HIPS/18/30 - Multimorbidity and clinical guidelines: using epidemiology to quantify the applicability of trial evidence to inform guideline development

Most people with any condition would be excluded from research trials examining the effectiveness of treatments for their condition. The main groups excluded from trials of treatment are older people, people with other conditions (comorbidity), and people prescribed interacting medicines (co-prescribing). However, single-disease guideline development does not usually explicitly consider the implications of comorbidity and co-prescribing for treatment recommendations. A key reason for this is that guideline developers do not have access to detailed data about the clinical population they are making recommendations for. This study has two stages. In the first, we will examine how people eligible for trials differ from people not eligible in terms of the other conditions they have (comorbidity), the other drugs they are prescribed (coprescribing), frailty and their risk of dying from other conditions. In the second stage, we will work with NICE and SIGN guideline developers to make a web-based tool which will allow them to examine how applicable trial evidence is to clinical population that the guideline is making recommendations for.