



The role of evidence in developing guidelines and quality standards at NICE for adult and children's social care

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Format

- The importance of research and evidence
- What is NICE?
- NICE and Social Care
- NICE and our approach to Evidence
- Evidence in Social Care
- Evidence to Recommendations
- Quality Standards
- Implementation

Research and Evidence

- 1980s and “The three E’s”
- Economy, Efficiency and Effectiveness
- New Labour 1997 and a post-ideological approach:

“What counts is what works”

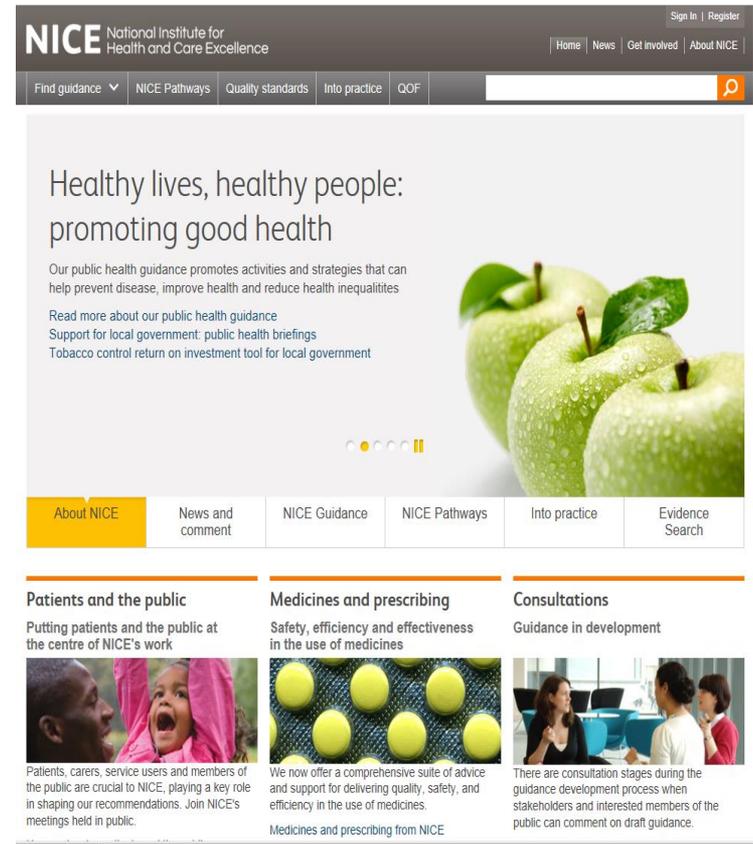
Centres of Excellence

National Institute for
Health and Care
Excellence

What is NICE?

- World leader in setting standards for high quality care and for promoting healthy living
- From April 2013 new remit for social care – renamed National Institute for Health and Care Excellence
- Evidence-based guidance and other products from NICE help resolve uncertainty about best quality care and what represents value for money

