General

Guideline Title


Bibliographic Source(s)


Guideline Status

This is the current release of the guideline.

Recommendations

Major Recommendations

The grades of recommendation (1A–2C) and the approach to rating the quality of evidence are defined at the end of the "Major Recommendations" field.

Clinical Questions and Recommendations

Among Patients Who Smoke, What Is the Impact of Efforts to Screen for the Presence of Lung Cancer on Smoking Behavior?

The authors recommend that current smokers undergoing low-dose computed tomography (LDCT) screening be provided with cessation interventions that include counseling and pharmacotherapy (Grade 1B).

Remark: The act of screening alone is insufficient to promote smoking cessation.

Remark: The use of self-help materials is insufficient in achieving an increased rate of smoking abstinence.

Among current smokers with demonstrated smoking related pulmonary disease, the authors recommend providing intensive cessation interventions (Grade 1B).

Among Patients with Lung Cancer Undergoing Surgery, What Is the Best Approach to Smoking Cessation?

Among lung cancer patients undergoing surgery, the authors recommend perioperative cessation pharmacotherapy as a method for improving abstinence rates (Grade 1B).

Among lung cancer patients undergoing surgery for whom pharmacotherapeutic support is either contraindicated or refused, the authors suggest
cessation counseling alone during the perioperative period (Grade 2C).

Among lung cancer patients undergoing surgery, the timing of cessation does not appear to increase the risk of post-operative complications; the authors suggest that cessation interventions be initiated in the pre-operative period (Grade 2C).

*Remark*: Small observed effect sizes and limitations in experimental design do not justify delaying surgical procedures in favor of longer abstinence duration.

For lung cancer patients attempting cessation in conjunction with surgical interventions, the authors recommend initiating counseling and pharmacotherapy at the outset of surgical intervention (Grade 1B).

*Remark*: There is substantial evidence suggesting that reliance on short, low intensity cessation interventions such as advice to quit does not improve abstinence outcomes.

What Is the Best Approach to Smoking Cessation Among Patients with Lung Cancer Undergoing Chemoradiotherapy?

Among lung cancer patients undergoing chemotherapy, the authors recommend cessation interventions that include counseling and pharmacotherapy to improve abstinence rates (Grade 1B).

Among lung cancer patients with depressive symptoms, the authors suggest cessation pharmacotherapy with bupropion as a method to improve abstinence rates, depressive symptoms, and quality of life (QOL) (Grade 2B).

Among lung cancer patients for whom pharmacotherapeutic support is either contraindicated or refused, the authors suggest cessation counseling alone as a method to improve abstinence rates (Grade 2C).

What Is the Impact of Smoking Cessation on Patients with Lung Cancer Undergoing Radiation Therapy (RT)?

Among lung cancer patients undergoing radiotherapy, the authors recommend cessation interventions that include counseling and pharmacotherapy (Grade 1C).

**Definitions:**

Strength of the Recommendations Grading System

<table>
<thead>
<tr>
<th>Grade of Recommendation</th>
<th>Benefit vs. Risk and Burdens</th>
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<td>Benefits clearly outweigh risk and burdens or vice versa</td>
<td>Consistent evidence from randomized controlled trials (RCTs) without important limitations or exceptionally strong evidence from observational studies</td>
<td>Recommendation can apply to most patients in most circumstances. Further research is very unlikely to change confidence in the estimate of effect</td>
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</tr>
<tr>
<td>Strong recommendation, low- or very-low-quality evidence, Grade 1C</td>
<td>Benefits clearly outweigh risk and burdens or vice versa</td>
<td>Evidence for at least one critical outcome from observational studies, case series, or from RCTs with serious flaws or indirect evidence</td>
<td>Recommendation can apply to most patients in many circumstances. Higher-quality research is likely to have an important impact on confidence in the estimate of effect and may well change the estimate</td>
</tr>
<tr>
<td>Weak recommendation, high-quality evidence, Grade 2A</td>
<td>Benefits closely balanced with risks and burden</td>
<td>Consistent evidence from RCTs without important limitations or exceptionally strong evidence from observational studies</td>
<td>The best action may differ depending on circumstances or patient's or societal values. Further research is very unlikely to change confidence in the estimate of effect</td>
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Clinical Algorithm(s)

