

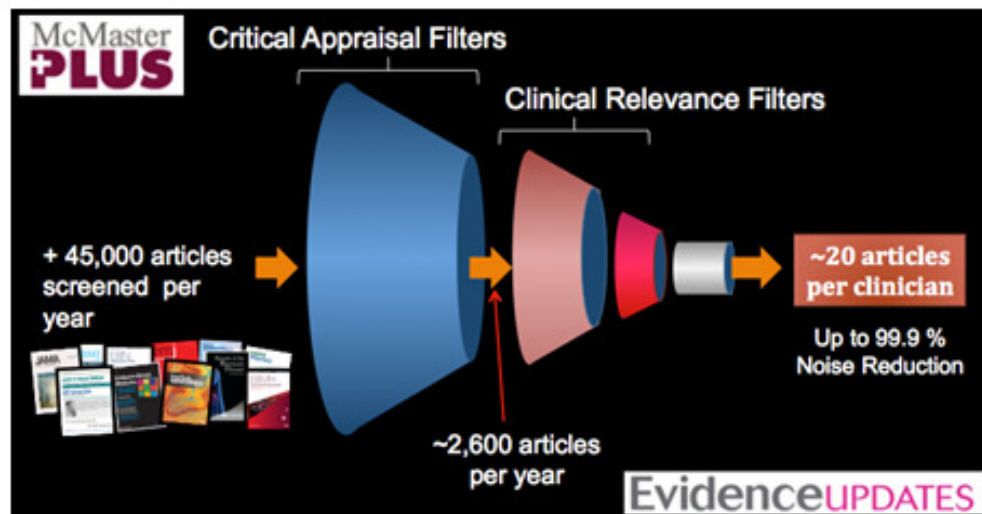
Appendix 2: Methods for *BMJ* Rapid Recommendations

About *BMJ-RapidRecs*

Translating research to clinical practice is challenging. Trustworthy clinical practice recommendations are one useful knowledge translation strategy. Organisations creating systematic reviews and guidelines often struggle to deliver timely and trustworthy recommendations in response to potentially practice-changing evidence. *The BMJ-RapidRecs* project aims to create trustworthy clinical practice recommendations based on the highest quality evidence in record time. The project is supported by an international network of systematic review and guideline methodologists, people with lived experience of the diseases, clinical specialists, and front-line clinicians. This overview is one of a package that includes recommendations and one or more systematic reviews published by the *BMJ* group and in MAGICapp (<http://www.magicapp.org>). The goal is to translate evidence into recommendations for clinical practice in a timely and transparent way, minimizing bias and centered around the experience of patients. *BMJ-RapidRecs* will consider both new and old evidence that might alter established clinical practice.

Process overview

1. We monitor the literature for practice-changing evidence through



- a. Formal monitoring through McMaster Premium Literature Service (PLUS)
 - b. Informal monitoring of the literature by *RapidRecs* expert groups, including clinician specialists and patients.
2. We select new evidence for *the BMJ-RapidRecs*. The *RapidRecs* executive—from the non-profit MAGIC organisation (www.magicproject.org)—and *The BMJ* choose among the identified potentially-practice changing evidence which clinical questions to pursue, based on relevance to a wide audience, widespread interest, and likelihood to change practice.
 3. We perform rapid and high quality linked systematic reviews to incorporate the new evidence into the existing body of evidence and broader context of clinical practice, unless the identified

evidence comes from a systematic review that is sufficient to inform development of recommendations. These linked systematic reviews will be performed by separate teams of researchers with joint members from the RapidRecs panels, apply GRADE to rate the certainty of evidence and be published in the BMJ journals together with *The BMJ RapidRecs* publication.