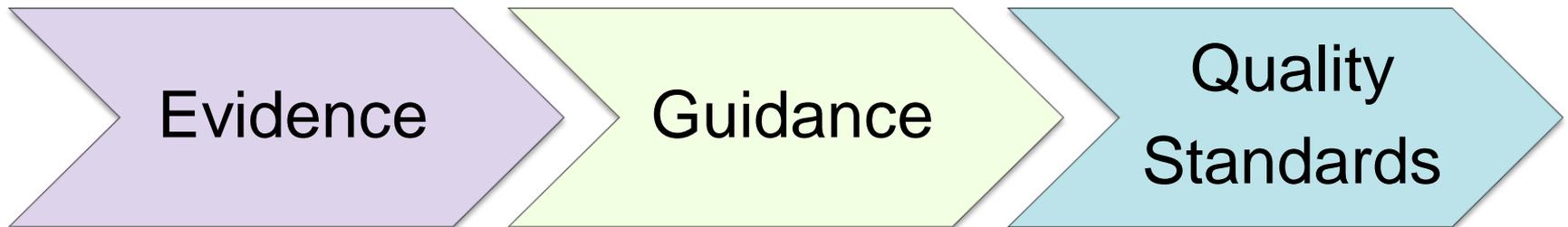
www.nice.org.uk



The screenshot shows the NICE website homepage. At the top, the NICE logo is followed by the text "National Institute for Health and Care Excellence". Navigation links include "Home", "News", "Get involved", and "About NICE". A search bar is located on the right. Below the navigation is a main banner with the headline "Healthy lives, healthy people: promoting good health". The banner includes a sub-headline and a list of links: "Read more about our public health guidance", "Support for local government: public health briefings", and "Tobacco control return on investment tool for local government". To the right of the text is an image of three green apples. Below