

# Systematic reviews and meta-analyses

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# What is a systematic review?

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In a systematic review data from original research (research already done and, in most cases, already published) is assembled in its entirety and critically appraised according to a pre-defined protocol; and sometimes combined through meta-analysis, to answer a clear clinical question.

Leibovici L, Falagas M. Systematic reviews and meta-analyses in infectious diseases: how are they done and what are their strengths and limitations. Infect Dis Clinics North Am 2009; in press.

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Systematic reviews start with a (clinical) question that contains definitions for:

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- Patients
- Intervention/s
- Comparison
- Outcome

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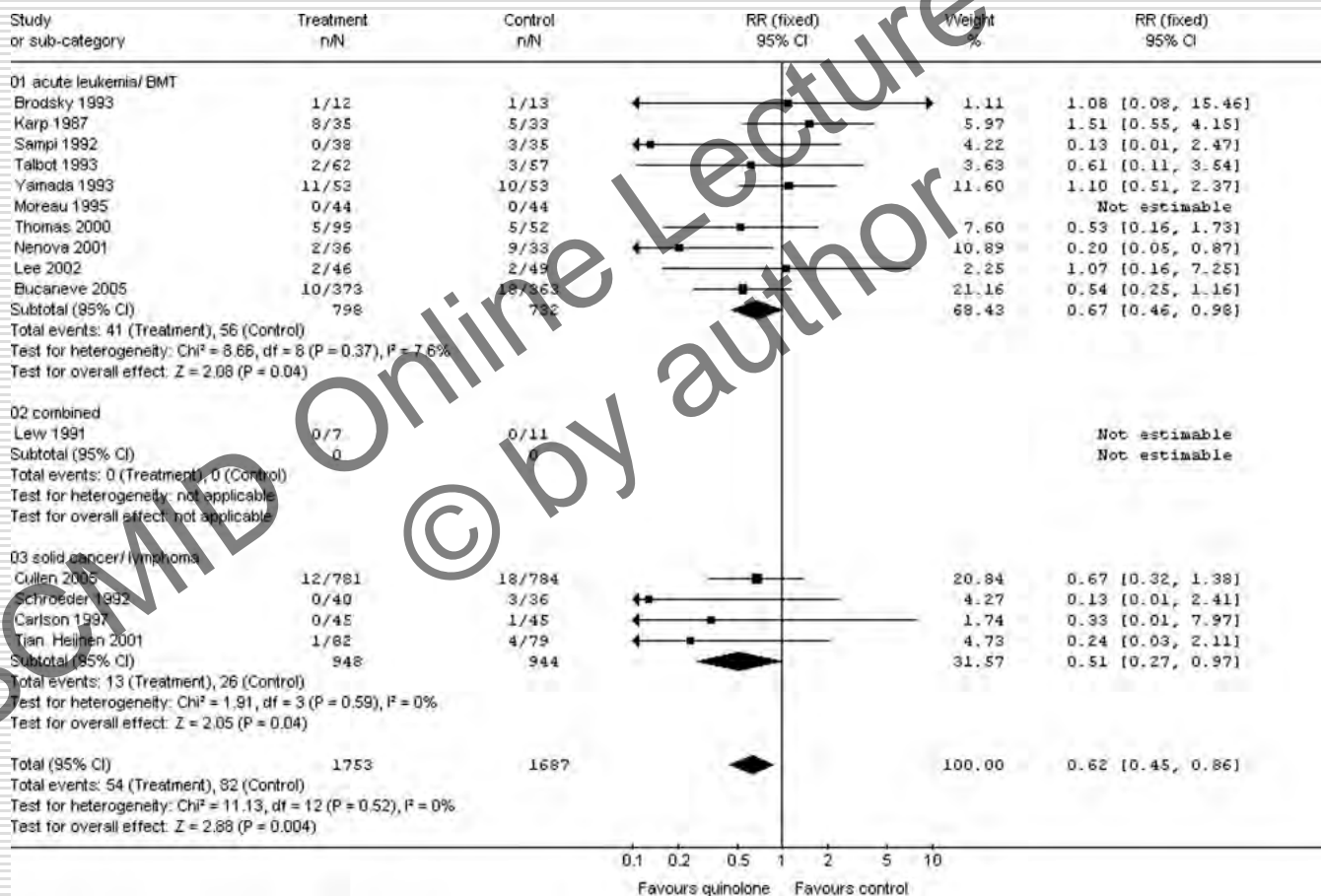
Example (i): **Clinical question:**

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Does antibiotic prophylaxis reduce mortality in neutropenic patients?

- Patients: Pts with neutropenia
  - Intervention/s: Antibiotic prophylaxis
  - Comparison: Placebo or no treatment
  - Outcome: All-cause mortality
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# Example (i): Does antibiotic prophylaxis reduce mortality in neutropenic patients?



Example (i): Does antibiotic prophylaxis with fluoroquinolones reduce mortality in neutropenic patients with acute leukemia or BMT?



Example (iii): **Explanative question:**

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Does combination treatment ( $\beta$ -lactam + aminoglycoside) improve outcomes in patients with Gram (-) infections?

- Patients: Pts with severe Gram (-) infections
  - Intervention/s:  $\beta$ -lactam + aminoglycoside
  - Comparison:  $\beta$ -lactam
  - Outcome: All-cause mortality
-

## Outcomes that matter to patients (and clinicians)

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- In systematic reviews we choose outcomes (and especially the main outcome) that matter to patients
  - In trials the choice of outcomes is sometimes (many times?) influenced by other considerations:
    - The need for a manageable sample size
    - Outcomes that can be manipulated with ease
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# What matters to a patient with febrile neutropenia?

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- Alive at 30 days
- No major complications
- Back to normal activity as soon as possible

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The outcome chosen in all clinical trials on antibiotic treatment of febrile neutropenia:

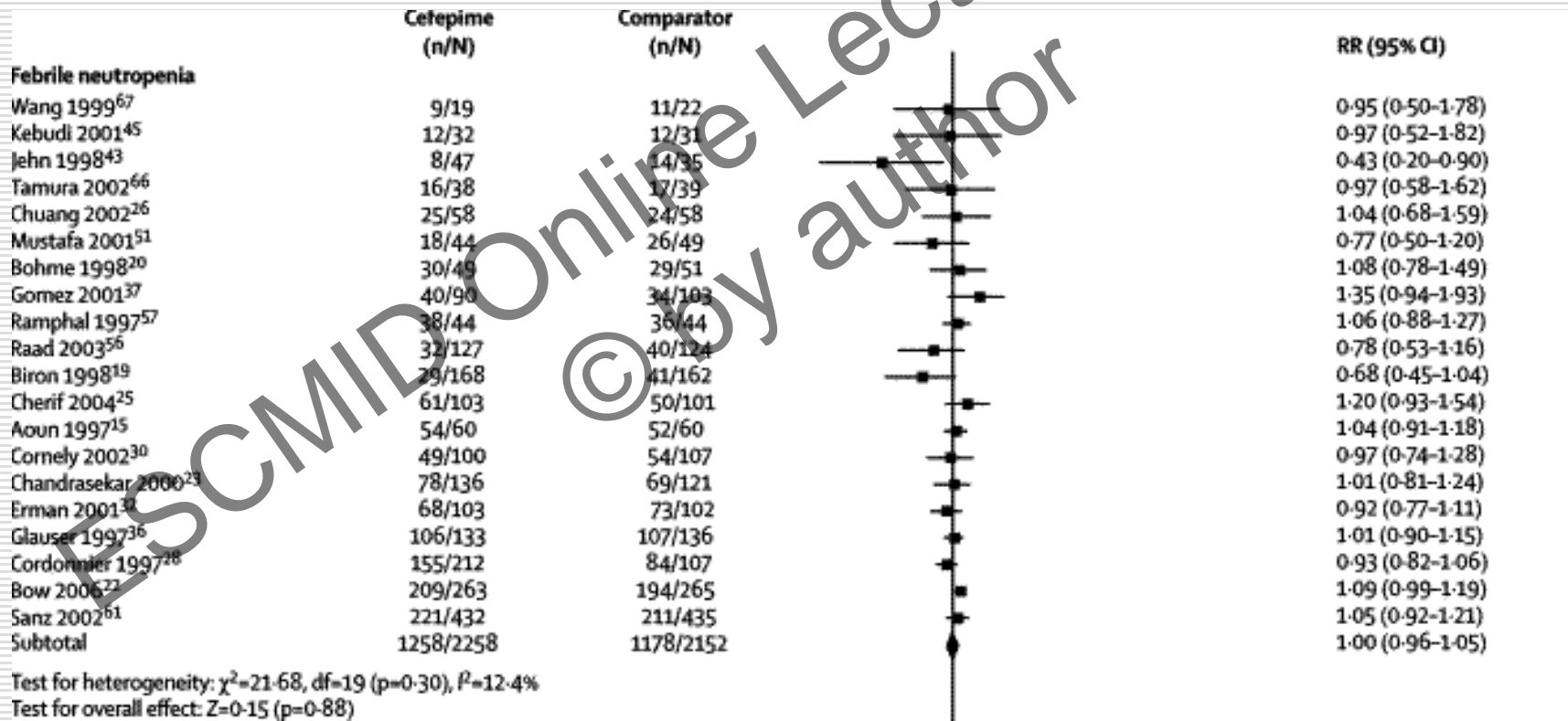
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Treatment failure: A composite outcome:

- Febrile, demise, complications
  - (~30% of counts)
  
- Antibiotic treatment was changed
  - (~70% of counts)

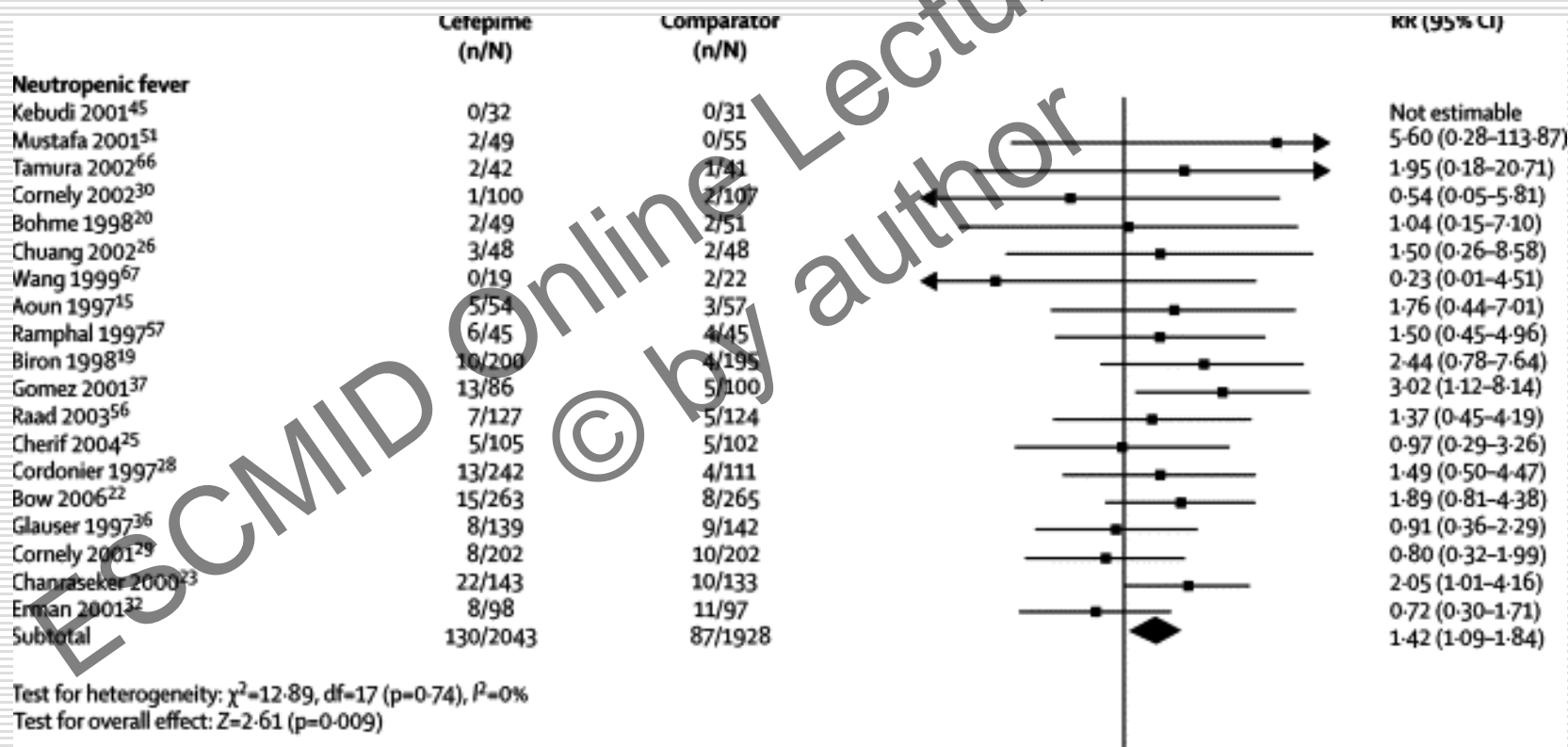
# Cefepime for treatment of febrile neutropenia: failure

Yahav D et al. Lancet Infect Dis. 2007; 7:338-48.



