

Table 1 Levels of evidence, grades of recommendations and good practice points (SIGN 50<sup>28</sup>)

<b>Levels of Evidence</b>	
<b>1++</b>	High quality meta-analyses, systematic reviews of RCTs, or RCTs with a very low risk of bias
<b>1+</b>	Well conducted meta-analyses, systematic reviews, or RCTs with a low risk of bias
<b>1-</b>	Meta-analyses, systematic reviews, or RCTs with a high risk of bias
<b>2++</b>	High quality systematic reviews of case control or cohort studies High quality case-control or cohort studies with a very low risk of confounding or bias and a high probability that the relationship is causal
<b>2+</b>	Well conducted case-control or cohort studies with a low risk of confounding or bias and a moderate probability that the relationship is causal
<b>2-</b>	Case-control or cohort studies with a high risk of confounding or bias and a significant risk that the relationship is not causal
<b>3</b>	Non-analytical studies e.g case reports, case series
<b>4</b>	Expert opinion
<b>Grades of recommendation</b>	
The grade of recommendation relates to the strength of supporting evidence and not the clinical importance of the recommendation	
<b>A</b>	At least one meta-analysis, systematic review, or RCT rated as 1++, and directly applicable to the target population; or A body of evidence consisting principally of studies rated as 1+, directly applicable to the target population, and demonstrating overall consistency of results
<b>B</b>	A body of evidence including studies rated as 2++, directly applicable to the target population, and demonstrating overall consistency of results; or Extrapolated evidence from studies rated as 1++ or 1+
<b>C</b>	A body of evidence including studies rated as 2+, directly applicable to the target population, and demonstrating overall consistency of results; or
<b>D</b>	Extrapolated evidence from studies rated as 2++ Evidence level 3 or 4; or Extrapolated evidence from studies rated as 2+
<b>Good Practice Point</b>	
<b>GPP</b>	Recommended best practice based on the clinical experience of the guideline development group