the banner is a navigation menu with links for "About NICE", "News and comment", "NICE Guidance", "NICE Pathways", "Into practice", and "Evidence Search". The main content area is divided into three columns: "Patients and the public" (with a photo of a child), "Medicines and prescribing" (with a photo of yellow pills), and "Consultations" (with a photo of people in a meeting).

What are NICE guidance and quality standards?

A set of systematically developed recommendations to guide decisions for a particular area of care or health issue



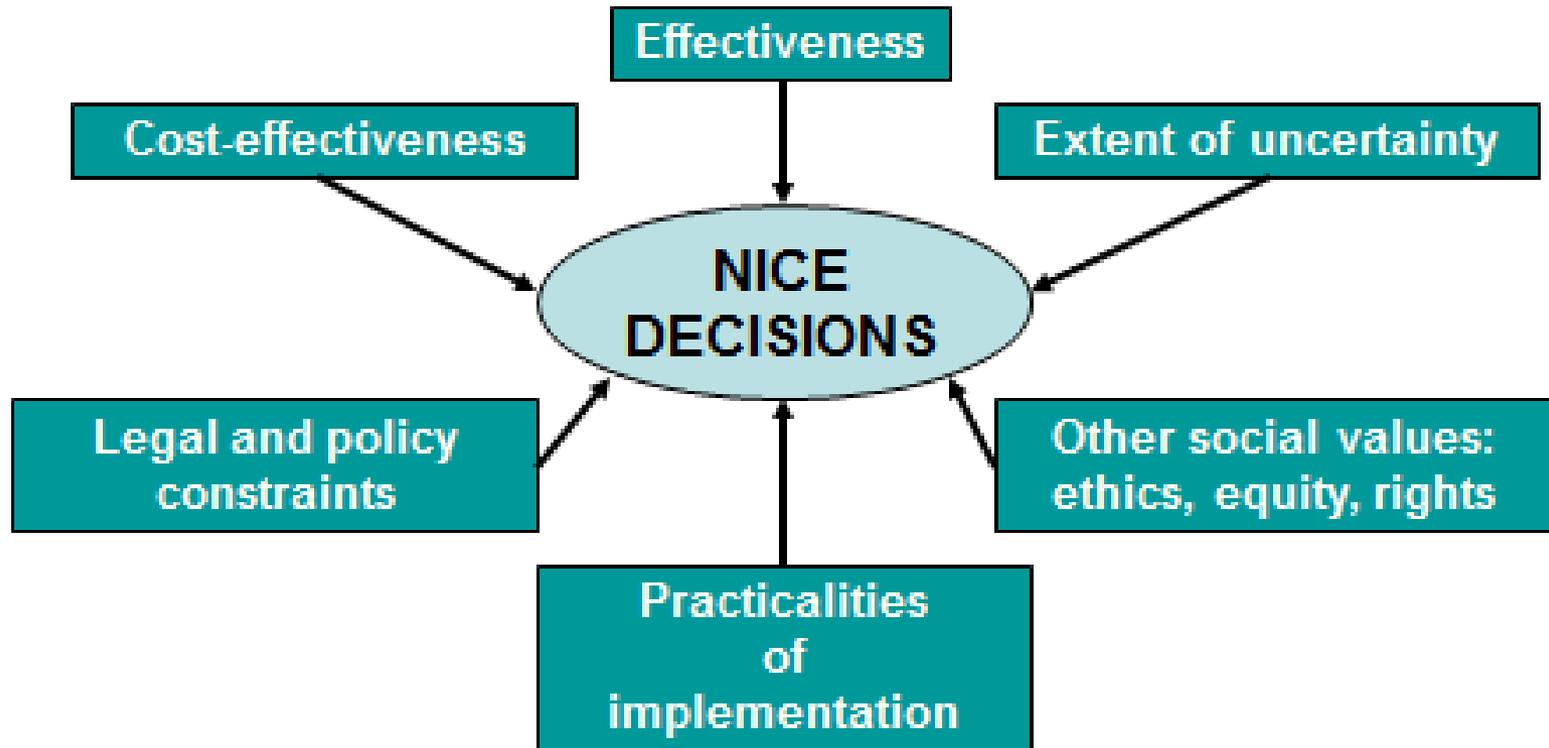
Research studies - experimental and observational, quantitative and qualitative, process evaluations, descriptions of experience, case studies