- a. Systematic review and meta-analysis on the benefits and harms with a focus on the outcomes that matter to patients
 - b. Systematic review of observational studies to identify baseline risk estimates that most closely represent the population at the heart of the clinical question, a key component when calculating the estimates of absolute effects of the intervention
 - c. Systematic review on the preferences and values of patients on the topic.
4. We create rapid recommendations (*RapidRecs*) in MAGICapp that meet the standards for trustworthy guidelines (see table below) ¹ through a recruited international panel of people with relevant lived experience, front-line clinicians, clinical content experts, and methodologists.
- a. The recommendation panel will apply standards for trustworthy guidelines.^{1,2} They will use the GRADE approach, which has developed a transparent process to rate the quality (or certainty) of evidence and grade the strength of recommendations ^{3,4}
 - b. Evidence summaries (i.e. GRADE Summary of Findings tables) and other information from the linked systematic reviews will underlie recommendations in RapidRecs
5. We disseminate the rapid recommendations through
- a. A short summary article (*BMJ Rapid Recommendations*) in *The BMJ*
 - b. MAGICapp which provides recommendations and all underlying content in digitally structured multilayered formats for clinicians at the point of care and others who wish to re-examine or consider national or local adaptation of the recommendations
 - c. Press release and/or marketing to media outlets and relevant parties such as patient groups
 - d. Links to BMJ Group's Best Practice point of care resource

Who is involved?

Researchers, systematic review and guideline authors, clinicians, and patients often work in silos. Academic journals may publish work from any one or combinations of these groups of people and findings may also be published in the media. But it is rare that these groups work together to produce a comprehensive package. *BMJ-RapidRecs* circumvents organisational barriers in order to provide clinicians with guidance for potentially practice-changing evidence.

Our collaboration involves

- a. The *RapidRecs* group with a designated Executive team responsible for recruiting and coordinating the network of collaborators who perform the systematic reviews and the recommendation panels. The *RapidRecs* group is part of MAGIC (www.magicproject.org), a non-for profit organization that provides MAGICapp (www.magicapp.org) an authoring and publication platform for evidence summaries, guidelines and decision aids, which are disseminated online for all devices. ⁵
- b. *The BMJ* helps identifying practice-changing evidence on key clinical questions, coordinates the editorial process and publishes the package of content linking to the MAGICapp that is presented in a user friendly way

METHODS FOR THE RAPID RECOMMENDATIONS

The formation of these recommendations adheres to standards for trustworthy guidelines with an emphasis on patient involvement, strict management of conflicts of interests, as well as transparent and systematic processes for assessing the quality of evidence and for moving from evidence to recommendations.^{1,2,6}

Guidance on how the panel is picked and how they contribute

RapidRecs panel members are sought and screened through an informal process with the explicit goal of adhering to trustworthy guideline standards for panel composition.^{1,2} A designated Chair is heading the panel and will be supported by a methods editor with sufficient expertise in the *RapidRecs* methods, processes and use of MAGICapp.

The following panel members are important

- At least one patient representative with lived experience. This person receives patient-oriented documents to explain the process and is allocated a linked panel member to empower their contribution through direct support throughout the process.
- A full spectrum of practicing clinicians involved in the management of the clinical problem and patients it affects, including front-line clinicians with generalist experience and those with deep content clinical and research expertise in the particular topic.
- Methodological experts in health research methodology and guideline development
- Linked systematic review authors are included in the panel to the extent necessary to ensure optimal communication related to evidence assessment and recommendation development.

Any potential conflicts of interest are managed with extreme prudence :

- No panel member may have a financial interest that is judged by the panel chair, the *RapidRecs* executive team, or *The BMJ* editors as relevant to the topic
- No more than three panel members with an intellectual interest on the topic (typically having published statements favouring one of the interventions)

Illustrative example: For the BMJ-RapidRecs on TAVI versus SAVR for patients with severe aortic stenosis, the panel recruitment of content experts and community panel members was challenging. Content experts in this area are cardiologists and cardiac surgeons, many of whom have financial conflicts of interests through interactions with the device providers through advisory boards and participation in industry-funded trials. The Chair of the panel was able, with considerable effort and ingenuity, to recruit 3 excellent and unconflicted content experts. Another challenge was to find patient representatives who were able to contribute, as severe aortic stenosis typically affects older and frail people. Two community members were ultimately recruited, and they both contributed effectively throughout the process.

How the panel meets and works

The international panel communicates via teleconferences and e-mail exchange of written documents throughout the process, headed by the Chair and supported by the Methods editor. Minutes from

teleconferences are audiorecorded, transcribed, and stored for later documentation (available for peer-reviewers on request).