# Cefepime for treatment of febrile neutropenia: mortality

Yahav D et al. Lancet Infect Dis. 2007; 7:338.



# Problems with choosing all-cause mortality as the primary outcome:

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- ❑ Not the primary outcome in the original trials: thus not reported in all of them
  - ❑ Probably only a (small?) portion attributable to infection
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Efforts to avoid bias in the workings of the review:

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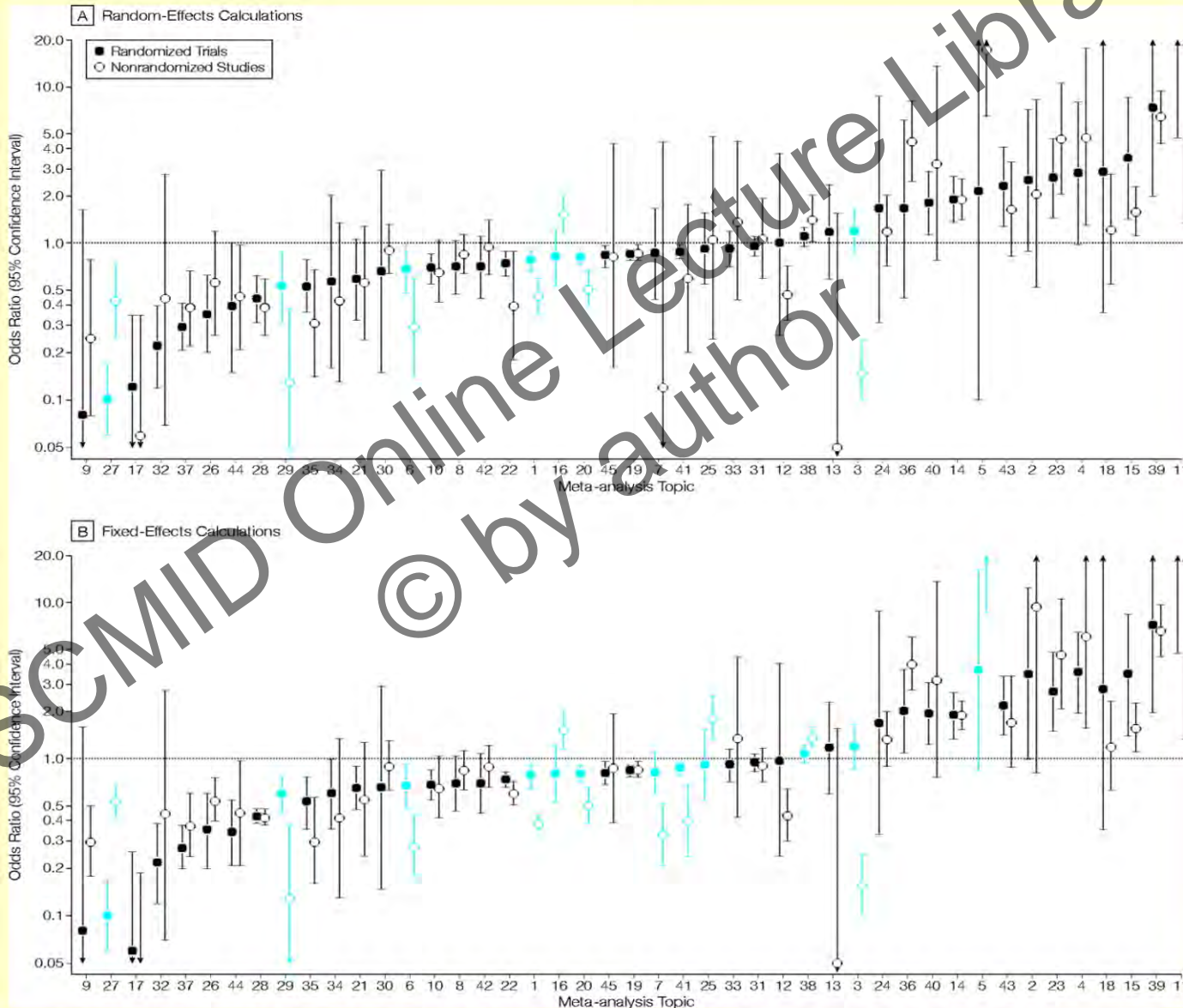
- ❑ Write a protocol at the beginning of the review and stick to it
  - ❑ Collect all the original research that was done (according to the protocol's definitions): include all languages of publication and all data, whether published or not
  - ❑ Two researchers, independently, make the important decisions and abstract data
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Efforts to circumvent bias inherent in the original research:

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- ❑ Start with your own question (PICO) and not with what was done in the original studies
  - ❑ Include studies with designs that are most likely to prevent bias: i.e. in most cases only randomized controlled trials
  - ❑ Assess the methodological rigor of the original trials (studies) and test whether it influences the outcome measure
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# Comparison of the Summary Odds Ratio and 95% Confidence Interval in Randomized Trials vs Nonrandomized Studies for the 45 Topics





**Odds Ratio**  
**Study or Subgroup**    **Weight**    **IV, Random, 95% CI**

**Odds Ratio**  
**IV, Random, 95% CI**

**1.1.1 RCT vs All Observational**

Bhandari 2004	6.4%	0.71 [0.52, 0.96]
Beynon 2008	8.7%	0.83 [0.68, 1.01]
Oliver 2010	8.2%	0.94 [0.76, 1.17]
Kuss 2011	9.3%	0.94 [0.80, 1.11]
Benson 2000	3.8%	0.95 [0.58, 1.55]
Shikata 2006	7.9%	0.97 [0.77, 1.22]
LonJon 2013	7.5%	1.06 [0.83, 1.36]
Concato 2000	10.2%	1.08 [0.96, 1.21]
Golder 2011	9.8%	1.08 [0.94, 1.24]
Edwards 2012	6.8%	1.18 [0.89, 1.57]
Ioannidis 2001	7.6%	1.21 [0.95, 1.55]
Mueller 2010	8.7%	1.48 [1.22, 1.80]
Furlan 2008	2.1%	1.94 [0.93, 4.05]
Naudet 2011	2.9%	3.58 [1.96, 6.53]
<b>Subtotal (95% CI)</b>	<b>100.0%</b>	<b>1.08 [0.96, 1.22]</b>

Heterogeneity:  $\tau^2 = 0.03$ ;  $\chi^2 = 48.19$ ,  $df = 13$  ( $P < 0.00001$ );  $I^2 = 73\%$   
 Test for overall effect:  $Z = 1.27$  ( $P = 0.20$ )