A NICE quality standard is a concise set of statements designed to drive and measure priority quality improvements.

NICE principles and Social Care

NICE principles	What that means for social care guidelines
High quality evidence assessment	Recognise different types of evidence – rigorous assessment
Real engagement with the people affected by our work	Co-production: people who use services, carers, practitioners, commissioners and providers on the guideline development groups
Independence and objectivity	Guidelines developed by an independent, multi-professional group, with transparent reporting
Solid methods and processes	Social care guidance manual
Genuine consultation and contestability	Consult on draft scope and draft guideline and via workshops
Regular review and updating	3-year scheduled review

What else is considered in guideline development?



NICE and Evidence

Social care interventions and outcomes are complex and multi-dimensional

- Focus on choice, control and independence
- Draw on different types of knowledge
- Recognise importance of both process and outcome

Measuring and valuing the effects of interventions needs pragmatism

- Adopt a broad analytic perspective
- Use preference-weighted measures
- Complement economic analyses with GDG/expert opinion

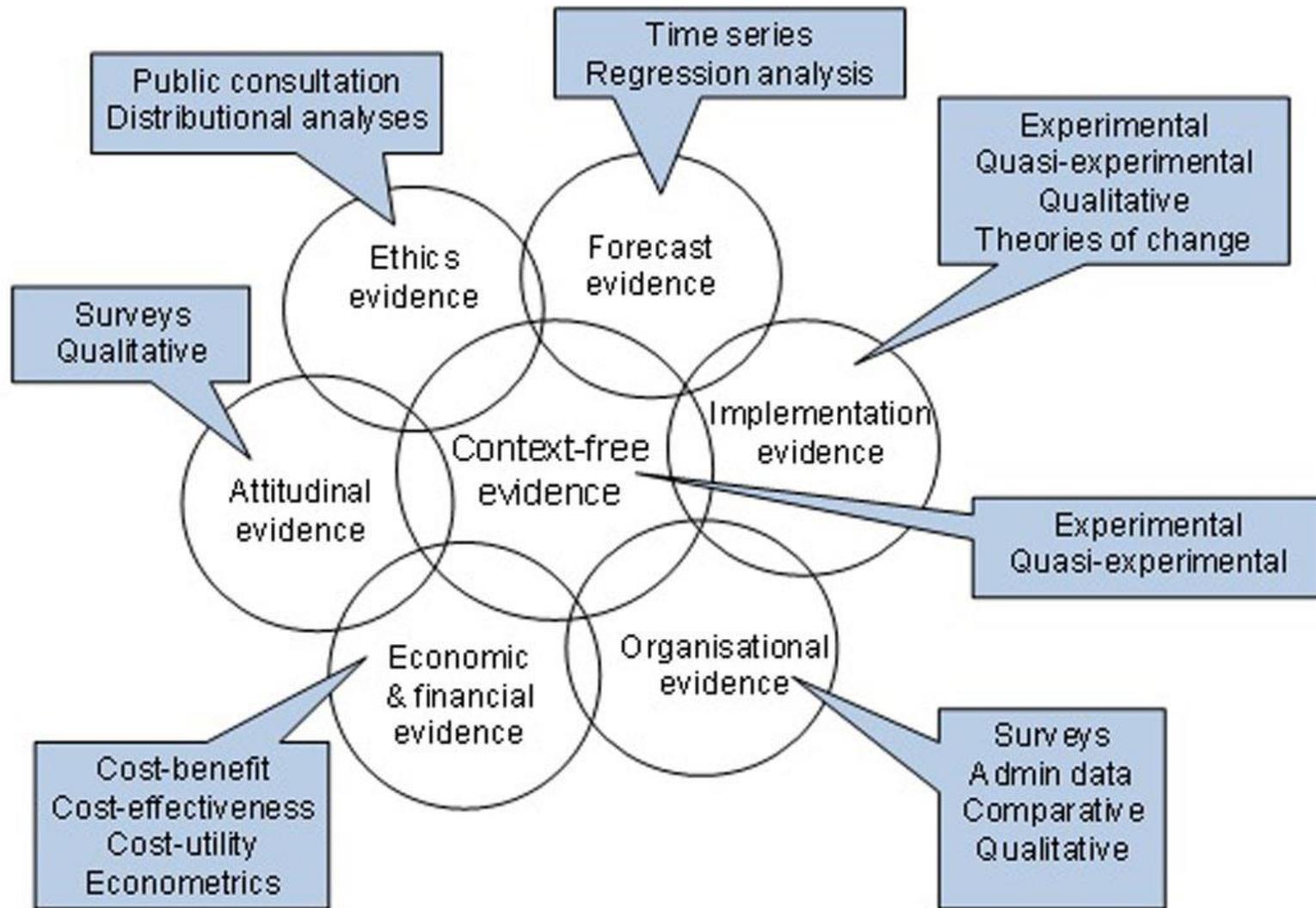
Guidance should explicitly address the need for integrated working

- Address transition to/from other services
- Recognise the diversity of the social care workforce
- Make links with wider policy and regulatory context

