



ASPAN's Evidence-Based Clinical Practice Guideline for the Promotion of Perioperative Normothermia: Second Edition

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CLINICAL PRACTICE GUIDELINES are systematically developed guidelines or statements designed to assist the practitioner and/or patient in making appropriate health care decisions in specific clinical circumstances.¹⁻⁵ Guideline development involves a deliberate process of problem identification and validation; exploration and retrieval of literature; rigorous review, critique, and synthesis of the evidence; and design and recommendation of a practice change.⁶⁻⁹ Guideline recommendations are based on a body of evidence that can arise from multiple sources including meta-analysis, systematic reviews, randomized controlled trials (RCTs), and expert opinion.⁷⁻⁹ Characteristics common to quality clinical practice guidelines include development by, or in conjunction with, a professional organization; use of reliable methods to integrate appropriate evidence; and comprehensive and specific clinical coverage based on current information.^{10,11} Guidelines are not intended to serve as standards or absolute requirements, but may be adopted, modified, or rejected according to specific clinical needs and constraints. Care based on evidence-based clinical practice guidelines has been recognized by the Agency for Healthcare Research and Quality (AHRQ) and the Institute of Medicine (IOM) as a key component in improving the quality, safety, efficiency, and effectiveness of health care,^{1,12} and has been shown to positively impact clinical

practice and patient outcomes across a wide variety of specialties.^{13,14,15}

ASPAN is committed to the promotion of the well-being, health, well-being, and safety of patients, and recognizes evidence-based practice (EBP) as the critical link to improving nursing practice and patient outcomes. To this end, ASPAN convened an EBP Strategic Work Team in June 2004 to develop an organizational model for the development, dissemination, and translation of evidence-based clinical practice guidelines for all peri-anesthesia practice settings. This model was further refined by the team in October 2005 and includes specific guidelines for problem identification and prioritization, evaluation of evidence quality and strength, and development and quality ranking of practice recommendations.^{15,16}

Quality and Strength of Evidence and Guideline Recommendations

Evidence-rating scales guide the clinician in evaluating the adequacy and sufficiency of research and other types of evidence as they apply to a particular clinical problem. Criteria of interest include the consistency of findings, type and quality of studies, clinical relevance of findings, number of sample characteristics similar to the situation in which the findings will be applied, feasibility of use in practice, and the risk versus benefit.¹⁷⁻²⁵ Stetler and colleagues^{19,26} evidence rating scale has been identified as the preferred instrument for evaluation of the strength and quality of evidence for all ASPAN evidence-based clinical practice guidelines. This tool ranks the strength

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