None provided

Scope

Disease/Condition(s)

Lung cancer

Guideline Category

Counseling
Management
Treatment

Clinical Specialty

Family Practice
Oncology
Pulmonary Medicine

Intended Users

Advanced Practice Nurses
Allied Health Personnel
Health Care Providers
Nurses
Patients
Physicians
Substance Use Disorders Treatment Providers

Guideline Objective(s)

- To inform the clinical decisions that must be jointly made by physicians and patients in developing diagnostic, treatment, and management plans so that they can enhance the benefits and reduce the harms associated with various options
• To summarize the published literature concerning the management of tobacco dependence in patients with lung cancer and offer recommendations for integrating dependence treatment into ongoing oncologic care

Target Population

Lung cancer patients with tobacco dependence

Interventions and Practices Considered

Smoking cessation interventions including counseling and pharmacotherapy

Major Outcomes Considered

- Lung cancer incidence
- Lung cancer death rates
- Improving abstinence rates, depressive symptoms, and quality of life

Methodology

Methods Used to Collect/Select the Evidence

Hand-searches of Published Literature (Primary Sources)

Hand-searches of Published Literature (Secondary Sources)

Searches of Electronic Databases

Description of Methods Used to Collect/Select the Evidence

To develop this article, a literature review was conducted to identify available evidence within several databases, including MEDLINE, EMBASE, CINAHL, PsycINFO, and the Cochrane Collaborative. Google Scholar was also used to identify relevant reviews and articles that may have contained references not retrieved by the database search. The search was structured around the following population, intervention, comparator, outcome (PICO) questions (see also Table S1 in the supporting data [see the "Availability of Companion Documents" field]):

1. Among patients who smoke, what is the impact of efforts to screen for the presence of lung cancer on smoking behavior?
2. Among patients with lung cancer undergoing surgery, what is the best approach to smoking cessation?
3. What is the best approach to smoking cessation among patients with lung cancer undergoing chemoradiotherapy?
4. What is the impact of smoking cessation on patients with lung cancer undergoing radiation therapy (RT)?

Expanded search terms were used to identify the evidence, including terms such as cancer, neoplasm, lung cancer, lung nodule, nicotine, smoking, smoking cessation, tobacco, tobacco dependence, diagnosis, chemotherapy, surgery, radiation, lung cancer treatment, and lung cancer screening. Search results were limited to those articles published from 1985 to present, relating to human subjects, and available in English. Initially, 989 unique citations met our search criteria. Following title screening for relevance, 568 unique relevant articles remained as candidates for inclusion in the evidence base, available for review by the authors. Study designs retained for this guideline included randomized controlled trials, cohort, case-control, secular trend, and case series. Each of the articles meeting inclusion criteria was then reviewed and mapped to the appropriate PICO question. An additional eight articles were identified by the authors through review of reference lists of primary reports and applicable review articles. Overall, 531 articles did not meet inclusion criteria, were found to be noninformative, or were no longer available, leaving a total of 37 articles for inclusion in the final evidence tables.

Number of Source Documents
A total of 37 articles were included in the final evidence tables.

Methods Used to Assess the Quality and Strength of the Evidence

Weighting According to a Rating Scheme (Scheme Not Given)

Rating Scheme for the Strength of the Evidence

Not stated

Methods Used to Analyze the Evidence

Review of Published Meta-Analyses

Systematic Review with Evidence Tables

Description of the Methods Used to Analyze the Evidence

Assessment of Study Quality

Systematic reviews and meta-analyses were assessed using Documentation and Appraisal Review Tool (DART) (R. L. Diekemper; B. K. Ireland, MD; and L. R. Merz, PhD, MPH, DART, unpublished data, 2012), which was developed as an improved alternative to the existing tools for use in a clinical setting. However, this tool has been adopted for use in American College of Chest Physicians (ACCP) guidelines and consensus statements since 2011.