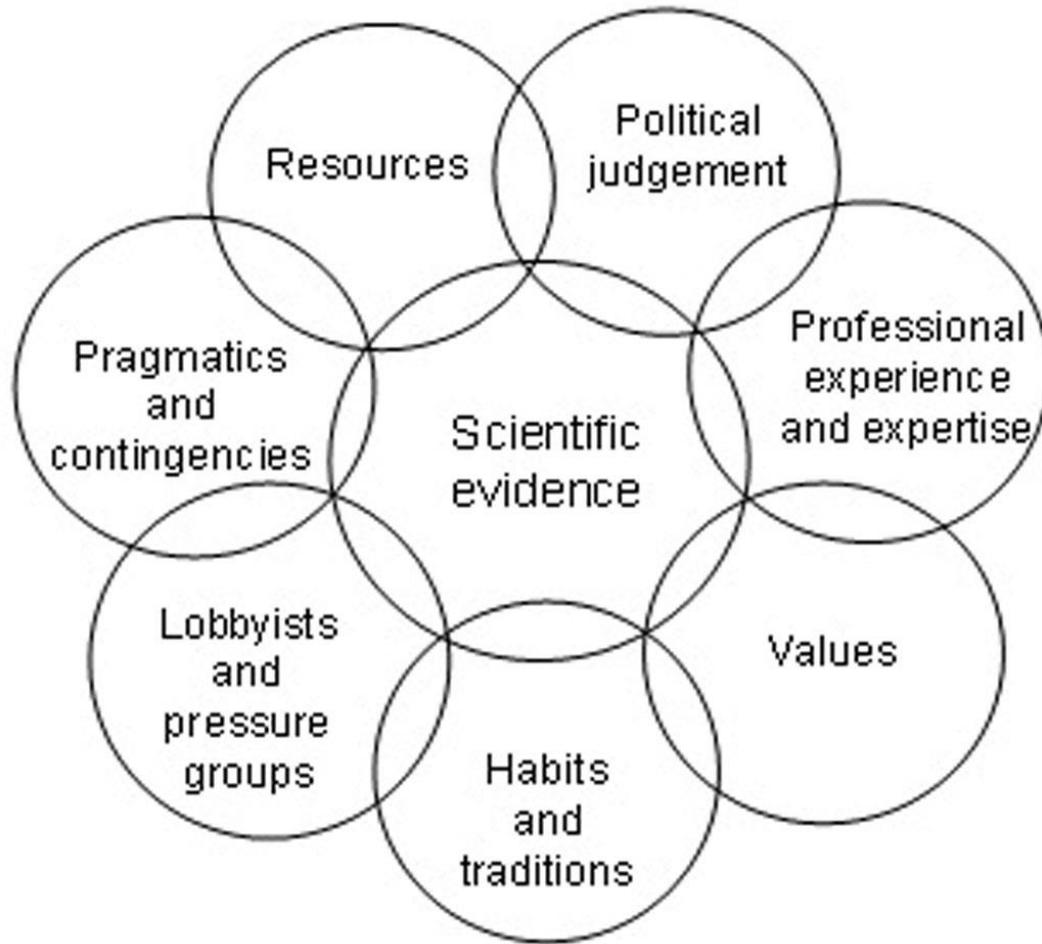
Gathering Evidence

- Guidelines are informed by various types of evidence
- What type of evidence is the best for the question we are asking?
- Scientific evidence
- Colloquial evidence

Scientific evidence



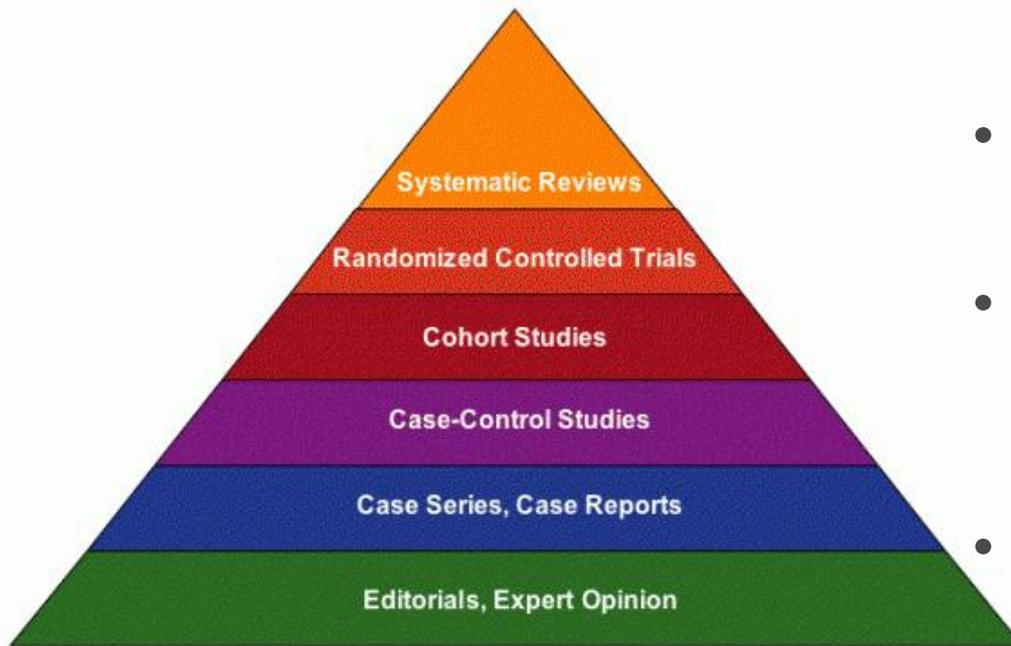
Colloquial Evidence



Social Care and Evidence

- Does a scientific model work in social sciences and social care (RCT's vs opinion?)
- Broad range of methodologies and evidence
- Perceived paucity of the evidence base
- As with clinical – professional judgement is crucial

