

Clarity and Applicability of Drug-Drug Interaction Management Guidelines

A Systematic Appraisal by General Practitioners and Community Pharmacists in the Netherlands

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Abstract

Background: Despite the availability and daily use of computerized drug-drug interaction surveillance systems, exposure to potentially relevant drug-drug interactions (DDIs) continues. DDI management guidelines are often inadequate and clear management options are lacking, which attributes to overriding of DDI signals. Although general criteria for the development and reporting of high-quality clinical practice guidelines have been identified, it appears these have not yet been applied to DDI management guidelines.

Objectives: The aim of the study was to assess the clarity and applicability of guidelines for the management of potentially harmful DDIs.

Methods: We selected 13 DDIs that are potentially harmful for patients and frequently occur in community pharmacy practice in the Netherlands. The clarity and applicability of the management guidelines of these DDIs were appraised using the appropriate two domains – ‘Clarity and presentation’ and ‘Applicability’, of the validated Appraisal of Guidelines for Research and Evaluation (AGREE) Instrument. The appraisal was performed by 12 community pharmacists and 12 general practitioners. The standardized domain scores and mean item scores for ‘Clarity and presentation’ and ‘Applicability’ were compared.

Results: All DDI management guidelines were generally found to score well on ‘Clarity and presentation’, but poorly with respect to ‘Applicability’ (standardized domain scores 68.0 vs 26.1%). Within the domain ‘Clarity and presentation’, the item ‘tools for application’ received the lowest scores. Within the domain ‘Applicability’, cost implications, organizational barriers and key review criteria were all poorly documented. All guidelines presented non-directive advice using words such as ‘consider’ and ‘regularly’.

Conclusions: Developers of DDI management guidelines should take the appropriate domains of the AGREE Instrument into consideration in their development processes. The applicability of DDI management guidelines should be pretested before publishing. To improve guideline quality, more attention should particularly be paid to the available tools for applications and cost implications.

Background

Despite the extensive use of computerized drug-drug interaction surveillance systems (CIS), exposure to potentially relevant drug-drug interactions (DDIs) continues.^[1-3] In current practice, many physicians and pharmacists are overwhelmed by alerts of DDIs with questionable or unclear clinical significance because of a lack of specificity of their surveillance system.^[4] Therefore, they frequently override alerts, a phenomenon often described as alert fatigue.^[5-7] On the other hand, they experience that their systems sometimes neglect relevant DDIs and/or do not adjust for identifiable patient-related risk factors.^[7-11] Moreover, professionals complain that information about strategies to prevent patient harm, such as non-interacting alternative therapies or specific advice for dose adjustment, is sometimes lacking in DDI guidelines (e.g. diuretics and NSAIDs, simvastatin and diltiazem).^[12,13] In agreement, Hansten^[14] observed that current DDI management guidelines are often inadequate and should have clear management options. These shortcomings stimulated Van Roon et al.^[15] to develop a procedure for the structured assessment of DDIs. Clinically relevant DDIs should be presented with appropriate information on the relevance for individual patients and with a clear proposal for potential interventions.

Clear and specific recommendations are associated with better compliance with clinical guidelines.^[16] Preferably, these recommendations should contain concrete and precise descriptions of the appropriate management and require few new skills and/or organizational changes.^[17-19] Criteria for the development and reporting of high-quality clinical practice guidelines have been identified by the Appraisal of Guidelines for Research and Evaluation (AGREE) Collaboration. This collaboration developed and validated the AGREE Instrument (<http://www.agreetrust.org/>).^[20] This

has become a widely used assessment instrument that has been proven reliable and valid for various clinical practice guidelines,^[21-23] and has been applied to all kinds of clinical guidelines.^[24-29] However, to the best of our knowledge these have not yet been used to assess the quality of reporting in DDI management guidelines. Therefore, the objective of this study was to assess the clarity and applicability of guidelines for the management of potentially harmful drug interactions.

