations, page 531.
2. Read the Users Guides chapter on Assessing the Strength of Recommendations: The GRADE Approach, page 561.
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:**

Chou R, Qaseem A, Snow V, Casey D, Cross JT Jr, Shekelle P, Owens DK; Clinical Efficacy Assessment Subcommittee of the American College of Physicians; American College of Physicians; American Pain Society Low Back Pain Guidelines Panel. Diagnosis and treatment of low back pain: a joint clinical practice guideline from the American College of Physicians and the American Pain Society. *Ann Intern Med* 2007 Oct 2;147(7):478-91

Critical Appraisal of a Clinical Practice Guideline