

RECOMENDACIÓN T.9

BÚSQUEDA Y SÍNTESIS DE EVIDENCIA DE EFECTOS DESEABLES E INDESEABLES

Guía de Práctica Clínica Trastorno Bipolar en personas de 15 años y más - 2018

A. PREGUNTA CLÍNICA

En personas mayores con trastorno bipolar en fase de mantención ¿Se debe usar antipsicóticos atípicos como monoterapia en comparación a usar otro estabilizador del ánimo como monoterapia?

Análisis y definición de los componentes de la pregunta en formato PICO

Población: Personas mayores con trastorno bipolar en fase de mantención.

Intervención: Antipsicóticos atípicos como monoterapia.

Comparación: Otro estabilizador del ánimo como monoterapia.

Desenlace (outcome): Impacto clínico.

B. BÚSQUEDA DE EVIDENCIA

Se realizó una búsqueda general de revisiones sistemáticas asociadas al tema de “Bipolar affective disorder”. Las bases de datos utilizadas fueron: Cochrane database of systematic reviews (CDSR); Database of Abstracts of Reviews of Effectiveness (DARE); HTA Database; PubMed; LILACS; CINAHL; PsycINFO; EMBASE; EPPI-Centre Evidence Library; 3ie Systematic Reviews and Policy Briefs Campbell Library; Clinical Evidence; SUPPORT Summaries; WHO institutional Repository for information Sharing; NICE public health guidelines and systematic reviews; ACP Journal Club; Evidencias en Pediatría; y The JBI Database of Systematic Reviews and implementation Reports. No se aplicaron restricciones en base al idioma o estado de publicación. Dos revisores de manera independiente realizaron la selección de los títulos y los resúmenes, la evaluación del texto completo y la extracción de datos. Un investigador experimentado resolvió cualquier discrepancia entre los distintos revisores. En caso de considerarse necesario, se integraron estudios primarios.

Seleccionadas las revisiones sistemáticas o estudios primarios asociadas a la temática, se clasificaron en función de las potenciales preguntas a las que daban respuesta. Al momento de definir la pregunta la evidencia ya se encontraba previamente clasificada según intervenciones comparadas. Los resultados se encuentran alojados en la plataforma Living Overview of the Evidence (L·OVE), sistema que permite la actualización periódica de la evidencia.

C. SÍNTESIS DE EVIDENCIA

Resumen de la evidencia identificada

Se identificaron 13 revisiones sistemáticas que incluyen 105 estudios primarios, de los cuales 104 corresponden a ensayos aleatorizados. Para más detalle ver “*Matriz de evidencia*”¹, en el siguiente enlace: [Intervenciones para la manía aguda en el trastorno bipolar](#).

Tabla 1: Resumen de la evidencia seleccionada

| | |
|----------------------|--|
| Revisión Sistemática | 13 [1-13] |
| Estudios primarios | 104 [14-117] ensayos aleatorizados y 1 observacional [118] |

Estimador del efecto

Se realizó un análisis de la matriz de evidencia, observando que ninguna de las revisiones o estudios primarios analizan la población de interés (adultos mayores). Además, la pregunta presenta énfasis en los efectos adversos en esta población de mayor vulnerabilidad, por lo cual se consideró inapropiado presentar la evidencia indirecta desde cualquier adulto.

Metanálisis

No aplica.

Tabla de Resumen de Resultados (Summary of Findings)

| ANTIPSIKÓTICOS ATÍPICOS COMPARADO CON OTRO ESTABILIZADOR DEL ÁNIMO PARA TRASTORNO DEL BIPOLAR EN ADULTOS MAYORES | | | |
|--|--|---------------------------------|--------------------------------------|
| Pacientes | Personas mayores con trastorno bipolar en fase de mantención. | | |
| Intervención | Antipsicóticos atípicos como monoterapia. | | |
| Comparación | Otro estabilizador del ánimo como monoterapia. | | |
| Desenlaces | Efecto | Certeza de la evidencia (GRADE) | Mensajes clave en términos sencillos |
| Impacto clínico | No se encontraron estudios comparativos para esta población en específico (adultos mayores). | -- | - |
| GRADE: Grados de evidencia Grading of Recommendations Assessment, Development and Evaluation. | | | |
| Fecha de elaboración de la tabla: Noviembre, 2018. | | | |

¹ **Matriz de Evidencia**, tabla dinámica que grafica el conjunto de evidencia existente para una pregunta (en este caso, la pregunta del presente informe). Las filas representan las revisiones sistemáticas y las columnas los estudios primarios que estas revisiones han identificado. Los recuadros en verde corresponden a los estudios incluidos en cada revisión. La matriz se actualiza periódicamente, incorporando nuevas revisiones sistemáticas pertinentes y los respectivos estudios primarios.

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