

# Developing national treatment guidelines

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# Interests statement

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# Why produce national guidelines?

- 1. It is an FCTC obligation**
- 2. In some countries the existence of guidelines legitimises a topic; if guidelines do not exist on that topic it implies the topic is not important**
- 3. The FCTC Article 14 guidelines recommend that countries' guidelines should include**
  - 1. National cessation strategy**
  - 2. National treatment guidelines**

# What are guidelines?

1. **“Systematically developed statements to help service managers, practitioners and patients to make decisions about appropriate treatment for tobacco dependence and cessation”** (A14 guidelines, para 23 footnote)
2. **Guidelines usually contain recommendations for action for different sectors of the healthcare system and different healthcare workers**
3. **They should clearly state what should be done**
4. **They may be a lobbying tool**

# How will your guidelines be disseminated and implemented?

1. Arguably there isn't really much point in producing guidelines unless you know exactly how they will be used.
2. How will you ensure they reach the people you need to reach?
3. Their target audiences, dissemination, and implementation strategies should be clear before or as you start writing.
4. And these strategies should be funded if necessary

# Questions to ask before starting (or updating) guidelines?

1. What are the objectives of the guidelines?
2. Who do you want to read them?
3. How will these people get them?
4. How will the guidelines change actual practice?

# Checklist: how to develop guidelines?

1. Identify a budget if needed
2. Draw up a timetable
3. Base the recommended interventions on the EAR
4. Select lead author and reviewers
5. Set up formal endorsement process
6. Keep as short and action oriented as possible



# Potential main elements of national cessation guidelines?

- 1. Simple algorithm/flowchart/s at front**  
(see Scotland 2004, Australia 2011, new New Zealand guidelines)
- 2. Introductory/procedural pages**  
(title & contents pages, authors, endorsing organisations, description of writing process, acknowledgements, funding)
- 3. Introductory content**  
(tobacco use, health risks, benefits of stopping)
- 4. Main recommendations**
- 5. Technical appendices**
- 6. Cost and cost effectiveness if needed**

# Resources

1. WHO
2. FCTC Secretariat
3. Cochrane Library
4. [www.treatobacco.net](http://www.treatobacco.net)
5. Effectiveness and Affordability Review and spreadsheet

# **Healthcare interventions to promote and assist tobacco cessation: a review of efficacy, effectiveness and affordability for use in national guideline development**

**Robert West, Martin Raw, Ann McNeill, Lindsay Stead, Paul Aveyard, John Britton, John Stapleton, Hayden McRobbie, Subhash Pokhrel, Ron Borland**

## **International advisory panel**

**Lekan Ayo-Yusuf, South Africa; Mahmoud Elhabiby, Egypt; Vimla Moody, South Africa; Javier Saimovici, Argentina; Dennis Rada, Bolivia; Elma Correa, Mexico; Tom Glynn, USA; Feras Harawi, Jordan; Jagdish Kaur, India; Oleg Salagay, Russian Federation; Hom Lal Shresha, Nepal; Dan Xiao, China; Caleb Ngirarengi, Palau.**

# Key messages

**Brief advice from a health worker, telephone helplines, automated text messaging, printed self-help materials, cytisine and nortriptyline are globally affordable healthcare interventions to promote and assist smoking cessation. Evidence on smokeless tobacco cessation suggests that face-to-face behavioural support can promote cessation.**