Quality was assessed for each study as well as for the body of relevant evidence. Based on the population, intervention, comparator, and outcome (PICO) questions and volume of available literature, multiple study designs were included in the systematic reviews of the literature. Randomized controlled trials (RCTs) primarily indicate benefits, but whenever observational studies met inclusion criteria they were often helpful in identifying harms. Observational studies were also examined when RCTs were not available to answer a particular PICO question. Allowing for multiple study designs resulted in the need for multiple quality assessment tools. Tools were chosen for assessing RCTs, observational studies, and diagnostic studies. The quality assessment tool for RCTs (R. L. Diekemper, B. K. Ireland, and L. R. Merz, unpublished data, 2012) was used for assessing the quality of RCTs, and a tool developed by the committee of the ninth edition of the Antithrombotics Guidelines was used for assessing the quality of observational studies. Diagnostic studies were assessed using the Quality Assessment Tool for Diagnostic Accuracy Studies (QUADAS).

Meta-analyses

If a recently published good-quality meta-analysis was available, then it was used to inform the recommendations. When a good-quality meta-analysis was not available, guideline authors were encouraged to perform their own meta-analyses. Meta-analyses were performed when the data were fairly homogeneous. If a study was deemed poor quality, then it was not included in the pooled analysis. Heterogeneity of the pooled results was assessed using a $\chi^2$ test and Higgins $I^2$, and a forest plot was examined for consistency of the results. The random effects model was chosen a priori as the appropriate model for pooling the data because it accounts for heterogeneity among the included studies. Results from the meta-analyses are available in the supplementary materials that can be downloaded from the Journal website under the corresponding article in the table of contents.

Methods Used to Formulate the Recommendations

Expert Consensus

Description of Methods Used to Formulate the Recommendations

Panel Composition and Responsibilities
A call for applications to serve on the 3rd edition of the American College of Chest Physicians (ACCP) Lung Cancer Guidelines (LC III) panel was put forth to the ACCP membership, to past panelists, and to other organizations that have previously endorsed earlier editions of these guidelines or appointed representatives to serve on those panels. Guiding the team was the LC III Executive Committee, composed of a Panel Chair, Vice Chair, Liaison to the Guidelines Oversight Committee (GOC), and two staff members, one serving as an adviser and the other as the lead methodologist. The GOC appointed the Liaison and the Chair, who was required to be free of conflicts of interest (COI). This Executive Committee provided general oversight and guidance; multiple reviews of research questions, article outlines, manuscripts, evidence tables, and other supporting documents; and facilitation of the final conference discussions and voting. As the scope was defined, content experts in each major area were identified to serve as topic editors and nominated by the Panel Chair to be advanced to the GOC for the requisite qualifications and COI review and approval process. These topic editors organized their research and writing teams, oversaw the work of the individual members, edited separate contributions into synthesized manuscripts, presented evidence at the final conference, and managed any of their committee members who were approved with management stipulations relevant to their COIs.

Each topic editor was initially charged with proposing individuals to support their topic committees with expertise in the content area and/or methodology. With the Chair's approval, these individuals were nominated for GOC reviews for COI and expertise. In some cases, GOC staff helped to locate additional methodologic support when it was determined to be necessary for various article committees. This resulted in an international panel of >100 multidisciplinary experts across 24 articles representing the fields of pulmonary medicine, critical care medicine, thoracic surgery, medical and radiation oncology, pathology, integrative medicine, primary care, health-care research, guidelines methodology, and epidemiology. Nineteen international organizations that are also dedicated to advancing research and practice in the area of lung cancer were invited to appoint representatives to this guideline project as adjunct participants. These individuals, unless already approved panelists, were not considered full voting members of the panel, since they had not been through the same ACCP COI review, but were included at the final conference, participated fully in the discussions, and provided external review and feedback on the manuscripts and supporting documentation.

Formulating the Recommendations

In most cases the topic editors, along with the other completely non-conflicted members of the article committee, formulated the recommendations. The summarized evidence tables and profiles (where profiles existed) provided the foundation for the recommendations. In formulating the recommendations, panelists considered not only the body of evidence but also the balance between the benefits and harms and considerations of other factors, such as cost or resource availability considerations and patient values and preferences, which might vary widely for some recommendations. These additional considerations are described in a Remarks section, which appears just below the relevant recommendation in the publication, each time the recommendation appears.