Hierarchy of evidence

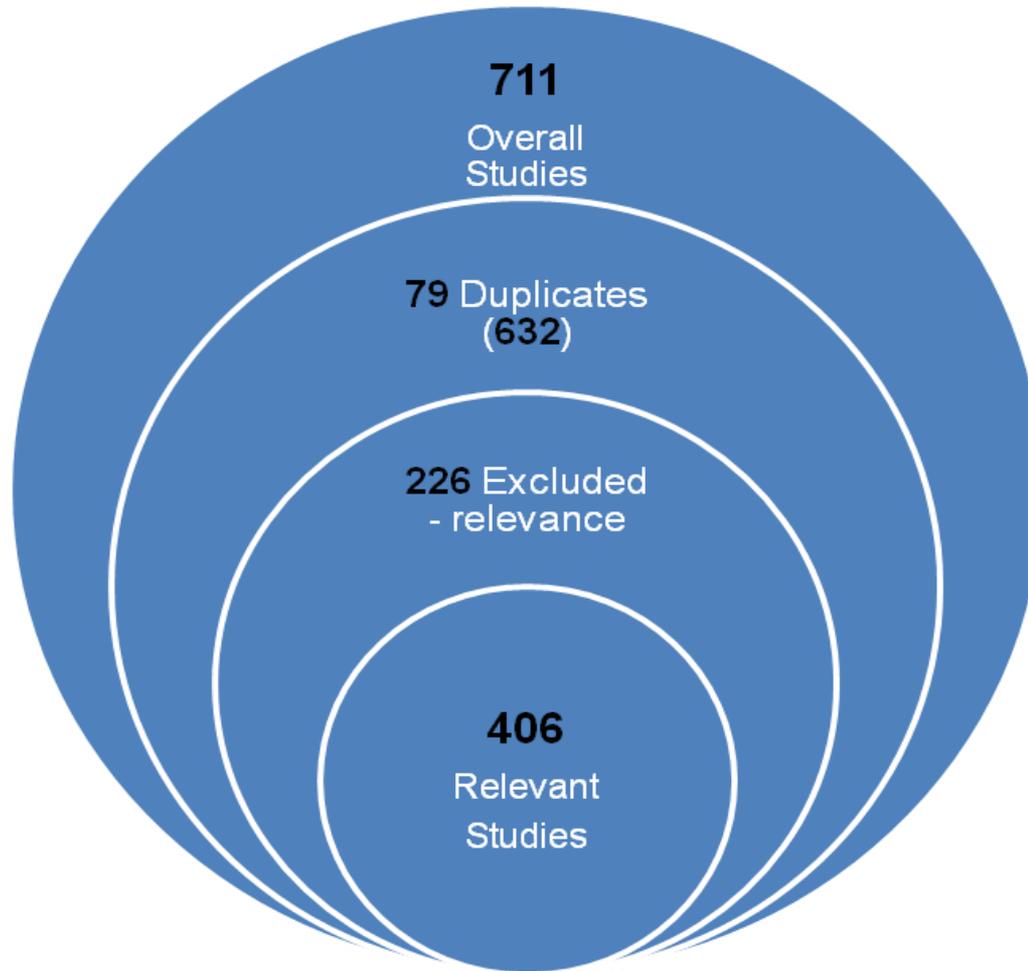


- Some types of research design are considered more robust than others
- Randomised control trials considered gold standard
- Experimental conditions do not always represent real 'life'
- For each question – what is the best evidence to answer the question we are asking

Types of Evidence - an example

- Dependant on the topic and question
- GDG have input into the evidence used
- Transition from Children's to Adult services
 - 38 initial searches of databases (pre-scope searching)
 - Using key search terms from the provided references
 - Supplementary searches by the information specialists

Types of Evidence - an example



Types of Evidence - an example

- 42 literature reviews including 17 systematic reviews
- 107 policy and practice guidance
- 135 primary research studies
- 115 records of specific interventions
- 7 studies focused on developing methods of researching transitions

Systematic Reviews

- What is a systematic review
 - It synthesises research
 - It minimises error and bias
 - It is based around a review question
 - It adhered to strict review protocols
 - It is a rigorous approach – assuming that the protocols are correct.

