

## QUESTION

Should advice on avoiding pregnancy vs. pursuing or not avoiding pregnancy be used for high risk pregnancy (patients with reduced ejection fraction or heart failure symptoms) with Friedreich ataxia?

POPULATION:	high risk pregnancy (patients with reduced ejection fraction or heart failure symptoms) with Friedreich ataxia
INTERVENTION:	advice on avoiding pregnancy
COMPARISON:	pursuing or not avoiding pregnancy
MAIN OUTCOMES:	Morbidity; Mortality;

## ASSESSMENT

### Problem

Is the problem a priority?

JUDGEMENT	RESEARCH EVIDENCE	ADDITIONAL CONSIDERATIONS
<ul style="list-style-type: none"> <li><input type="radio"/> No</li> <li><input type="radio"/> Probably no</li> <li><input type="radio"/> Probably yes</li> <li><input checked="" type="radio"/> Yes</li> <li><input type="radio"/> Varies</li> <li><input type="radio"/> Don't know</li> </ul>		<p>The Friedreich's ataxia Clinical Management Guideline Patient and Parent Advisory Panel were interviewed on the consequences, urgency and priority of heart failure in pregnancy.</p> <p>2/6 indicated that the problem was serious, 1/6 indicated probably serious, 3/6 indicated they didn't know if serious.</p> <p>2/6 indicated that the problem was urgent, 1/6 indicated probably not urgent, 3/6 indicated they didn't know if urgent.</p> <p>2/6 indicated that the problem was a priority, 1/6 indicated probably a priority, 3/6 indicated they didn't know if a priority. (Aug 2020)</p>

### Desirable Effects

How substantial are the desirable anticipated effects?

JUDGEMENT	RESEARCH EVIDENCE	ADDITIONAL CONSIDERATIONS
<ul style="list-style-type: none"> <li><input type="radio"/> Trivial</li> <li><input type="radio"/> Small</li> <li><input type="radio"/> Moderate</li> <li><input checked="" type="radio"/> Large</li> <li><input type="radio"/> Varies</li> <li><input type="radio"/> Don't know</li> </ul>	<p>A search of three databases (CENTRAL, MEDLINE, EMBASE) identified no randomized, non-randomized controlled, cohort and case studies published from 2014 through to 4 July 2020. No further published evidence meeting the search criteria was identified in the Consensus Clinical Management Guidelines for Friedreich's ataxia, 2014.</p>	<p>In the setting of patients with reduced ejection fraction with or without heart failure, clinical experience indicates that advice should be provided on avoiding pregnancy in these circumstances due to risks for the woman and the fetus.</p>

--	--	--

## Undesirable Effects

How substantial are the undesirable anticipated effects?

JUDGEMENT	RESEARCH EVIDENCE	ADDITIONAL CONSIDERATIONS
<ul style="list-style-type: none"> <li><input checked="" type="radio"/> Large</li> <li><input type="radio"/> Moderate</li> <li><input type="radio"/> Small</li> <li><input type="radio"/> Trivial</li> <li><input type="radio"/> Varies</li> <li><input type="radio"/> Don't know</li> </ul>	<p>A search of three databases (CENTRAL, MEDLINE, EMBASE) identified no randomized, non-randomized controlled, cohort and case studies published from 2014 through to 4 July 2020. No further published evidence meeting the search criteria was identified in the Consensus Clinical Management Guidelines for Friedreich's ataxia, 2014.</p>	<p>Receiving such advice may mean a woman does not have a biological child, although she can consider alternative options such as adopting a child.</p>

## Certainty of evidence

What is the overall certainty of the evidence of effects?

JUDGEMENT	RESEARCH EVIDENCE	ADDITIONAL CONSIDERATIONS
<ul style="list-style-type: none"> <li><input type="radio"/> Very low</li> <li><input type="radio"/> Low</li> <li><input type="radio"/> Moderate</li> <li><input type="radio"/> High</li> <li><input checked="" type="radio"/> No included studies</li> </ul>	<p>No published evidence.</p>	

## Values

Is there important uncertainty about or variability in how much people value the main outcomes?