Grading the Recommendations

Recommendations that are strong must be differentiated from those that are weak or weaker. Thus, the ACCP Grading System was used (see the "Rating Scheme for the Strength of the Recommendations" field), and the wording of the recommendations is explicit. This grading system has been used since 2005 and is based on two dimensions: the balance of benefits to harms and the quality of the evidence base. If the benefits clearly outweigh the harms or the harms clearly outweigh the benefits, the strength of the recommendation is considered strong and graded as a 1. In most cases, when there is strong confidence that the benefits outweigh the harms, most patients would choose the intervention endorsed in that recommendation. However, when the tradeoffs between desirable and undesirable consequences are not as clear, variability in patient preferences and values often becomes germane to the decision-making conversation.

Weak recommendations are those for which the benefits and harms are more equally balanced, and thus a clear choice is not as obvious; these are graded with a 2. Strong recommendations are phrased, "the panel recommends," whereas weak recommendations are phrased "the panel suggests." Accompanying these indications of the strength of a recommendation is a letter score (A, B, or C) representing the grading of the body of relevant literature.

In grading the quality of the evidence, RCTs start with a high score but might be downgraded to moderate or even low based on the following criteria: limitations in the study design or conduct of the trial, imprecision, indirectness relative to the specifics of the PICO question, inconsistency in the results, and risk of reporting bias. Observational studies, on the other hand, start off as low-level evidence but can be upgraded to moderate or even high if exceptionally large and consistent treatment effects increase confidence in the findings, especially if there is a strong dose-response gradient.

The final grades are combinations reflecting the strength of the recommendation and the quality of the evidence. Strong recommendations with high quality evidence, grade of 1A, are less common than in past editions of these guidelines, since the evidence is assessed with greater rigor for most topics, and few studies without important limitations are available.

However, recommendations that do attain this score are those for which the panel could state with confidence that new studies would be unlikely to change the direction of the effect. These recommendations apply to most patients in most circumstances. But as the grades decline, patient
values and preferences likely would play an increasingly greater role in determining the best treatments or interventions for each patient.

The Final Conference

As the evidence reviews were completed and the tables and profiles prepared, the manuscripts and recommendations were drafted. Members of the article committees convened by phone or e-mail to discuss the evidence and work on drafting and grading the recommendations. These discussions generally resulted in agreement on both the quality of the evidence and strength of the recommendations.

The manuscripts and supporting tables were then reviewed by members of the Executive Committee and, after several iterations, the revised versions were shared among all panelists and the representatives of invited organizations in advance of the conference. The other panelists and representatives were asked not only to provide feedback but also to review the recommendations to identify any controversies. A recommendation was deemed to be controversial if at least one person disagreed with the wording or the grading, if there was controversy in practice, if there were wide variations in practice, or if at least one person asked that it be discussed among the broader panel and association representatives. These identified controversies composed the main agenda for the conference.

See the "Methodology for Development of Guidelines for Lung Cancer" (see the "Availability of Companion Document" field) for more information.

Rating Scheme for the Strength of the Recommendations

Strength of the Recommendations Grading System

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<td>Evidence for at least one critical outcome from observational studies, case series, or from RCTs with serious flaws or indirect evidence</td>
<td>Recommendation can apply to most patients in many circumstances. Higher-quality research is likely to have an important impact on confidence in the estimate of effect and may well change the estimate</td>
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<td>Weak recommendation, high-quality evidence, Grade 2A</td>
<td>Benefits closely balanced with risks and burden</td>
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</tr>
<tr>
<td>Weak recommendation, low- or very-low-quality evidence, Grade 2C</td>
<td>Uncertainty in the estimates of benefits, risks, and burden; benefits, risk, and burden may be closely balanced</td>
<td>Evidence for at least one critical outcome from observational studies, case series, or RCTs, with serious flaws or indirect evidence</td>
<td>Other alternatives may be equally reasonable. Higher-quality research is likely to have an important impact on confidence in the estimate of effect and may well change the estimate</td>
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Cost Analysis

- Tobacco dependence treatments are highly cost-effective relative to interventions for other clinical disorders.
- An analysis of the incremental cost-effectiveness of smoking cessation prior to lung cancer surgical resection suggests that even intensive interventions are cost-effective at both 1- and 5-year end points.

