

What do picking a restaurant and health recommendations have in common?

Your guide to conditional and strong recommendations



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Imagine...

You're going out with friends tonight, and it's your turn to pick the restaurant.

Which one will you recommend?





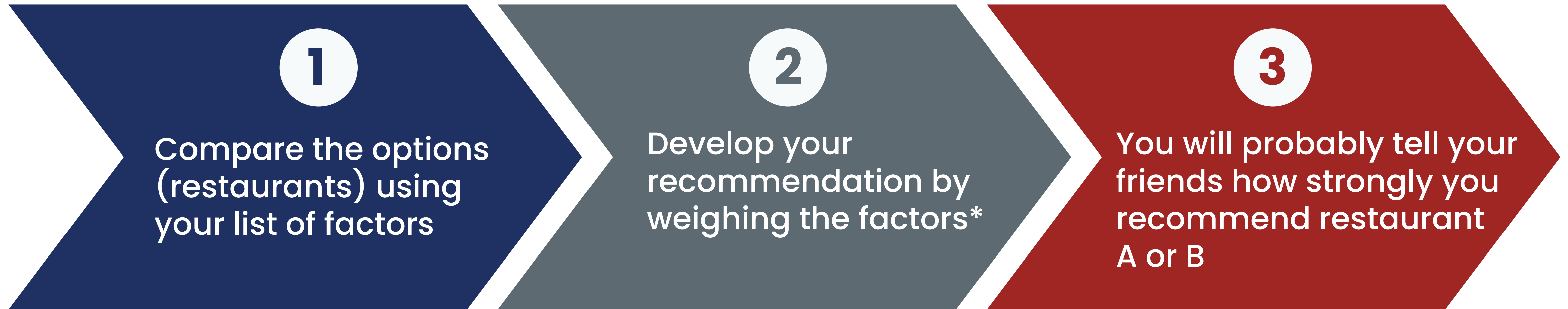
Two new restaurants have just opened up in town. Let's call them Restaurant A and Restaurant B.

You **create a list of factors or criteria** to help with your decision.

Your list includes:



Steps taken to develop your recommendation



***You use the same strength rating system used in guideline development:**

- **Strong** recommendation **FOR** an option
- **Conditional** recommendation **FOR** an option
- **Strong** recommendation **AGAINST** an option
- **Conditional** recommendation **AGAINST** an option