Methods

Selection of Interactions

We selected 13 DDIs that are potentially harmful for patients and frequently occur in daily clinical practice (table I). The latter criterion was based on the most frequently encountered DDI alerts in the Netherlands that were identified by Buurma et al.^[4] To fulfil the former criterion, there had to be evidence from controlled, published, interaction studies in patients or healthy volunteers, and the potential adverse reaction had to be considered as clinically relevant.^[15]

Drug-Drug Interaction (DDI) Management Guidelines

In the Netherlands there are two sets of DDI management guidelines that are integrated in different types of CIS. One set is maintained by a working group of the Scientific Institute of Dutch Pharmacists (WINAp) and the other set by a working group of the Health Base Foundation (SHB).^[15,30,31]

Hard copies of the entire management guidelines of all selected DDIs (2 × 13) were available.

Assessment of the DDI Management Guidelines

To assess the clarity and applicability of these DDI management guidelines we used the appro-

Table 1. Appraisal of Guidelines for Research and Evaluation (AGREE) domain scores of the drug-drug interaction (DDI) management guidelines

DDI management guidelines	'Clarity and presentation' (%) ^a	'Applicability' (%) ^a
Renin-angiotensin system inhibitors and diuretics	83.2	33.7
NSAIDs and renin-angiotensin system inhibitors	75.0	19.5
Diuretics and NSAIDs	74.1	35.0
β-Adrenoceptor antagonists (β-blockers) and NSAIDs	68.9	14.5
Non-selective β-blockers and β-adrenoceptor agonists	68.3	30.7
Coumarin anticoagulants and NSAIDs	68.1	26.7
Corticosteroids and NSAIDs	67.4	32.0
Simvastatin/atorvastatin and diltiazem/verapamil	66.8	22.4
NSAIDs (excluding selective COX-2 inhibitors) and SSRIs	66.3	20.3
Levothyroxine and iron	65.8	25.2
Coumarin anticoagulants and antibacterials	65.3	31.5
Methotrexate and NSAIDs/salicylates	59.3	21.7
Calcium channel antagonists and β-blockers	55.9	26.5
Overall score (%)	68.0	26.1

a [(Score obtained – minimum score possible)/(maximum score possible – minimum score possible)] × 100.

COX = cyclo-oxygenase; **SSRIs** = selective serotonin reuptake inhibitors.

priate domains of the validated AGREE Instrument.^[20] The entire guidelines were assessed on the domains 'Clarity and presentation' and 'Applicability', comprising 7 of the 23 AGREE items (see figure 1). Scoring of each item was performed according to the AGREE Instrument, on a 4-point Likert scale: 1 = strongly disagree, 2 = disagree, 3 = agree and 4 = strongly agree. As the AGREE Collaboration recommends a minimum number of four appraisers for a reliable assessment,^[20] and as we did not know whether different types of healthcare provider would produce different results or not, each guideline was independently assessed by four community pharmacists and four general practitioners who were randomly selected from a pool of 12 community pharmacists and 12 general practitioners. All selected healthcare providers were known by the researchers and used DDI management guidelines in daily practice. The appraisal was individually performed and scores and comments were returned to the researchers by e-mail or posted mail.

Data Analyses

Mean item scores and standardized domain scores for the two domains ('Clarity and presentation' and 'Applicability') were calculated according to the instructions of the AGREE

Instrument. Standardized domain scores were calculated by summing the scores given by the appraisers and standardizing them as a percentage of the maximum possible score for that domain (equation 1):

$$\frac{\text{Score obtained} - \text{minimum score possible}}{\text{Maximum score possible} - \text{minimum score possible}} \times 100$$

(Eq. 1)

A majority of item scores of 3 or 4 and standardized domain scores above 60% indicate good quality within the domain, equal numbers of item scores of 3 or 4 and 1 or 2 and standardized domain scores between 30% and 60% indicate moderate quality, and a majority of item scores of 1 or 2 and standardized domain scores below 30% indicate poor quality within the domain.

