Appendix.
A description of the Grade system

Recommendations in this paper was graded according to the method suggested by the Oxford Centre or Evidence-based Medicine (Oxford Centre for Evidence-based Medicine - Levels of Evidence. Oxford university. 2009).

Strength of recommendations
A - Directly based on category I evidence, e.g. from systematic reviews and randomized controlled trials. This is the strongest recommendation of the four grades listed.
B - Directly based on category II or III evidence or extrapolated recommendation from category I evidence. This includes evidence from controlled non-randomized studies or time series; or indirect evidence from systematic reviews or randomized controlled trials.
C - Directly based on category IV evidence or extrapolated recommendation from category II or III evidence. This also includes evidence from non-experimental studies such as cohort studies or case-control studies.
D - Directly based on category V evidence or inconsistent or inconclusive studies of any level. This includes evidence from expert committees and respected authorities.