**1.1.2 RCT vs Cohort**

Bhandari 2004	10.9%	0.71 [0.52, 0.96]
Ioannidis 2001	8.0%	0.88 [0.58, 1.33]
Kuss 2011	15.5%	0.94 [0.80, 1.11]
Benson 2000	6.5%	0.95 [0.58, 1.55]
Golder 2011	13.6%	1.02 [0.82, 1.27]
Concato 2000	16.3%	1.04 [0.91, 1.19]
LonJon 2013	12.7%	1.06 [0.83, 1.36]
Edwards 2012	11.6%	1.18 [0.89, 1.57]
Naudet 2011	4.9%	3.58 [1.96, 6.53]
<b>Subtotal (95% CI)</b>	<b>100.0%</b>	<b>1.04 [0.89, 1.21]</b>

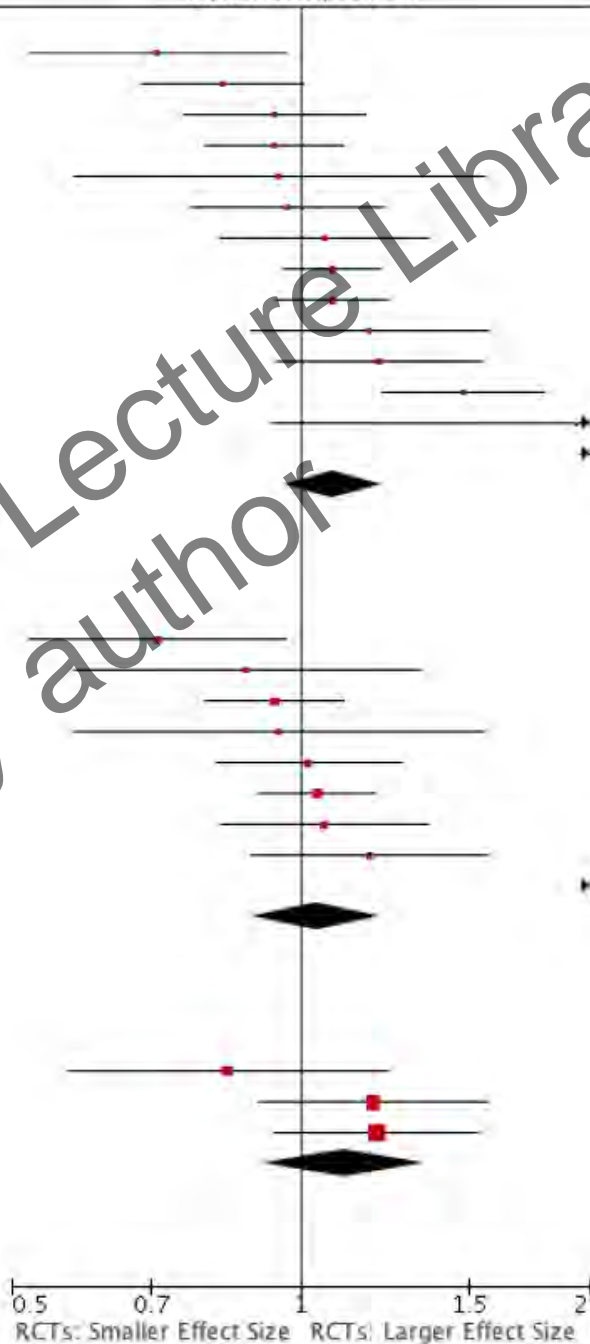
Heterogeneity:  $\tau^2 = 0.03$ ;  $\chi^2 = 24.76$ ,  $df = 8$  ( $P = 0.002$ );  $I^2 = 68\%$   
 Test for overall effect:  $Z = 0.48$  ( $P = 0.63$ )

**1.1.3 RCT vs Case Control**

Golder 2011	21.2%	0.84 [0.57, 1.23]
Ioannidis 2001	36.0%	1.19 [0.90, 1.57]
Concato 2000	42.8%	1.20 [0.94, 1.53]
<b>Subtotal (95% CI)</b>	<b>100.0%</b>	<b>1.11 [0.91, 1.35]</b>

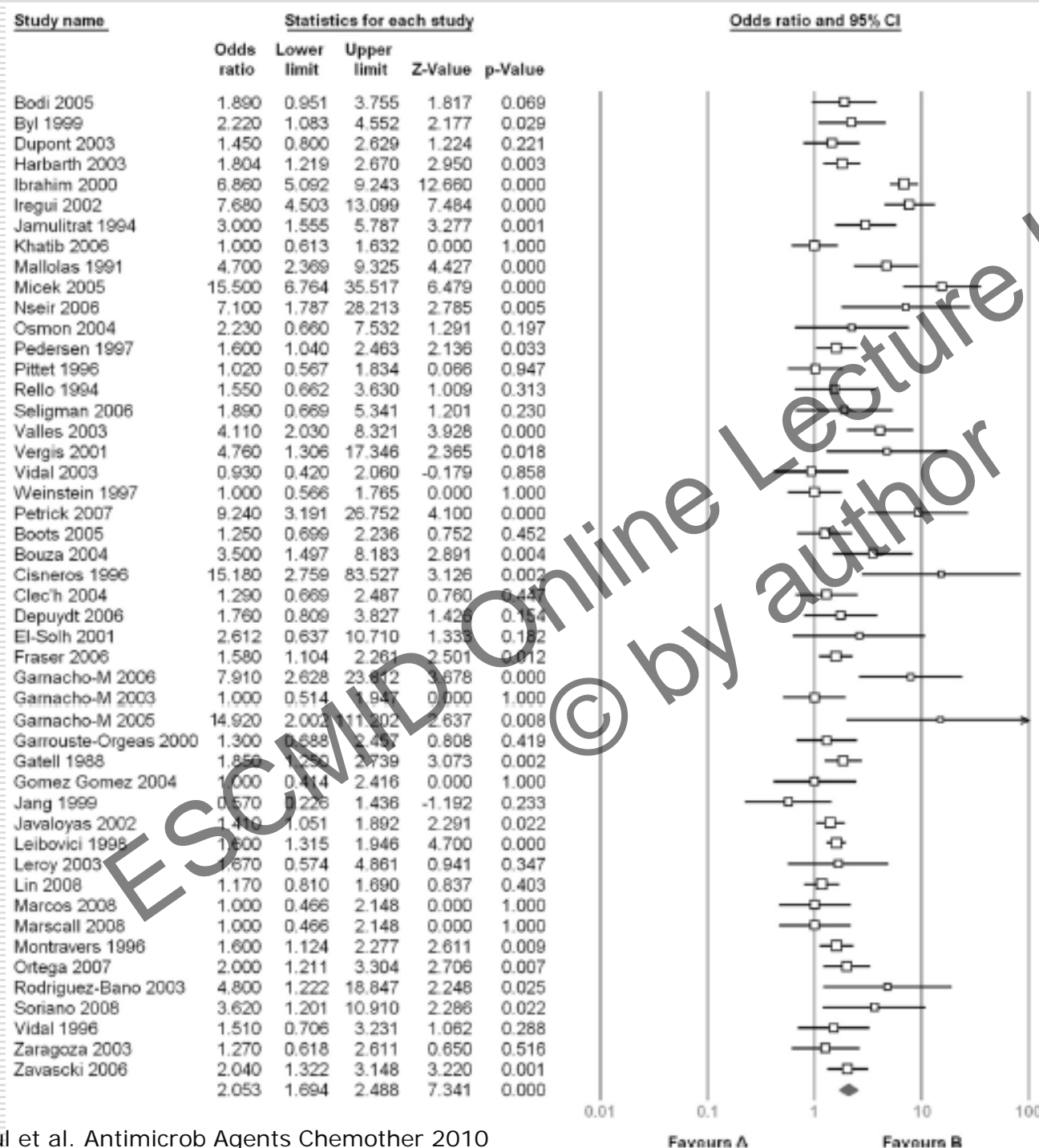
Heterogeneity:  $\tau^2 = 0.01$ ;  $\chi^2 = 2.65$ ,  $df = 2$  ( $P = 0.27$ );  $I^2 = 24\%$   
 Test for overall effect:  $Z = 1.05$  ( $P = 0.29$ )