Method of Guideline Validation

External Peer Review
Internal Peer Review

Description of Method of Guideline Validation

Internal and External Peer Review

Once Executive Committee approval was received, the articles were submitted to American College of Chest Physicians (ACCP) staff for several layers of review. All reviewers were required to undergo a full conflict of interest (COI) appraisal before being approved. In the first round of reviews, the Thoracic Oncology NetWork reviewed the content of the manuscripts and the members of the Guidelines Oversight Committee (GOC) assessed the manuscripts for adherence to the methodology and conformance with the evidence. The ACCP President also appointed members of the Board of Regents to evaluate the guidelines in depth. All comments were collated into spreadsheets to ensure that they were appropriately answered. GOC and board reviewers discussed each comment and determined which should be mandatory for the authors to amend and which were provided as suggestions for improvement. All reviews and comments were anonymous, and authors were required to respond to all mandatory issues either by revising the manuscripts or providing written justification explaining why they did not agree with the reviewers' comments.

The revised manuscripts were submitted for round II review, simultaneously with the Journal peer review. Once the GOC and board reviewers approved the manuscripts, the ACCP President, President Elect, President Elect Designee, and Immediate Past President reviewed the guidelines. Approval was granted pending confirmation from the Board of Regents, before submission to the journal for final review by the Journal Editor. In addition to this extensive review process, which included nearly 30 individual reviewers from the ACCP leadership, external organizations were provided with opportunities to provide feedback before, during, and just after the conference. This final version was submitted for consideration for endorsement to all of the invited organizations, whether or not they sent representatives to the conference. However, once the guidelines were approved by the ACCP Board of Regents, no further changes were accepted. Organizations that provided endorsements are listed in each article.

Evidence Supporting the Recommendations

Type of Evidence Supporting the Recommendations

The type of supporting evidence is identified and graded for each recommendation (see the "Major Recommendations" field).

Benefits/Harms of Implementing the Guideline Recommendations

Potential Benefits

- Appropriate treatment of tobacco use in lung cancer

Potential Harms

- Not stated
Contraindications

Among lung cancer patients undergoing surgery for whom pharmacotherapeutic support is either contraindicated or refused, the authors suggest cessation counseling alone during the perioperative period.

Among lung cancer patients for whom pharmacotherapeutic support is either contraindicated or refused, the authors suggest cessation counseling alone as a method to improve abstinence rates.

Qualifying Statements

American College of Chest Physicians (ACCP) guidelines are intended for general information only, are not medical advice, and do not replace professional medical care and physician advice, which always should be sought for any medical condition. The complete disclaimer for this guideline can be accessed at the CHEST Web site.

Although the ACCP is moving toward the production of evidence profiles for all guideline recommendations, there were many recommendations for which profiles were not developed, mostly because of resource constraints. When possible, methodologists created evidence profiles, and all panelists were educated on how to read and interpret them. The population, intervention, comparator, and outcome (PICO)-based systematic literature review process was followed for most recommendations, but there were some that could have benefited from meta-analyses.

One limitation of all guidelines today is that they are not able to adequately address complex patients with multiple morbidities. This is largely because these patients are generally excluded from clinical trials and are often not included in observational studies. Since guidelines are reliant on evidence published in the peer-reviewed literature, the scientific foundation impedes the process of providing good guidance for these patients and is a limitation in these guidelines. Therefore, the ACCP encourages funding agencies to ensure that topics with limited evidence are addressed in future research.

Implementation of the Guideline

Description of Implementation Strategy

These guidelines are widely disseminated through the CHEST journal publication, National Guideline Clearinghouse, and Guidelines International Network library. Additional clinical resources will soon be available to users of CHEST Evidence, an upcoming tool for searching the content of America College of Chest Physicians (ACCP) guidelines.

