



Clinical Practice Guidelines in Republic of Macedonia

Prof. dr. Elizabeta Zisovska, Director of the Agency for Quality and Accreditation of the health care institutions

It is very difficult to define the entire phrase “Evidence based medicine”, and in the same time to cover all components of this overused sentence. Very often it is used without clear understanding its real meaning. The widely used definition is that written by David Sackett¹: „Integration of the best evidence of the research together with the clinical expertise, and the preference of the patient”. And still there isn’t much changes in the definition.

The issue of practicing evidence based medicine in Republic of Macedonia became top priority in 2005, and many Clinical EB Guidelines were recognized, adopted and adapted to the national specificities. IN that period, almost in all medical fields were identified plenty of Guidelines approved by the professional associations and published as the first edition of Evidence Based Guidelines. Further, the process of Guidelines development has continued, involving all relevant structures within, and the Ministry of Health taking the leading role.

Currently, there is existing working group nominated by the MoH, having TORs to follow all changes in terms of updating the adopted and adapted Clinical Guidelines. During this process, all relevant EB web sites are consulted (including NICE, NCG, EBM Guidelines, etc.).

For the purpose of clear understanding of the meaning of evidence based medicine practice, there was established the First Macedonian School for EBM practice in Stip in 2012. The main focus is to familiarize the professionals with the basic understanding of the level of evidence, metaanalysis, systematic reviews and drafting recommendations and their strength.

Currently, there is very strong system of implementation of EBM in the medical practice. All adopted and nationally adapted Clinical Guidelines are mandatory (the professionals are obliged to follow the recommendations because this process has got a legal framework within the “Official Gazette of the republic of Macedonia). All exceptions within the practice should be justified in written form. As this process was proven to be effective and practical, the before mentioned group of different professionals got a mandate to work continuously in the updating on the Clinical guidelines, and few national workshops were hold on this issue.

As great achievement could be considered that the medicines recommended within the Clinical Guidelines are adjusted with the National criteria for selection of medicines, and also, in accordance to the recommendations of the Expert Committee working under the umbrella of the World Health Organization generating the Essential Medicines List.

The current Eurasian imitative could be very successful and effective, because the level of evidence and the strength of recommendations are strongly dependent on overall efforts of all professionals in

¹ David Sackett, et al. Evidence-based Medicine. How to Practice and Teach EBM, 2000

improving the clinical practice, thus saving time and costs. As wider the platform, as more successful the process of implementing evidence based medicine in the evryday's practice. The Eurasina initiative should be part of the interantional initiative in spreading out widely the results of systematic reviews and evidence based recommenations. Espeacially it si useful and helpful for the countries which has satrted laterr this process and are bnota able to conduct by themselves systematic reviews.