Test for subgroup differences:  $\chi^2 = 0.29$ ,  $df = 2$  ( $P = 0.87$ ),  $I^2 = 0\%$



Healthcare outcomes assessed with observational study designs compared with those assessed in randomized trials

Anglemyer et al. Cochrane Database of Systematic reviews 2014



**Association of appropriate empirical antibiotic treatment and all-cause mortality**

OR of inappropriate empirical treatment for mortality 2.05 (95% CI 1.69-2.49)

# Systematic review and meta-analysis of observational studies:

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- ❑ Publication bias
  - ❑ Bias by indication
  - ❑ For meta-analysis:
    - Use raw data? (with all the inherent bias?)
    - Use multivariable adjusted ORs? (what about missing information?)
  - ❑ Patient-data meta-analysis.
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# Methodological rigor of the original trials (studies?):

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- ❑ Asses the methodological rigor of the original trials.
  - ❑ Use each component for sensitivity analysis.
  - ❑ For observational studies, the Newcastle-Ottawa scale.
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# Asses the methodological rigor of the original trials:

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- ❑ Allocation generation (truly randomized)
  - ❑ Allocation concealment
  - ❑ Blinding (x1, x2, x3, x4)
  - ❑ Number of drop-outs and intent to treat analysis
-

## Adequate allocation concealment:

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Before enrolling the participant, the researcher had no way of knowing the arm of the treatment the participant would be allocated to:

- Opaque closed envelopes, to be opened after the participant (who fits inclusion criteria) signed the informed consent
  - Central randomization (idem)
-

# Questions about dimensions of methodological rigor:

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- Do they really matter? Do they matter the same for all outcomes, all interventions?
- Use a scale? (Jadad scale?)
- Does 'described' or 'not described' = 'done' or 'not done'?

Wood L, Egger M, Gluud LL, et al. Empirical evidence of bias in treatment effect estimates in controlled trials with different interventions and outcomes: metaepidemiological study. *BMJ* 2008;336(7644):601–5.

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Sensitivity analysis according to methodological rigor:  
 Quinolone vs beta-lactam for CAP: Shefet D et al. Arch Intern Med  
 2006; 165:1992.

**Table 2. Sensitivity Analyses for Individual Methodological Quality Components\***

Variable	Adequate	Unclear or Inadequate
Allocation concealment:		
Overall mortality		
RR (95% CI)	1.06 (0.66-1.69)	1.18 (0.77-1.80)
No. of studies/patients	6/1390	17/3456
Clinical failure		
RR (95% CI)	0.98 (0.81-1.19)	0.89 (0.77-1.02)
No. of studies/patients	6/1390	18/3292
Bacteriological failure:		
RR (95% CI)	0.96 (0.61-1.52)	0.68 (0.53-0.86)
No. of studies/patients	5/469	13/1499
Allocation generation:		
Overall mortality		
RR (95% CI)	1.09 (0.69-1.73)	1.16 (0.76-1.77)
No. of studies/patients	9/1753	14/3093
Clinical failure		
RR (95% CI)	0.99 (0.82-1.19)	0.87 (0.77-1.01)
No. of studies/patients	9/1685	15/2997
Bacteriological failure:		
RR (95% CI)	0.89 (0.60-1.30)	0.67 (0.52-0.87)
No. of studies/patients	7/602	11/1366

Abbreviations: CI, confidence interval; RR, relative risk.

\*Combined effect estimates for each comparison are shown for studies reporting adequate vs unclear or inadequate methodological quality criteria.



# Intent to treat analysis

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- All patients are counted in the group to which they were randomized.
  - Please pay attention that in superiority studies with a high percentage of drop-outs intent to treat analysis is conservative
  - ...but in equivalence studies per-protocol analysis is more conservative
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# Measuring heterogeneity (i):

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- ❑ Cochran's  $Q$  is calculated as the weighted sum of squared differences between individual study effects and the pooled effect across studies.
  - ❑  $Q$  is distributed as a chi-square statistic with  $k$  (number of studies) minus 1 degrees of freedom.
  - ❑  $Q$  has low power as a comprehensive test of heterogeneity.
  - ❑  $Q$  has too much power as a test of heterogeneity if the number of studies is large.
-