The standardized domain scores and mean item scores of the DDI management guidelines were compared between SHB and WINAp and between general practitioners and community pharmacists using mixed-model analyses. The intraclass correlation coefficients (ICCs) were calculated for each item and the two domains to assess appraiser reliability.^[20,21] A one-way random effects model was used as pairs of appraisers were randomly selected from our pool of community pharmacists and general practitioners. The level of significance for all analyses was set at

Domain 'Clarity and presentation'*Item 1. The recommendations are specific and unambiguous*

A recommendation should provide a concrete and precise description of which management is appropriate in which situation and in what patient group, as permitted by the body of evidence. An example of a specific recommendation is: inform anticoagulation clinic on start of antibacterial

Item 2. The different options for management of the condition are clearly presented

For some recommendations, different management options might be considered. These alternatives should be clearly presented in the guideline. An example of a specific recommendation with management options for the interaction between NSAIDs and renin-angiotensin system inhibitors is:

- a. in case of short use of NSAIDs for hypertension: no action;
- b. in case of long use of NSAIDs for hypertension: monitor blood pressure frequently;
- c. in case of heart failure: consider replacement of NSAID by paracetamol (acetaminophen);
- d. when NSAIDs are not replaced by paracetamol in a patient with heart failure, instruct patient to contact physician in case heart failure symptoms increase

Item 3. Key recommendations are easily identifiable

Users should be able to find the most relevant recommendations easily. These recommendations address the main clinical questions that have been covered by the guideline. They can be identified in different ways. For example, they can be summarized in a box, typed in bold, underlined or presented as flow charts or algorithms

Item 4. The guideline is supported with tools for application

For a guideline to be effective it needs to be disseminated and implemented with additional materials. These may include, for example, a summary document, a quick reference guide, educational tools, patient leaflets and/or computer support. Such a tool should be provided with the guideline

Domain 'Applicability'*Item 5. The potential organizational barriers in applying the recommendations have been discussed*

Applying recommendations may require changes in the current organization of care within a service or a clinic. These changes may be a barrier to using the recommendations in daily practice and should be discussed in the guideline. For example, a DDI management guideline may recommend monitoring of serum drug levels

Item 6. The potential cost implications of applying the recommendations have been considered

The recommendations may require additional resources in order to be applied. For example, there may be a need for more specialized staff, new equipment and expensive drug treatment. These may have cost implications for healthcare budgets. There should be a discussion of the potential impact on resources in the guideline. For example, resource implications of monitoring or adding a specific drug to the therapy

Item 7. The guideline presents key review criteria for monitoring and/or audit purposes

Measuring adherence to a guideline can enhance its use. This requires clearly defined review criteria that are derived from the key recommendations in the guideline. These should be presented. Examples of review criteria are:

- the HbA_{1c} should be <8.0%;
- the level of diastolic blood pressure should be <95 mmHg

Fig. 1. Appraisal of Guidelines for Research and Evaluation (AGREE) items that have been assessed. **HbA_{1c}** = glycosylated haemoglobin.

$p < 0.05$. All statistical analyses were performed using SPSS 16.0 (SPSS Inc, Chicago, IL, USA) and SAS software version 9.0 (SAS, Cary, NC, USA).

Results

There was no significant difference in the assessment of the quality of the DDI management guidelines between the type of appraiser, with the exception of the significantly higher scores provided by community pharmacists for item 4 (tools

for application: 2.8 vs 2.2; $p = 0.007$ compared with general practitioners.

Quality of Guidelines

Most of the guidelines (21 of 26) were rated good quality for the domain 'Clarity and presentation' (standardized domain scores of 65.3–83.2%). However, the domain 'Applicability' performed poorly for more than half of the guidelines (16 of 26) [standardized domain scores of 14.5–26.7%; table I].

The analyses revealed the mean score across all 26 guidelines (2×13) was low for items 5 (organizational barriers: 2.2), 6 (cost implications: 1.2) and 7 (key review criteria: 1.9), indicating the guidelines performed poorly for these items (table II).

For item 6 ‘cost implications’, several appraisers reported that they could not find any discussion on (additional) resources required for the recommendations, except for the reporting of an increased risk of hospitalization in case a specific DDI was not prevented.