Teleconferences typically occur at three timepoints, with circulated documents by e-mail in advance:

1. At the initiation of the process to provide feedback on the systematic review protocol (for example, on selection of patient-important outcomes and appropriate prespecified analysis of results) before it is performed
2. At the evidence summary stage with discussion, feedback and agreement on draft evidence (GRADE evidence profile) prepared by the Chair and the methods editor based on the systematic review
3. At the recommendation formulation phase with discussion, feedback and agreement on draft recommendations and other content underlying the recommendation (e.g. GRADE SoF-table, key information, rationale, practical advice)

Following the last teleconference the final version of the recommendations are circulated by e-mail specifically requesting feedback from all panel members to document agreement before submission to *The BMJ*. Additional teleconferences are arranged as needed. Panel members who are not able to attend teleconferences are asked to provide written feedback to the Chair of the panel in advance of each teleconference. The Chair will summarise the comments to the panel in the teleconferences.

Illustrative example: For the development of the TAVI versus SAVR recommendations, five teleconferences were arranged. In two separate teleconferences for the creation of the evidence summary, content experts provided crucial input to evidence assessment (e.g. type of TAVI devices used in trials). For the recommendation formulation phase the panel needed two teleconferences to discuss all elements in detail, followed by more than 100 e-mails with specific issues to be sorted out. Multiple teleconferences to discuss the same topic were held to allow the scheduling flexibility required so that all could participate. All panel members agreed on the final recommendations.

How we move from research findings to recommendations

What information is considered?

The panel considers best current evidence from available research. Beyond linked systematic reviews - performed in the context of the *BMJ-RapidRecs* - the panel may also include a number of other research papers to further inform the recommendations and explicitly refer to these references.

How is a trustworthy guideline made?

The Institute of Medicine (IOM)'s guidance on how trustworthy guidelines should be developed are articulated as 8 standards outlined in the table below.¹ The standards are similar to those developed by the Guideline International Network (G-I-N).² These standards have been widely adopted by the international guideline community. Peer reviewers of the recommendation article are asked whether they found the guideline trustworthy (in accordance with IOM standards). The table below lays out how we aim to meet the standards for our rapid recommendations:

1. Establishing transparency

"The processes by which a CPG is developed and funded should be detailed explicitly and publicly accessible"*

- This method is available and published as a supplementary file to the *BMJ-RapidRecs article* well as in a background chapter in MAGICapp.
- We ask the peer-reviewers to judge whether the guidance is trustworthy and will respond to concerns raised

2. Managing conflicts of interest

"Prior to selection of the guideline development group, individuals being considered for membership should declare all interests and activities potentially resulting in COI with development group activity....",

- Interests of each panel member are declared prior to involvement and published with the rapid recommendations
- No one with any potential relevant financial interests in the past three years, or forthcoming 12 months will participate - as judged by the *RapidRecs* executive and *The BMJ*
- No more than three panel members have declared an intellectual conflict of interest. Such conflicts include having taken a position on the issue for example by a written an editorial, commentary, or conflicts related to performing a primary research study or written a prior systematic review on the topic
- The Chair must have sufficient methods expertise, a clinical background and no relevant financial or intellectual interests
- Funders and pharmaceutical companies have no role in these recommendations.

3. Guideline Development Group Composition

"The guideline development group should be multidisciplinary and balanced, comprising a variety of methodological experts and clinicians, and populations expected to be affected by the CPG"

- The *RapidRecs* group will aim to include representation of clinicians and methodological experts from major geographic regions in the world, with specific efforts made to achieve gender-balance.
- We will facilitate patient and public involvement by including patient experience, via patient-representatives and systematic reviews addressing values and preferences to guide outcome choices and relative weights of each outcome, where available
- Patient-representatives will be given priority during panel meetings and will have an explicit role in vetting the panel's judgements of values and preferences and providing their views on information of importance to patients for which the recommendations

apply (e.g., practical considerations for treatment alternatives)..

4. Clinical Practice Guideline–Systematic Review Intersection

"CPG developers should use systematic reviews that meet standards set by the IOM. Guideline development group and systematic review team should interact regarding the scope, approach, and output of both processes".