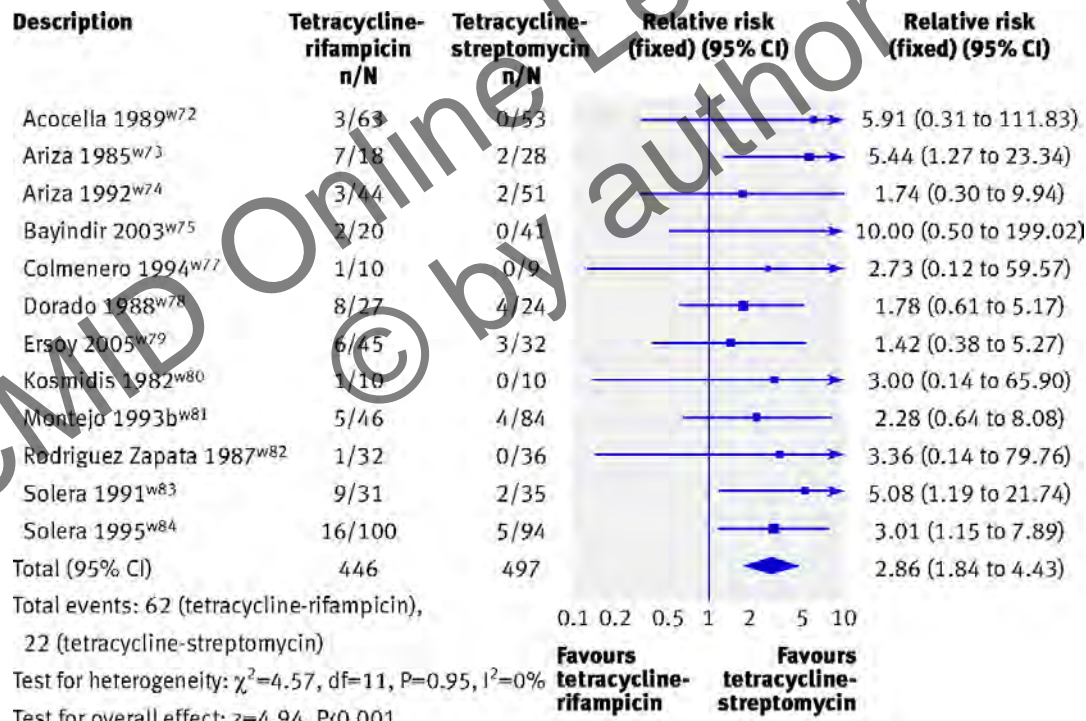
# Measuring heterogeneity (ii):

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- The  $I^2$  statistic describes the percentage of variation across studies that is due to heterogeneity rather than chance.
  - $I^2 = 100\% \times (Q-df)/Q$ .
  - It does not inherently depend upon the number of studies.
-

A few examples:

Antibiotic treatment for brucellosis to avoid recurrence:

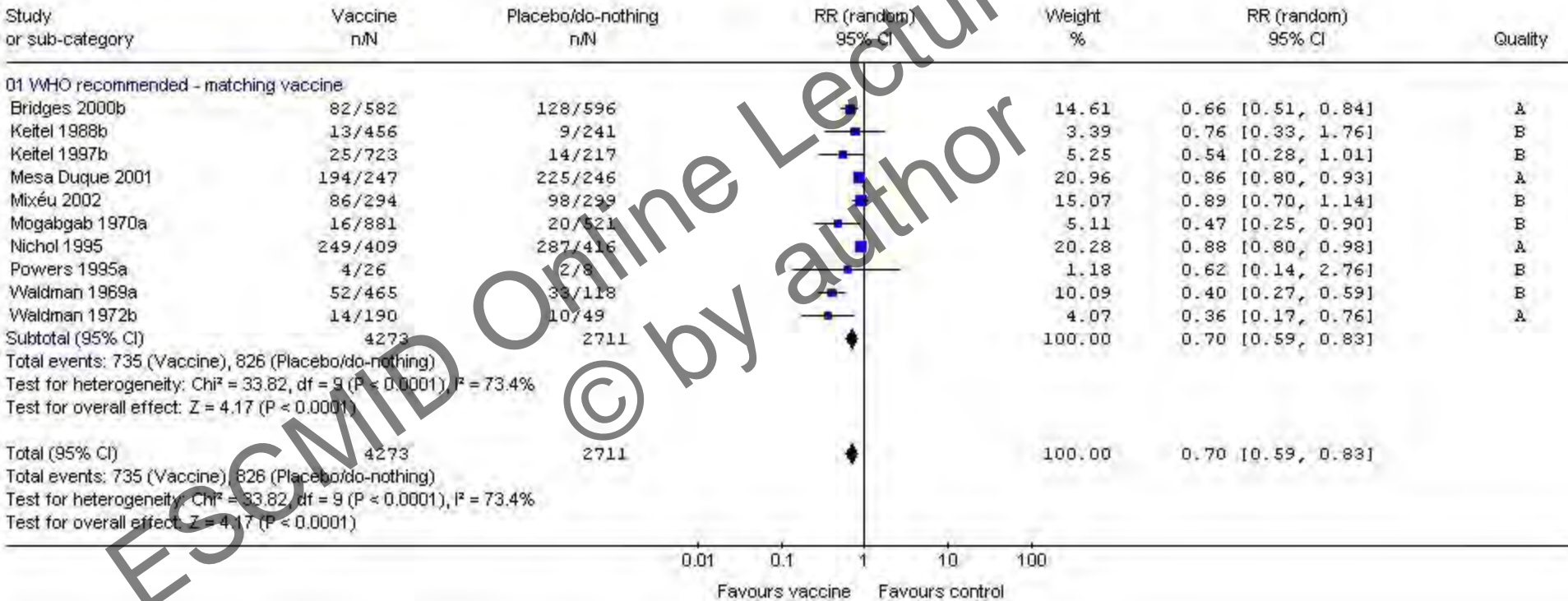


Skalsky, K. et al. BMJ 2008;336:701-704

A few examples:

# Influenza vaccine vs placebo for flu-like illness:

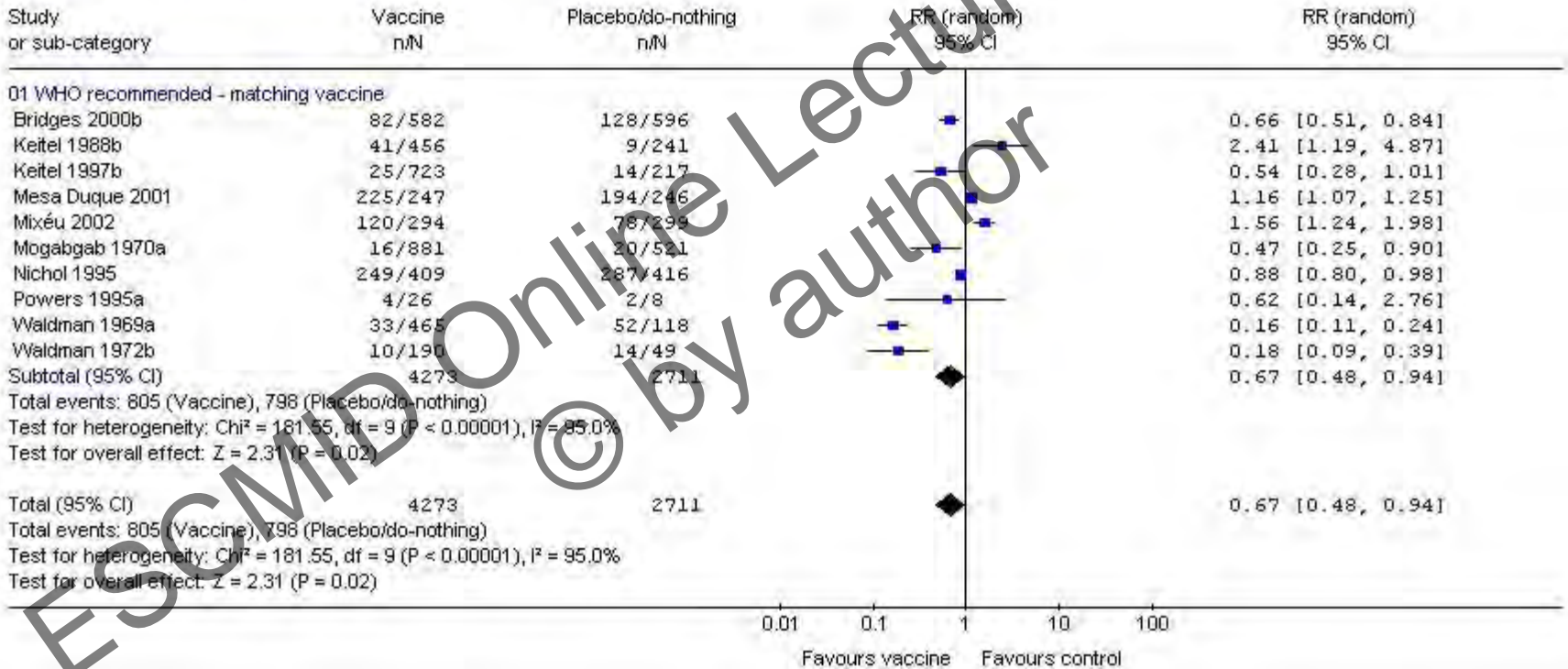
Review: Vaccines for preventing influenza in healthy adults (PR comments > Authors)  
 Comparison: 01 Inactivated parenteral vaccine versus placebo or do-nothing  
 Outcome: 01 Influenza-like illness



