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## How can clinical trialists serve the needs of clinicians and patients more effectively?

### Monday 25 June 2007

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#### PAUL GLASZIOU

INDIVIDUALISING TREATMENT DECISIONS IN PRIMARY CARE



#### BIOGRAPHY

Professor Paul Glasziou PhD, FRACGP is the Director of the Centre for Evidence-Based Medicine, Professor of Evidence-Based Medicine in the Department of Primary Health Care at the University of Oxford, and a part-time general practitioner. He has worked for many years in developing evidence-based practice, including teaching evidence-based practice to medical and postgraduate students, running regular workshops for other health care workers, editing the *BMJ's* journal of *Evidence-Based Medicine*, and chairing of the Cochrane Collaboration's Methods Group on Applicability & Recommendations. He has published over 100 scientific papers and four books: *Decision Making in Health Care: Integrating Evidence and Values*, *Systematic Reviews in Health Care*, *Evidence-Based Medicine: How to Practice & Teach EBM*, and *The Evidence-Based Medicine Workbook*.

#### ABSTRACT

The use of estimation and confidence intervals instead of p-values has improved the statistical interpretation of the results of trials, but these remain insufficient for decision making, for which absolute benefits and harms need to be made clear. This talk will address the interpretation of trials applicable to primary care. It will use the methods of the Cochrane Applicability and Recommendations Group, which aims to provide guidance to reviewers endeavouring to answer questions such as "To whom do the results of the systematic reviews apply?" and "What are the implications for patients and policy?" The preferred approach for applying evidence to individuals is based on a risk-benefit model. The talk discusses a 5-step process for addressing the transferability of results, and their application to different individuals and groups: 1. Develop a clinical balance sheet of benefits and harms; 2. Assess predictability of variation in any of the relative effects; 3. Assess how the effects vary with risk level; 4. Estimate the predicted absolute risk reductions for individuals; 5. Weigh up overall benefits and harms.

#### RELEVANT COMPETING INTERESTS

Grants/Research Support: None  
Consultant or Advisor: None  
Company financial interest: None  
Other: None

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