Translating the evidence into recommendations

Ideal Scenario



Reality



Translating evidence into recommendations: challenges and possible solutions (1 of 3)

Challenge	Possible solution
No evidence, weak evidence or it is only partially applicable	<ul style="list-style-type: none">•Consider the 'direction of travel' of available evidence. Make a tentative recommendation and develop a 'consideration' to explain why weak or partially applicable evidence has been used•Consider evidence from practice (see below)
Only evidence of a similar type and quality is available and the findings conflict (inconsistent or mixed evidence)	<ul style="list-style-type: none">•Consider the reasons for conflict. E.g. If different groups of people might respond differently to an intervention or programme, consider making recommendations for specific groups.• Identify studies that are most applicable to the target population and setting and, where appropriate, use them as a basis for recommendations
Evidence not directly applicable to the target population, e.g. it covers a different age group	<ul style="list-style-type: none">•Consider the degree to which the findings can be extrapolated to the target population. E.g. this may be possible if it is high quality evidence drawn from a largely similar but different population group

Translating evidence into recommendations: challenges and possible solutions (2 of 3)

Challenge	Possible solution
Evidence conflicts with existing government policy or NICE guidance	<ul style="list-style-type: none">• Consider the reason(s) for conflict. E.g. was the policy/guidance evidence-based? Has the evidence changed substantially since the policy/guidance was developed? Were the goals/intentions of the policy/guidance different?• The social care team may be able to discuss the conflict(s) with the relevant policy guidance team, as necessary, to help resolve this issue. However, be mindful that NICE guidance might directly inform changes in government policy or supersede previous NICE guidance
Limited information on cost effectiveness	<ul style="list-style-type: none">• For recommendations that are likely to have a significant resource impact, consider using economic modelling to develop an estimate of cost effectiveness

Translating evidence into recommendations: challenges and possible solutions (3of 3)

Challenge	Possible solution
<p>Unclear how to make best use of the different types of evidence from practice (including evidence provided by committee members, expert witnesses, stakeholders and the target population)</p>	<ul style="list-style-type: none">•Consider how evidence from practice can help answer the key questions•Consider what weight should be given to evidence from practice compared to evidence from the NICE evidence reviews•Consider how evidence from practice can:<ol style="list-style-type: none">1) support the NICE evidence reviews of effectiveness and cost effectiveness and2) address gaps in the evidence on effectiveness and cost effectiveness•Consider whether it is possible to record the conclusions drawn from practice in a consistent and transparent way. Specifically, can the conclusions be developed into evidence statements and discussed in the considerations section of the guidance?

Quality Standards

- Guideline is the recommendation as based on evidence
- Quality Standards focus that down onto the areas of not just ‘what works’ but within the topic – ‘what are the areas for priority improvement’
- Set of concise statements, based on guidance and underpinned by indicators

Implementation

- NCCSC are contracted to provide additional support for adoption and dissemination of social care guidelines/QS
- Standard tools – audit, commissioning and costing
- More innovative and targeted tools at the social care audience – this is how we get evidence into practice

Examples include:

- Tailored versions for the different audiences
 - E.g. a tool for care home staff covering various guidelines on dementia, medicines and mental wellbeing
- Guides to resources
 - Links to other resources, materials, training tools and things that already exist

Examples include:

- Websites
 - Info4carekids – a website aimed at young people and children in care – the quality standard is being embedded into this with film clips
- Video products
 - We have produced a film aimed at looked after children and young people, and a filmed round-table event with people discussing mental wellbeing of older people in care homes.

So we've covered...

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Questions