A few examples:

# Influenza vaccine vs placebo for flu-like illness (simulation):

Review: Vaccines for preventing influenza in healthy adults (PR comments > Authors)  
 Comparison: 01 Inactivated parenteral vaccine versus placebo or do-nothing  
 Outcome: 01 Influenza-like illness



Exploring heterogeneity: Looking for differences between studies that abolish (within each group) heterogeneity

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- ❑ Methodological rigor
  - ❑ Factors pre-defined in the protocol
  - ❑ Then, factors selected post-hoc
  - ❑ Fixed effect meta-analysis if heterogeneity non-significant.
  - ❑ Random effect if significant?
-



Why do we need them?

**Move away from eminence-based medicine:**

Encourage (young) clinicians to do patient-oriented research

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I have not touched upon:

- Systematic reviews of diagnostics
- Network meta-analysis or indirect comparisons.

# To do a systematic review and meta-analysis (i):

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- Use the Cochrane handbook
  - Consider doing a Cochrane review
  - Involve person/s versed in the domain (clinician/s) and person/s in methods
  - Start with a clinical question:
    - Patients
    - Intervention/s
    - Comparison
    - Outcome
  - Main outcome that matters to patients
  - Write a protocol
-

# To do a systematic review and meta-analysis (ii):

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- ❑ Avoid bias in the workings of the systematic review (double extraction of data)
  - ❑ Deal with heterogeneity
  - ❑ Deal with possible bias in the original studies
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# To do a systematic review and meta-analysis (iii):

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- Help readers interpreting the data:
    - Describe the patients and interventions in the included trials
    - Translate your results into an absolute measure (e.g., numbers needed to treat)
    - Weigh benefits against harm
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## But... the oseltamivir story

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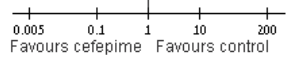
- ❑ First peer reviewed pooled analysis of 10 randomised trials of oseltamivir published in the *Archives of Internal Medicine* by Kaiser and colleagues.
  - ❑ Cochrane reviewers gained access to unpublished data and included a total of 20 trials.
-

# The cefepime story

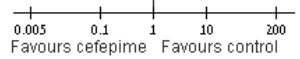
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- ❑ We performed a systematic review and meta-analysis of 54 RCTs comparing cefepime to other beta-lactams.
  - ❑ Mortality was significantly increased in the cefepime arms.
  - ❑ A company representative wrote to us that there are no more data to share with us.
  - ❑ The FDA issued a warning and asked for additional data from the company.
  - ❑ The company unearthed 30 (!) unpublished RCTs. Only 6 pieces of information were given to the FDA for each trial.
-