The guidelines produced a moderate score for item 4 (tools for application: 2.5), whereas items 1–3 in the domain ‘Clarity and presentation’ scored good quality (specific and unambiguous: 3.2; clearly presented options: 3.2; identifiable key recommendations: 3.3).

Several appraisers mentioned the guidelines used non-directive advice, using words such as ‘it is to be recommended’, ‘consider’ and ‘regularly’. Moreover, they reported that risk factors and patient modifiers were not always presented clearly in the management options.

Quality of Guidelines According to Type of Working Group

There was no difference in scores between SHB and WINAp guidelines for the domain ‘Applicability’.

SHB guidelines had significantly higher scores for the domain ‘Clarity and presentation’ (70.4 vs 65.7%; $p=0.031$), as well as significantly higher scores for item 3 (identifiable key recommendations; 3.7 vs 2.9; $p<0.0001$). According to several appraisers ‘key recommendations’ were most easily identifiable in SHB guidelines since they were presented in a text box.

WINAp guidelines had significantly higher scores for item 4 (tools for application: 2.7 vs 2.3; $p=0.0002$) [table II].

Data Validation

The ICCs indicate moderate reliability for the domain ‘Clarity and presentation’ (ICC=0.49) and low reliability for the domain ‘Applicability’ (ICC=0.28). For items 1–7 (figure 1), the ICCs were 0.19, 0.36, 0.73, 0.66, 0.00, 0.09 and 0.40, respectively.

Discussion

All DDI management guidelines had moderate to good quality within the domain ‘Clarity and presentation’, but had poor to moderate quality with respect to the domain ‘Applicability’.

Other studies that have used the AGREE Instrument to assess guideline quality obtained si-

Table II. Comparison of mean item scores of the drug-drug interaction (DDI) management guidelines for Scientific Institute of Dutch Pharmacists (WINAp) and Health Base Foundation (SHB)

Domain ^a	Mean ^b	Range ^c	Mean ^b		p-Value
			WINAp	SHB	
Clarity and presentation					
1. Specific and unambiguous	3.2	2.9–3.7	3.2	3.1	0.659
2. Clearly presented options	3.2	2.4–3.6	3.1	3.3	0.084
3. Identifiable key recommendations	3.3	3.0–3.6	2.9	3.7	<0.0001
4. Tools for applications	2.5	1.9–3.3	2.7	2.3	0.0002
Applicability					
5. Organizational barriers	2.2	1.8–2.6	2.2	2.2	0.842
6. Cost implications	1.2	1.1–1.6	1.2	1.3	0.561
7. Key review criteria	1.9	1.3–2.4	1.9	1.9	1.000

a For further details on domains 1–7 see figure 1.
b Item score: maximum=4; minimum=1.
c Range of the mean item scores of the assessed DDI management guidelines.

milar results; the domain 'Clarity and presentation' received higher scores than 'Applicability'.^[22-25]

Domain 'Clarity and Presentation'

Within the domain 'Clarity and presentation', the item 'tools for application' received the lowest scores. Patient leaflets, computer support and summary documents were often not reported in the guidelines, although they were available for most guidelines. The quality of guidelines could be improved by systematically referring to the available tools for applications.

Most of the guidelines scored well on the item 'recommendations are specific and unambiguous'. Most obviously, the appraisers observed that guidelines used non-directive advice, using words such as 'it is to be recommended', 'consider' and 'regularly'. The GRADE (Grades of Recommendation, Assessment, Development and Evaluation) system^[32] recommends that guideline panels systematically apply such terminology (e.g. 'it is to be recommended', 'consider') in order to differentiate between the strength of recommendations.^[33] However, the appraisers did not recognize these wordings in the guidelines as part of a systematic terminology. Clearly there is a need to explain how to interpret this terminology.

Guideline users might be able to find the most relevant recommendations more easily when key recommendations are presented as boxed text. In addition, management options should clearly present risk factors and patient modifiers.