JUDGEMENT	RESEARCH EVIDENCE	ADDITIONAL CONSIDERATIONS
<ul style="list-style-type: none"> <li><input type="radio"/> Important uncertainty or variability</li> <li><input type="radio"/> Possibly important uncertainty or variability</li> <li><input type="radio"/> Probably no important uncertainty or variability</li> </ul>		

<ul style="list-style-type: none"> <li>● No important uncertainty or variability</li> </ul>	<b>Outcomes</b>	<b>Importance</b>	<b>Certainty of the evidence (GRADE)</b>
	Morbidity - not measured	CRITICAL <sup>a</sup>	-
	Mortality - not measured	CRITICAL <sup>b</sup>	-

a. Identified as critical (4/6) and important (2/6) by people with FA and important by expert authors on this topic.  
 b. Identified as critical (4/6), important (1/6) and low importance (1/6) by people with FA.

## Balance of effects

Does the balance between desirable and undesirable effects favor the intervention or the comparison?

JUDGEMENT	RESEARCH EVIDENCE	ADDITIONAL CONSIDERATIONS
<ul style="list-style-type: none"> <li>○ Favors the comparison</li> <li>○ Probably favors the comparison</li> <li>○ Does not favor either the intervention or the comparison</li> <li>○ Probably favors the intervention</li> <li>● Favors the intervention</li> <li>○ Varies</li> <li>○ Don't know</li> </ul>	No published evidence.	Favors the Intervention, i.e., to make a recommendation. It is better for women to know the risk involved in commencing or proceeding with pregnancy.

## Acceptability

Is the intervention acceptable to key stakeholders?

JUDGEMENT	RESEARCH EVIDENCE	ADDITIONAL CONSIDERATIONS
<ul style="list-style-type: none"> <li>○ No</li> <li>○ Probably no</li> <li>● Probably yes</li> <li>○ Yes</li> <li>○ Varies</li> <li>○ Don't know</li> </ul>		<p>The Friedreich's ataxia Clinical Management Guideline Patient and Parent Advisory Panel were asked if advice on avoiding pregnancy in women with high risk pregnancies were acceptable (weighing up the balance between benefits, harms and costs).</p> <p>2/3 indicated the intervention was acceptable, 1/3 indicated varied or sometimes acceptable. (Aug 2020).</p>

## SUMMARY OF JUDGEMENTS

	JUDGEMENT						
PROBLEM	No	Probably no	Probably yes	<b>Yes</b>		Varies	Don't know
DESIRABLE EFFECTS	Trivial	Small	Moderate	<b>Large</b>		Varies	Don't know
UNDESIRABLE EFFECTS	<b>Large</b>	Moderate	Small	Trivial		Varies	Don't know
CERTAINTY OF EVIDENCE	Very low	Low	Moderate	High			<b>No included studies</b>
VALUES	Important uncertainty or variability	Possibly important uncertainty or variability	Probably no important uncertainty or variability	<b>No important uncertainty or variability</b>			
BALANCE OF EFFECTS	Favors the comparison	Probably favors the comparison	Does not favor either the intervention or the comparison	Probably favors the intervention	<b>Favors the intervention</b>	Varies	Don't know
ACCEPTABILITY	No	Probably no	<b>Probably yes</b>	Yes		Varies	Don't know

## TYPE OF RECOMMENDATION

Strong recommendation against the intervention ○	Conditional recommendation against the intervention ○	Conditional recommendation for either the intervention or the comparison ○	<b>Conditional recommendation for the intervention</b> ●	Strong recommendation for the intervention ○
---	--	---	---	---

## CONCLUSIONS

### Recommendation

We conditionally recommend that women with Friedreich ataxia with reduced ejection fraction with or without heart failure be advised of the risks of mortality and morbidity associated with commencing or proceeding with a pregnancy.

### Justification

Women with Friedreich ataxia with reduced ejection fraction with or without heart failure are at significant risk of mortality and morbidity. Evidence for this is apparent from women with other (non FRDA-related) cardiomyopathies and associated reduced ejection fraction with or without heart failure.

## Subgroup considerations

This recommendation is for women with Friedreich ataxia with reduced ejection fraction with or without heart failure.

## Research priorities