- Each rapid recommendation will be based on one or more linked high-quality systematic reviews either developed and published in parallel with our *BMJ-RapidRecs* or produced by other authors and available at the time of making the recommendation.
- The recommendation panel and SR teams will interact, with up to four members participating in both teams to facilitate communication and continuity in the process

5. Establishing Evidence Foundations for and Rating Strength of Recommendations

"For each recommendation: explain underlying reasoning, including a clear description of potential benefits and harms, a summary of relevant available evidence and description of the quality., explain the part played by values, opinion, theory, and clinical experience in deriving the recommendation, "provide rating of strength of recommendations"

- The GRADE approach will provide the framework for establishing evidence foundations and rating strength of recommendations.⁶ For each recommendation systematic and transparent assessments are made across the following key factors:
 - Absolute benefit and harms for all patient-important outcomes through structured evidence summaries (e.g. GRADE Summary of Findings tables)⁴
 - Quality of the evidence (certainty of the estimates of effect)⁷
 - Values and preferences of patients
 - Resources and other considerations (e.g. feasibility, applicability, equity)
- Each outcome will - if data are available through systematic reviews - include an effect estimate and confidence interval, with a measure of certainty in the evidence, as presented in Summary of Findings tables. If such data are not available narrative summaries will be provided.
- A summary of the underlying reasoning and all additional information (e.g. key factors, practical advice, references) will be available in *The BMJ-RapidRecs* article with full content available online in an interactive format at www.magicapp.org. Content will include descriptions of how theory (e.g. pathophysiology) and clinical experience played into the evidence assessment and recommendation development.
- Recommendations will be rated either weak or strong, as defined by GRADE.⁸
- If the panel members disagree regarding evidence assessment or strength of recommendations, we will follow a structured consensus process customized to the GRADE system and report any final differences in opinion, with their rationale, in the online supplement and online at www.magicapp.org.

6. Articulation of recommendations

"Recommendations should be articulated in a standardized form detailing precisely what the recommended action is, and under what circumstances it should be performed, and so that compliance with the recommendation(s) can be evaluated"

- Each recommendation will appear at the top of the *BMJ* Rapid Recommendations article, within the Infographic, and will also be available in standardised formats in MAGICapp, articulated to be actionable based on best current evidence on presentation formats of guidelines.⁹ Explanations of the concept of strength of recommendations will be provided
- There will be a statement included in each *BMJ-RapidRecs* article and in the MAGICapp that these are recommendations to provide clinicians with guidance. They do not form a mandate of action and should be contextualised in the healthcare system a clinician's works in, and or with an individual patient

7. External review

"External reviewers should comprise a full spectrum of relevant stakeholders....., authorship should be kept confidential....., all reviewer comments should be considered....a rationale for modifying or not should be recorded in writing.... a draft of the recommendation should be made available to general public for comment.."

- At least two external peer-reviewers and one patient reviewer will review the article for *The BMJ* and provide open peer review. Each will have access to all the information in the package. They will be asked for general feedback as well as to make an overall judgement on whether they view the guidelines as trustworthy
- A *BMJ* series adviser with methodological and/or statistical expertise will review the *BMJ-RapidRecs* publication and the systematic reviews
- The *RapidRecs* panel will be asked to read and respond to the peer review comments and make amendments where they judge reasonable
- *The BMJ* and *RapidRecs* team may, on a case-by-case basis, choose to invite key organizations, agencies, or patient/public representatives to provide and submit public peer-review
- There will be post-publication public review process through which people can provide comments and feedback through MAGICapp (or through *the BMJ*). The Chair will, on behalf of panel authors, aim to respond to each publicly-available peer-review within 30 days, for a period of six months after publication.

8. Updating

"The date for publication, systematic review and proposed date for future review should be

documented, the literature should be monitored regularly and the recommendation should be updated when warranted by new evidence"

- The *RapidRecs* panel will, through monitoring of new research evidence for published *BMJ-RapidRecs*, aim to provide updates of the recommendations in situations in which the evidence suggests a change in practice. These updates will be initially performed in MAGICapp and submitted to *The BMJ* for consideration of publication of a new Rapid Recommendation.

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