

BroadcastMed | Most Practice Guideline Recommendations Based on Less-Than-Ideal Quality of Evidence

SPEAKER 1: Only 20% to 30% of recommendations and guidelines can be supported by randomized trials. Because the remaining 70% to 80% of recommendations which reflect what we do in taking care of patients don't have randomized studies to support them. So then you go to observational studies or case series or consensus opinion to support those other remaining recommendations.

The majority of recommendations are supported by evidence that's not from randomized trials. And as I said before, there's a question about who's choosing that evidence, who's writing the guidelines, what's the process. This begets the question about, well, if you pick people to be on a writing group or you decide-- internally you have some sort of a process to choose what studies should be picked.

Is it possible that the people in the process that you're using is biased by conflicts of interest? More up to date guidelines-- more guidelines with a balanced writing group and guideline development panel or conflicts are described and managed. And having shorter, more effective guidelines that really guide people regarding the evidence-- I think those are going to be the things that the future will hold for guidelines. That'll make them more useful. Because right now, long, out-of-date guidelines aren't helping providers take care of patients.