Domain 'Applicability'

DDI management guidelines scored lowest on the item 'cost implications'. There should be a discussion of the potential impact on costs in the guidelines. Cost effectiveness of recommendations should be addressed.

Most of the guidelines failed to discuss key review criteria that could be used to measure the adherence to a guideline. Although some guidelines reported which biomarkers should be monitored (e.g. blood pressure, International Normalized Ratio, serum drug level and potassium level), the consequences of changes in biomarkers remained mostly unreported.

Most of the guidelines were poorly documented with respect to organizational barriers. How to monitor and who needs to monitor was mostly unclear and information exchange between health-care providers was rarely advised.

The low score on the domain 'Applicability' suggests there are still numerous barriers to the implementation of DDI management guidelines.^[19,34] Enhanced compliance with guidelines and significant improvements in clinical care could be achieved when guideline developers pay attention to these barriers from the beginning of the guideline development process.^[35]

Limitations

There are some limitations to this study. First, the AGREE Instrument has primarily been developed to appraise the quality of disease-specific clinical guidelines;^[20] however, we believe that similar quality principles are relevant for DDI management guidelines. This assumption seems acceptable as the AGREE Instrument has also been used successfully in other areas.^[22,24,25]

Another potential limitation is that the guidelines assessed in our study may not be representative for all DDI management guidelines. As we appraised guidelines for frequently occurring DDIs with the highest level of evidence and potentially clinically relevant adverse events resulting from the DDI, it is most likely that our selection has relatively good recommendations, and guidelines in general might have even more problems.

The appraisers may have had a preference for the set of DDI management guidelines (WINap or SHB), which they used in their clinical practice. We have analysed this potential bias and found no substantial influence on the results.

There is always potential for lack of reliability among appraisers when using the AGREE Instrument. We aimed to minimize this by providing a training manual that included examples of DDI management guidelines, which has been pretested, and the appraisers could contact the researchers by e-mail or phone for help. Moreover, we used two panels of four appraisers (i.e. four general practitioners and four community pharmacists) for each guideline, which was double the

number advised by the AGREE Collaboration (i.e. eight appraisers instead of four).^[20,36]

The ICCs for the two domains were lower than reported in the AGREE validation study^[20] and by Gorman et al.,^[22] which reflects a lower degree of reliability among the appraisers. As for some items, the information provided in the guidelines was incomplete or even completely missing; therefore, appraisers might have relied on their clinical expertise. Although all appraisers used the guidelines in their practice, we did not ascertain whether appraisers were clinical experts in the therapeutic areas covered by all 13 guidelines. Thus, low reliability may relate to differences in the level of clinical expertise of the appraisers.

Poor reliability was evident for the domain 'Applicability'. Appraisers might have had difficulties interpreting these items because of the lack of consensus about the meaning of these items in DDI management guidelines. Apparently, the pretested training manual and phone and e-mail help service were not sufficient for all appraisers.

There is a clear need for the comprehensive assessment of the quality of DDI management guidelines. A structured procedure for assessing the clinical relevance of DDIs has been proposed^[15] but this is not sufficient since the quality of the clinical content of guidelines does not necessarily correspond to AGREE quality scores, which focus on the methods used for developing the guideline and the quality of reporting.^[37,38] Consequently, the quality of DDI management guidelines should also be appraised by applying the appropriate domains of the AGREE instrument, in particular 'Clarity and Presentation' and 'Applicability'. However, in addition to a pretested training manual and help service, thorough training, with instructions on how to interpret items, is required when the AGREE instrument is used for this particular purpose.

Conclusions

The selected management guidelines of DDIs that are potentially harmful for patients and frequently occur in community pharmacy practice were found to have good 'Clarity and presentation' but poor 'Applicability'. To improve guide-

line quality, more attention should particularly be paid to available tools for applications and cost implications.

Developers of DDI management guidelines should take the appropriate domains of the AGREE instrument into consideration in their development processes.

The applicability of DDI management guidelines should be pretested before publishing. There should also be a monitoring system in place to check, after dissemination, whether the guidelines offer the intended high quality in daily practice.

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