

# 5<sup>th</sup> Joint Task Force on cardiovascular disease prevention in clinical practice

Can we learn from the  
experience of JTF4?

## Fifth Joint Task Force on CVD Prevention in Clinical Practice

|    |       |            |            |                |   |
|----|-------|------------|------------|----------------|---|
| 1  | Prof. | Joep       | Perk       | Sweden         | ESC - TF Chairperson  |
| 2  | Dr    | Christian  | Albus      | Germany        | International Society of Behavioural Medicine (ISBM)              |
| 3  | Dr    | Pascale    | Benlian    | France         | Council of Basic Cardiovascular Science (CBCS) (Genetician)       |
| 4  | Prof. | Gudrun     | Boysen     | Denmark        | European Stroke Society (ESO)                                     |
| 5  | Prof  | Renata     | Cifkova    | Czech Republic | ESC/European Society of Hypertension (ESH)                        |
| 6  | Prof. | Guy        | De Backer  | Belgium        | ESC/EACPR - Past TF Chair (3rd Joint TF- 2003)                    |
| 7  | Prof. | Christi    | Deaton     | UK             | Council on Cardiovascular Nursing and Allied Professions (CCNAP)  |
| 8  | Prof. | Shah       | Ebrahim    | UK             | ESC/Center for Evidence Based Medicine                            |
| 9  | Prof. | Giuseppe   | Germano    | Italy          | Council for Cardiology Practice (CCP)                             |
| 10 | Prof. | Ian        | Graham     | Ireland        | Past TF chair (4th Joint TF - 2007)                               |
| 11 | Prof. | Richard    | Hobbs      | UK             | European Society of General Practice/Family Medicine- Wonca / ESC |
|    |       |            |            |                | Council on Cardiovascular Primary Care                            |
| 12 | Prof. | Arno       | Hoes       | Netherlands    | European Society of General Practice/Family Medicine- Wonca       |
| 13 | Dr    | Alessandro | Mezzani    | Italy          | ESC/EACPR   |
| 14 | Dr    | Eva        | Prescott   | Denmark        | ESC/EACPR   |
| 15 | Prof. | Zeljko     | Reiner     | Croatia        | European Atherosclerosis Society (EAS)                            |
| 16 | Prof. | Lars       | Ryden      | Sweden         | ESC/EACPR   |
| 17 | Prof. | Mikko      | Syvänne    | Finland        | European Heart Network (EHN)                                      |
| 18 | Mrs   | Monique    | Verschuren | Netherlands    | ESC/EACPR   |
| 19 | Prof. | Christiaan | Vrints     | Belgium        | Acute Cardiac Care WG   |
| 20 | Prof. | Edmund     | Walma      | Netherlands    | WONCA: will be replaced   |
| 21 | Prof. | David      | Wood       | UK             | ESC/EACPR - Past TF Chair (2nd Joint TF - 2001)                   |
| 22 | Prof. | Jose Luis  | Zamorano   | Spain          | Council on Cardiovascular Imaging (CCI)                           |
| 23 | Prof. | Faiez      | Zannad     | France         | Cardiovascular Pharmacology and Drug Therapy WG                   |
| 24 |       |            | tba        |                | European Association for the Study of Diabetes                    |

# JTF5: Unlike all other guidelines

- The prevention guidelines reflect a partnership between all the major players in prevention and as such are not fully “owned” by the ESC
- This is a great strength but makes the process slower, more complex and requiring time and diplomacy- it is fragile!
- Suggest: Do NOT try control the process excessively- or at least be sensitive

# Format

- Both the full text and the summary are too long
- The concept of using the figures from the pocket guidelines is useful to aid “navigation”
- Suggestions: Shorten the main text.
- Make the summary little more than the pocket guidelines with some explanatory text
- Retain the summary card
- Make background material available as an electronic appendix

# JTF5: Interim updates

- The 4 year cycle between TF Guidelines is too long
- JTF5 would be facilitated by regular updates from JTF4 or JTF5 members
- These could be posted on the website
- If approved by the chairperson, they could be added to the slide kit as updates but in a different livery to identify them as interim news items that might inform JTF5

# JTF5: Grading the evidence

- We rejected the ESC grading system as it gives the highest grading to RCTs, this will inevitably favour drug treatments over lifestyle measures
- The process is not transparent- is a numerical grade evidence based, or just an opinion that has been given a number?
- Some contributors to JTF4 did not seem aware of the principles of EBM, nor of the need to quote available systematic reviews
- Differing types of evidence are needed when considering, for example, lifestyle measures, causality, screening and diagnostic techniques as opposed to therapeutic interventions

# JTF5: Evidence: Suggestions

- The ESC to convene an expert group to consider and revise the present grading system (see Chap 4 in JTF4)
- The ESC or EACPR to organize workshops/teaching courses on how to do a systematic review and grade evidence
- Acceptance as a guideline author might require attendance at such a course
- Guideline authors to be prepared to outline clearly how a grade was assigned and on what evidence
- A new role for the EACPR epidemiology nucleus that might inform all guideline groupings?

# JTF5: Review and approval

- Too complex: between the review and approval processes, suggestions come in 5 times, and indeed more often as deadlines are often ignored
- >1500 suggestions leaves little time for constructive editing, resulting in a very long full text
- Suggestions: Simplify the process to two reviews (which allows approval/disapproval) and one final approval step
- No suggestions to be considered after deadlines
- Indicate that no response within 4 weeks will be taken as approval