

Supplement file 1

Evidence grades for the recommendations

The following evidence grading has been used to determine the strength of the recommendations

1A – Strong recommendation: high-quality evidence

1B – Strong recommendation: moderate-quality evidence

1C – Strong recommendation: low-quality evidence

1D – Strong recommendation: very low-quality evidence

2A – Weak recommendation: high-quality evidence

2B – Weak recommendation: moderate-quality evidence

2C – Weak recommendation: low-quality evidence

2D – Weak recommendation: very low-quality evidence