

## Practice Guidelines 2.0: Developing High Quality, Clinically Relevant Practice Guidelines

Over the past year, NSGC's practice guideline process has changed significantly, driven in part by an update to the criteria for guidelines to be included in the National Guideline Clearinghouse (NGC). The new criteria are more rigorous, requiring a more extensive understanding of outcomes research, systematic reviews of the evidence, and recommendation grading. Accordingly, and moving forward, all NSGC guidelines will require a systematic evidence review to support the graded recommendations made by the guideline.

Implementation of the new guidelines will require engagement with the NSGC membership to help them understand the new process, develop and prioritize topic ideas and, potentially, serve as guideline authors. For this Educational Breakout Session, we propose to introduce the new guideline process and expose participants to systematic reviews of the evidence. The first part of the session (25 min) will be presented by Christina Palmer and Deepti Babu (Immediate Past-Chair and Chair of the Practice Guidelines Committee, respectively). They will provide an overview of the new guideline process as outlined in the Practice Guidelines Manual. Next, Craig Umscheid, a nationally recognized expert in evidence-based medicine, will present on graded evidence reviews the process of using them to construct rigorous guidelines (25 min). Then, EBS participants will be divided into small groups, moderated by members of the PGC, to compare two guidelines, one which meets NGC criteria and one which does not, to gain an appreciation for the new standards (25 min). The EBS will conclude with a "Call to Arms" by the current committee chair to encourage participants to become involved with the guideline process and time for discussion and questions about the new process (15 min).

### Speakers:

Christina Palmer, Deepti Babu, Craig Umscheid

### Discussion leaders

Christina Palmer, Deepti Babu, Craig Umscheid, Ravi Sharaf and Gillian Hooker.

### Objectives)

- 1) Describe the process of creating a practice guideline.
- 2) Discuss the types of evidence that can support practice guidelines
- 3) Identify the components of a high quality practice guideline

This EBS is in keeping with the Practice Guideline Committees charge from the NSGC Board of Directors to disseminate the changes made to the practice guideline process. Accordingly, this session will be targeted to the NSGC membership at large, in order to engage them with the new process, identify topics for new guidelines, recruit potential guideline authors and emphasize the importance of high-quality, evidence-based guidelines for all practicing genetic counselors. In preparation for

this EBS, we plan to engage the SIG leaders to encourage representation by the SIGs in the EBS and engage those who may be most likely to become involved in guideline development.