Study or Subgroup	Cefepime		Control		Weight	Risk Ratio	
	Events	Total	Events	Total		M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
<b>1.4.1 Included in systematic review</b>							
Aoun 1997	5	53	3	58	1.0%	1.82 [0.46, 7.26]	
Auflero 1997	2	57	0	29	0.2%	2.59 [0.13, 52.16]	
Barckow 1993	13	53	5	27	2.4%	1.32 [0.53, 3.33]	
Beaucaire 1999	29	141	21	134	7.7%	1.31 [0.79, 2.18]	
Biron 1998	10	202	4	198	1.4%	2.45 [0.78, 7.68]	
Bohme 1998	2	49	2	51	0.7%	1.04 [0.15, 7.10]	
Bonfitto 1999	0	77	0	71		Not estimable	
Bow 2006	15	263	8	265	2.8%	1.89 [0.81, 4.38]	
Chandrasekar 2000	22	143	10	133	3.7%	2.05 [1.01, 4.16]	
Chang 1998	0	20	0	16		Not estimable	
Cherif 2004	3	95	4	85	1.5%	0.67 [0.15, 2.91]	
Chuang 2002	3	47	2	46	0.7%	1.47 [0.26, 8.38]	
Cordero 2001	1	84	2	76	0.8%	0.45 [0.04, 4.89]	
Cordonnier 1997	13	242	4	111	2.0%	1.49 [0.50, 4.47]	
Cornely 2001	8	202	10	202	3.6%	0.80 [0.32, 1.99]	
Cornely 2002	1	100	2	107	0.7%	0.54 [0.05, 5.81]	
Edelstein 1991	3	40	0	22	0.2%	3.93 [0.21, 72.73]	
Erman 2001	13	98	13	97	4.7%	0.99 [0.48, 2.02]	
Gentry 1991	1	59	2	53	0.8%	0.45 [0.04, 4.81]	
Gentry 1992	0	23	0	10		Not estimable	
Glauser 1997	8	139	10	142	3.5%	0.82 [0.33, 2.01]	
Gomez 2001	13	86	5	100	1.7%	3.02 [1.12, 8.14]	
Grossman 1999	7	76	7	75	2.5%	0.99 [0.36, 2.68]	
Hoepelman 1993	32	173	26	175	9.2%	1.24 [0.78, 2.00]	
Holloway 1996	35	421	22	419	7.9%	1.58 [0.95, 2.65]	
Huang 2002	2	26	0	26	0.2%	5.00 [0.25, 99.34]	
Huang 2005	0	50	0	50		Not estimable	
Jehn 1998	2	58	1	52	0.4%	1.79 [0.17, 19.20]	
Jiang 2003	0	30	0	30		Not estimable	
Kebudi 2001	0	32	0	31		Not estimable	
Leophonte 1993	7	87	4	44	1.9%	0.89 [0.27, 2.86]	
Lin 2001	2	41	0	20	0.2%	2.50 [0.13, 49.76]	
Mallet 1997	0	31	0	26		Not estimable	
McCabe 1996a	17	225	11	111	5.3%	0.76 [0.37, 1.57]	
McCabe 1996b	2	64	1	34	0.3%	1.06 [0.10, 11.30]	
Mustafa 2001	2	49	0	55	0.2%	5.60 [0.28, 113.87]	
Newton 1993	0	159	0	72		Not estimable	
Oryan 1996	7	105	5	105	1.8%	1.40 [0.46, 4.27]	
Ponce 1999	1	25	2	25	0.7%	0.50 [0.05, 5.17]	
Preheim 1995	1	39	0	41	0.2%	3.15 [0.13, 75.08]	
Raad 2003	7	127	5	124	1.8%	1.37 [0.45, 4.19]	
Ramphal 1997	9	94	6	100	2.1%	1.60 [0.59, 4.31]	
Saez-Llorens 1995	3	69	6	66	2.2%	0.48 [0.12, 1.83]	
Saito 1992a	2	94	1	89	0.4%	1.89 [0.17, 20.52]	
saito 1992b	0	83	0	87		Not estimable	
Sanz 2002	19	432	27	435	9.6%	0.71 [0.40, 1.25]	
Schaad 1998	0	149	0	150		Not estimable	
Schrank 1995	1	13	2	15	0.7%	0.58 [0.06, 5.66]	
Schwartz 1996	5	231	0	115	0.2%	5.50 [0.31, 98.61]	
Sharifi 1996	8	305	6	161	2.8%	0.70 [0.25, 1.99]	
Tamura 2002	2	42	1	41	0.4%	1.95 [0.18, 20.71]	
Wang 1999	0	19	2	22	0.8%	0.23 [0.01, 4.51]	
Willis 1998	5	54	2	55	0.7%	2.55 [0.52, 12.56]	
Zanetti 2003	28	108	19	101	7.0%	1.38 [0.82, 2.31]	
Zervos 1998	3	59	1	56	0.4%	2.85 [0.31, 26.57]	
<b>Subtotal (95% CI)</b>		<b>5848</b>		<b>5041</b>	<b>100.0%</b>	<b>1.26 [1.08, 1.46]</b>	
Total events		374	264				
Heterogeneity: Chi <sup>2</sup> = 31.04, df = 44 (P = 0.93); I <sup>2</sup> = 0%							
Test for overall effect: Z = 3.01 (P = 0.003)							



Study or Subgroup	Cefepime		Control		Weight	Risk Ratio	
	Events	Total	Events	Total		M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
<b>1.5.1 Published in journal, excluded from systematic review</b>							
AI411118 Yamamura 1997	5	59	4	57	14.9%	1.21 [0.34, 4.20]	
AI411221 Barie 1997	3	164	11	159	41.0%	0.26 [0.08, 0.93]	
AI411245 Badaro 2002	17	159	10	158	36.8%	1.58 [0.80, 3.57]	
CPM4495001 Shahid 2008	2	15	2	15	7.3%	1.00 [0.16, 6.20]	
<b>Subtotal (95% CI)</b>		<b>397</b>		<b>389</b>	<b>100.0%</b>	<b>0.98 [0.59, 1.64]</b>	
Total events		27	27				
Heterogeneity: Chi <sup>2</sup> = 6.29, df = 3 (P = 0.10); I <sup>2</sup> = 52%							
Test for overall effect: Z = 0.06 (P = 0.95)							
<b>1.5.2 Unpublished supplied by sponsor</b>							
AI411056	0	37	0	37		Not estimable	
AI411070	26	387	18	194	10.8%	0.81 [0.45, 1.48]	
AI411071	0	32	1	16	1.0%	0.17 [0.01, 3.99]	
AI411075	1	104	0	50	0.3%	1.46 [0.06, 35.15]	
AI411079	0	20	0	20		Not estimable	
AI411097	30	627	34	622	17.3%	0.88 [0.54, 1.41]	
AI411113	4	114	0	57	0.3%	4.54 [0.25, 82.88]	
AI411119	1	114	1	93	0.6%	0.82 [0.05, 12.87]	
AI411120	0	241	2	121	1.7%	0.10 [0.00, 2.08]	
AI411137	0	35	1	36	0.8%	0.34 [0.01, 8.14]	
AI411149	0	50	0	24		Not estimable	
AI411154	0	16	0	16		Not estimable	
AI411157	0	22	0	12		Not estimable	
AI411169	1	119	0	123	0.2%	3.10 [0.13, 75.35]	
AI411179	3	34	0	17	0.3%	3.60 [0.20, 65.96]	
AI411184	3	35	2	36	1.0%	1.54 [0.27, 8.68]	
AI411196	10	59	13	61	6.5%	0.80 [0.38, 1.67]	
AI411205	8	85	12	82	6.2%	0.64 [0.28, 1.49]	
AI411206	4	32	4	31	2.1%	0.97 [0.27, 3.54]	
AI411213	0	181	1	181	0.8%	0.33 [0.01, 8.13]	
AI411219	41	181	44	185	22.1%	0.95 [0.66, 1.38]	
AI411222	1	16	3	19	1.4%	0.40 [0.05, 3.44]	
AI411228	12	82	25	76	13.2%	0.44 [0.24, 0.82]	
AI411230	3	307	4	308	2.0%	0.75 [0.17, 3.33]	
AI411242	8	76	11	68	5.9%	0.65 [0.28, 1.52]	
AI411247	2	218	1	225	0.5%	2.06 [0.19, 22.60]	
CPM0896003	0	14	2	18	1.1%	0.25 [0.01, 4.89]	
CPM4497002	6	29	7	31	3.4%	0.92 [0.35, 2.41]	
CPM6796007	2	22	1	23	0.5%	2.09 [0.20, 21.45]	
<b>Subtotal (95% CI)</b>		<b>3289</b>		<b>2782</b>	<b>100.0%</b>	<b>0.80 [0.66, 0.97]</b>	
Total events		166	185				
Heterogeneity: Chi <sup>2</sup> = 14.45, df = 23 (P = 0.91); I <sup>2</sup> = 0%							
Test for overall effect: Z = 2.22 (P = 0.03)							



# To do a systematic review and meta-analysis (iv):

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- Are all the trials available?

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Thank you

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