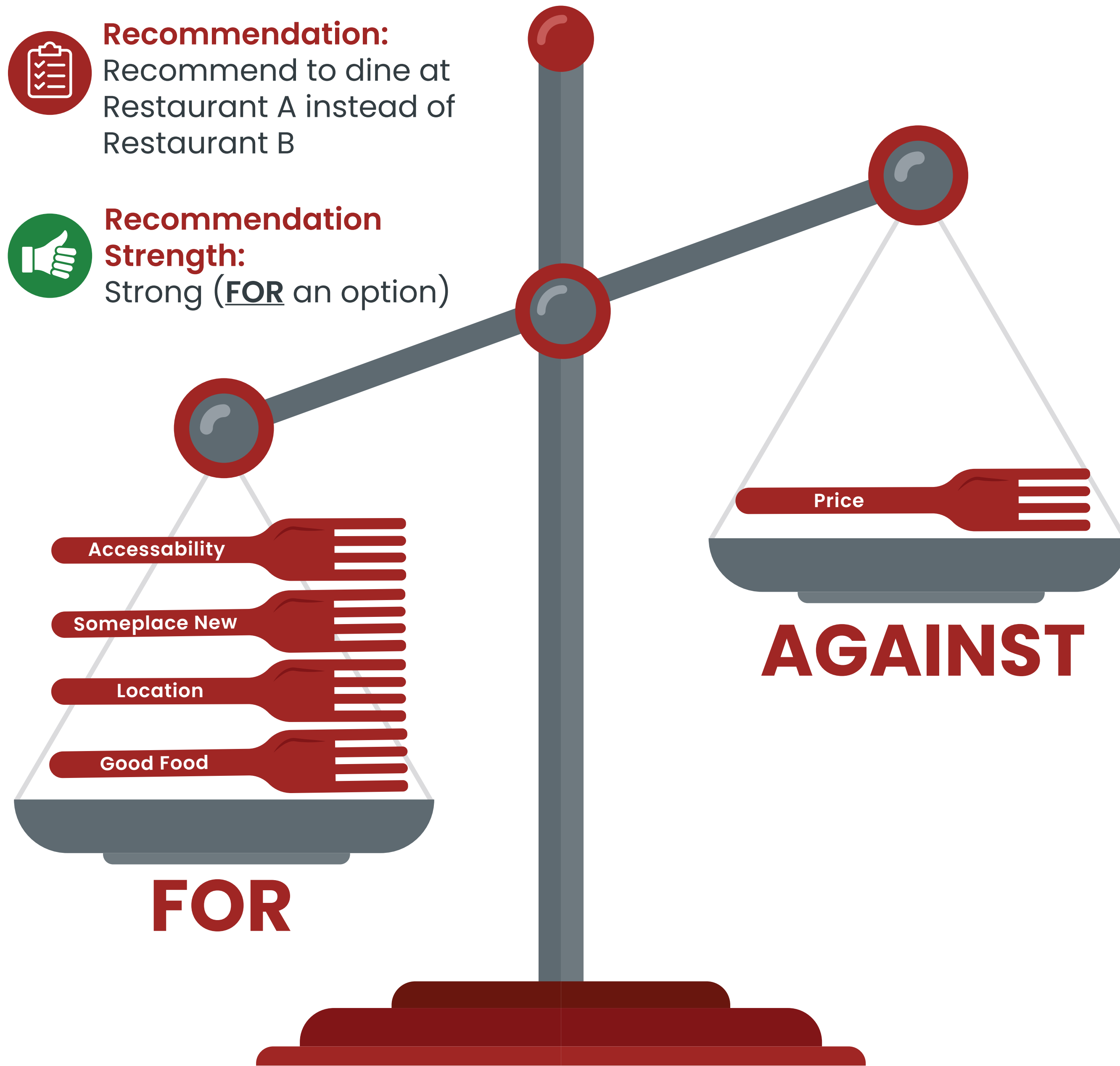
Strong Recommendations



Recommendation:
Recommend to dine at
Restaurant A instead of
Restaurant B



**Recommendation
Strength:**
Strong (**FOR** an option)










What does this mean?

In this example, the recommendation to pick Restaurant A instead of B is **strong**, and most of your friends will want to follow it based on your factors list.

You're confident in the customer reviews that the food is good.

One of your friends prefers a more affordable option, so they may not join, but most will want to follow this recommendation.

Let's compare this example to a health recommendation.

	 Recommending a restaurant	 Recommending a drug to treat the common cold
Recommendation	Suggest to dine at Restaurant A instead of Restaurant B	The Guideline Group recommends Drug A instead of Drug B to treat the common cold.
Recommendation Strength	Strong FOR an option. Most of your friends will want to follow your recommendation to dine at restaurant A.	Strong for an option. Most people will want to take Drug A, most doctors will want to prescribe Drug A, and most policymakers will want to adopt the taking of Drug A.
Factors Checklist*	<p> Accessibility..........Equity Someplace New..........Benefits and harms of the option Location..........Feasibility Good Food..........Certainty of Evidence (reviews of existing evidence) Price..........Costs </p>	

*Additional factors are considered for real healthcare recommendations. These lists are for demonstration purposes only.

