Appendix 1

This appendix was part of the submitted manuscript and has been peer reviewed. It is posted as supplied by the authors.

Appendix 1. Grading of Recommendations Assessment, Development and Evaluation (GRADE) methodology for recommendations

**Strength of recommendation using GRADE Methodology**

<table>
<thead>
<tr>
<th>Strong against</th>
<th>Weak against</th>
<th>Weak for</th>
<th>Strong for</th>
</tr>
</thead>
</table>

Within GRADE methodology there are 2 strengths of recommendation: Weak/conditional or Strong. The direction and strength of each recommendation is determined on the basis of four key factors: level of confidence in effect estimates (quality of evidence), balance between benefits and harms, uncertainty or variability in patients' preferences and values and resource considerations.