

PEN GRADE Question Template



Question:

Recommendation

Generally one sentence long: e.g. “For residents at high risk of fractures, we recommend daily supplements of 800 IU to 2000 IU vitamin D₃ (strong recommendation, moderate quality evidence ⊕⊕⊕⊕)”

Remarks

Include the justification for the recommendation from the Evidence to Decision Framework. The remarks are concise and should be written in the active voice. Explicitly state the key criteria used in making the recommendation and, if applicable, which criteria were not considered (e.g. patient values or resources). Consider the following statements for excluded criteria:

- No information on patient values was available in the literature; personal preferences should be discussed with clients individually.
- Patient values associated with <condition> were not examined and should be discussed with clients individually.
- Resource requirement associated with this intervention were not examined and this should be discussed with clients individually.

e.g. The recommendation for residents at high risk places a high value on reductions in hip fractures, mortality and falls and a lower value on the resources in long-term care that are required to provide vitamin D supplementation. This recommendation applies to supplementation with D₃, as this form may be more accessible because of its lower cost relative to D₂. A dose of about 800 IU reduced fractures in people with normal or low 25-hydroxyvitamin D levels and also increased 25-hydroxyvitamin D levels to normal in those with low levels; therefore, 800 IU is recommended. However, the exact dose may depend on the dosing regimen that is available (e.g., a 1000 IU drop or tablet would be acceptable). The benefits of vitamin D supplementation are closely linked to adequate calcium intake, and therefore recommendations for calcium intake should also be applied. The recommended dietary allowance for vitamin D for people older than 70 years is 800 IU daily, and the tolerable upper intake level is up to 4000 IU

Summary of Evidence

Narrative summary of evidence from evidence profile table

See [Evidence Profile Table](#)

Evidence to Decision Summary

See [Evidence to Decision Table](#)

References

Evidence Profile Table (exported from GRADEpro)

Author(s):

Question:

Certainty assessment							No of patients		Effect		Certainty	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	low glycemic load (GL)	high GL	Relative (95% CI)	Absolute (95% CI)		

Explanations

Evidence to Decision Table (exported from GRADEpro)

Question

<p>POPULATION:</p> <p>INTERVENTION:</p> <p>COMPARISON:</p> <p>MAIN OUTCOMES:</p> <p>SETTING:</p> <p>PERSPECTIVE:</p>	<p>BACKGROUND:</p>
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Assessment

	JUDGEMENT	RESEARCH EVIDENCE	ADDITIONAL CONSIDERATIONS
CERTAINTY OF EVIDENCE	<p>What is the overall certainty of the evidence of effects?</p> <ul style="list-style-type: none"> ○ Very low ○ Low ● Moderate ○ High ○ No included studies 		
VALUES	<p>Is there important uncertainty about or variability in how much people value the main outcomes?</p> <ul style="list-style-type: none"> ○ Important uncertainty or variability ○ Possibly important uncertainty or variability 	No research evidence was identified.	

	<ul style="list-style-type: none"> ● Probably no important uncertainty or variability ○ No important uncertainty or variability 		
BALANCE OF EFFECTS	<p>Does the balance between desirable and undesirable effects favor the intervention or the comparison?</p> <ul style="list-style-type: none"> ● Favors the comparison ○ Probably favors the comparison ○ Does not favor either the intervention or the comparison ○ Probably favors the intervention ○ Favors the intervention ○ Varies ○ Don't know 	No research evidence was identified.	
RESOURCES REQUIRED	<p>How large are the resource requirements (costs)?</p> <ul style="list-style-type: none"> ○ Large costs ○ Moderate costs ● Negligible costs and savings ○ Moderate savings ○ Large savings ○ Varies ○ Don't know 	No research evidence was identified.	

Summary of judgements

	JUDGEMENT							IMPLICATIONS
CERTAINTY OF EVIDENCE	Very low	Low	Moderate	High			No included studies	
VALUES	Important	Possibly	Probably no	No important				

	JUDGEMENT							IMPLICATIONS
	uncertainty or variability	important uncertainty or variability	important uncertainty or variability	uncertainty or variability				
BALANCE OF EFFECTS	Favors the comparison	Probably favors the comparison	Does not favor either the intervention or the comparison	Probably favors the intervention	Favors the intervention	Varies	Don't know	
RESOURCES REQUIRED	Large costs	Moderate costs	Negligible costs and savings	Moderate savings	Large savings	Varies	Don't know	

Conclusions

Should Mediterranean diet vs. Usual diet be used for CVD risk?

TYPE OF RECOMMENDATION	Strong recommendation against the intervention	Conditional recommendation against the intervention	Conditional recommendation for either the intervention or the comparison	Conditional recommendation for the intervention	Strong recommendation for the intervention
	○	○	○	●	○
RECOMMENDATION					
JUSTIFICATION					
SUBGROUP CONSIDERATIONS					
IMPLEMENTATION					

CONSIDERATIONS	
MONITORING AND EVALUATION	
RESEARCH PRIORITIES	