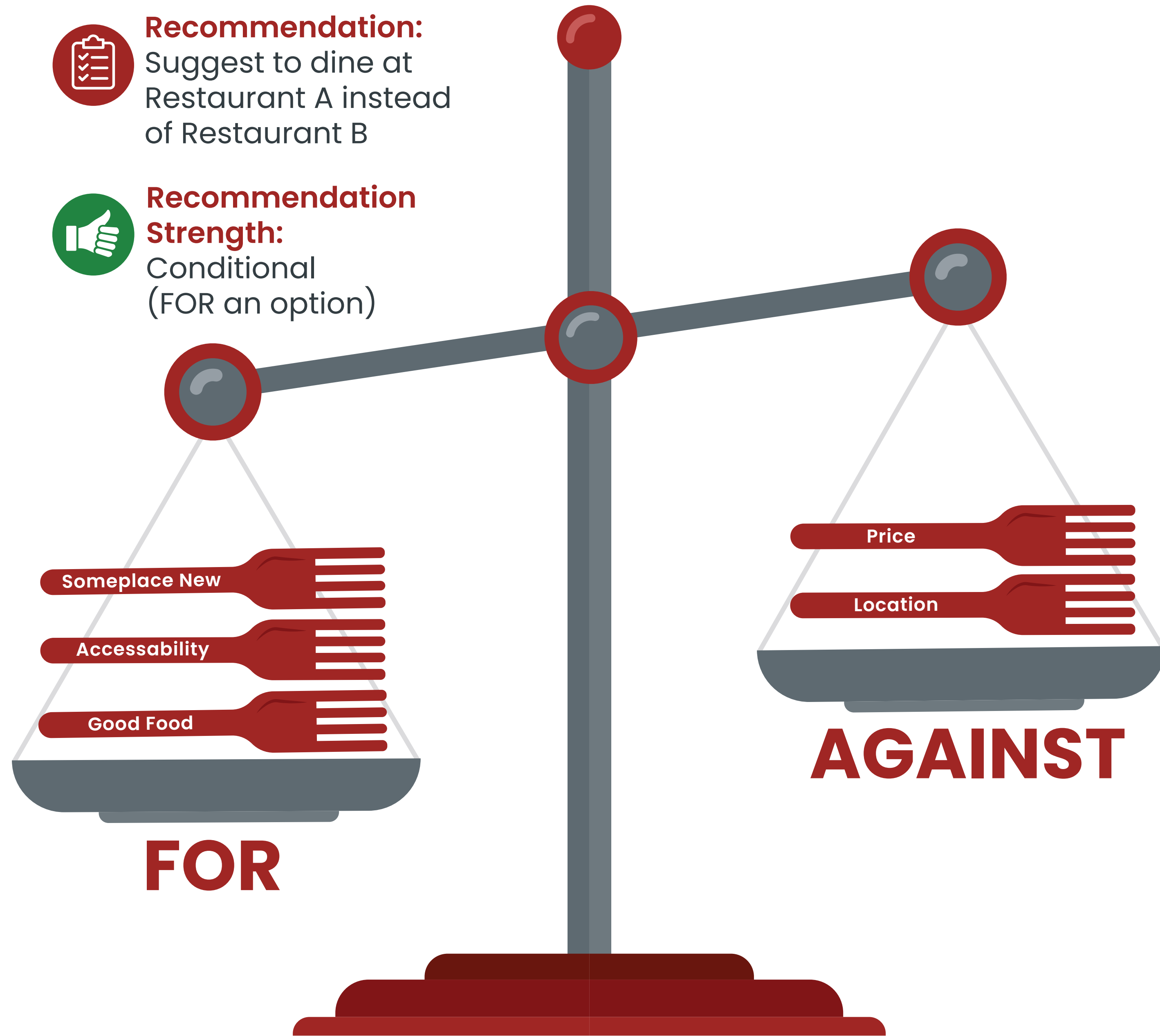
Conditional Recommendations



Recommendation:
Suggest to dine at
Restaurant A instead
of Restaurant B



**Recommendation
Strength:**
Conditional
(FOR an option)










What does this mean?

Notice how the scale only slightly tips compared to the strong recommendations? In this example, the recommendation is **conditional**. The majority of your friends will want to follow it, but some might need to talk it over more.

For example, some of your friends live further away and are on a budget. They might want to check out public transit options and related costs before following your recommendation.

So, these friends will follow your recommendation **on the condition** that public transit is available and dinner at Restaurant A is affordable. Otherwise, they may choose a different restaurant better for their unique situation, needs, and values.

Let's compare this example to a health recommendation.

	 Recommending a restaurant	 Recommending a drug to treat the common cold
Recommendation	Suggest to dine at Restaurant A instead of Restaurant B	The Guideline Group recommends to take Drug A instead of Drug B to treat the common cold.
Recommendation Strength	Conditional FOR an option. The majority of your friends will want to follow your recommendation to dine at restaurant A, but some might need more information first.	Conditional FOR an option. Most people will want to take Drug A, most doctors will want to prescribe Drug A, and most policymakers will want to adopt the taking of Drug A. However, there may be some people within these groups that may need more information first.
Factors Checklist*	<p> Accessibility..........Equity Someplace new..........Benefits and harms of the option Customer Reviews..........Certainty of Evidence (reviews of existing evidence) Price..........Costs Location..........Feasibility </p>	

*Additional factors are considered for real healthcare recommendations. These lists are for demonstration purposes only.

FAQ

If a recommendation is conditional, does it mean we shouldn't do what it recommends?

No. It simply means that we may need to consider the factors a little more because they may be different in certain situations. For example, Drug A may not be available or more expensive in some situations, and so another drug may be better to use.

What is Certainty of Evidence?

When recommending a restaurant, we will read customer reviews. Should we believe those customer reviews? Maybe the more good reviews, the more certain we are that the restaurant is good.

It is the same when recommending drugs. We review scientific studies to find out how good the drug is. The review will give us some results. Certainty of Evidence is how sure we are that the results from the review of studies are the true effects of the drug. Our certainty can go from High to Very Low.

Learn more at canpcc.ca