As the expanding research into diagnostic techniques and treatment options continues to evolve, the guidelines must be updated and kept current. This edition of the ACCP Lung Cancer Guidelines will be the last to be published as a complete collection, as the ACCP is now embarking on a new living guidelines model (LGM) for revising existing recommendations and developing new recommendations as the literature evolves. This will include a continual assessment of the currency of these recommendations relevant to new research studies as they are published. The review cycle for the ACCP Lung Cancer Guidelines will begin 1 year after publication unless the content experts who monitor the literature bring a recommendation or set of related recommendations to the attention of the Guideline oversight Committee (GOC), suggesting that those recommendations are in need of updating sooner. The new LGM will permit a more nimble approach to guideline development but also requires a point-of-care accessible vehicle, CHEST Evidence, for the users to readily search for the most current version. These features will be described in greater detail in upcoming publications. As a step in this direction, these guidelines will be published primarily online with a printed version of the Executive Summary, containing all of the recommendations, the introduction, and this article on methodology. All narratives for each article with their supporting tables, figures, and algorithms will be available online at journal.publications.chestnet.org/.
Institute of Medicine (IOM) National Healthcare Quality Report Categories

IOM Care Need

Getting Better
Living with Illness

IOM Domain

Effectiveness
Patient-centeredness

Identifying Information and Availability

Bibliographic Source(s)


Adaptation

Not applicable: The guideline was not adapted from another source.

Date Released

2013 May

Guideline Developer(s)

American College of Chest Physicians - Medical Specialty Society

Source(s) of Funding
The development of this guideline was supported primarily by the American College of Chest Physicians (ACCP). The lung cancer guidelines conference was supported in part by a grant from the Lung Cancer Research Foundation. The publication and dissemination of the guidelines was supported in part by a 2009 independent educational grant from Boehringer Ingelheim Pharmaceuticals, Inc.

Role of sponsors: The ACCP was solely responsible for the development of these guidelines. The remaining supporters played no role in the development process. External supporting organizations cannot recommend panelists or topics, nor are they allowed prepublication access to the manuscripts and recommendations. Further details on the Conflict of Interest (COI) Policy are available online at http://chestnet.org.

See the methodology companion (see the "Availability of Companion Documents" field) for a complete discussion of the source of funding for this guideline.

Guideline Committee

American College of Chest Physicians (ACCP) Expert Panel on Lung Cancer Guidelines

Composition of Group That Authored the Guideline

Authors: Frank T. Leone, MD, FCCP; Sarah Evers-Casey, MPH; Benjamin A. Toll, PhD; Anil Vachani, MD

Financial Disclosures/Conflicts of Interest

- Conflicts of Interest (COI) grids reflecting the conflicts of interest that were current as of the date of the conference and voting are posted in the online supplementary materials.
- Financial/nonfinancial disclosures: The authors have reported to CHEST that no potential conflicts of interest exist with any companies/organizations whose products or services may be discussed in this article.
- See the methodology companion (see the "Availability of Companion Documents" field) for a complete discussion of the conflict of interest procedures and requirements for the guideline panel.

Guideline Endorser(s)

American Association for Bronchoology and Interventional Pulmonology - Medical Specialty Society

European Society of Thoracic Surgeons - Professional Association

Oncology Nursing Society - Professional Association

Society of Thoracic Surgeons - Medical Specialty Society

Guideline Status

This is the current release of the guideline.

Guideline Availability

Available to subscribers of CHEST - The Cardiopulmonary and Critical Care Journal. Also available to Chest subscribers through the Chest app for iPhone and iPad.

Print copies: Available from the American College of Chest Physicians, Products and Registration Division, 3300 Dundee Road, Northbrook IL 60062-2348.

Availability of Companion Documents
The following are available:


Print copies: Available from the American College of Chest Physicians, Products and Registration Division, 3300 Dundee Road, Northbrook IL 60062-2348.

The following is also available:


Patient Resources

The following is available:


Please note: This patient information is intended to provide health professionals with information to share with their patients to help them better understand their health and their diagnosed disorders. By providing access to this patient information, it is not the intention of NGC to provide specific medical advice for particular patients. Rather we urge patients and their representatives to review this material and then to consult with a licensed health professional for evaluation of treatment options suitable for them as well as for diagnosis and answers to their personal medical questions. This patient information has been derived and prepared from a guideline for health care professionals included on NGC by the authors or publishers of that original guideline. The patient information is not reviewed by NGC to establish whether or not it accurately reflects the original guideline's content.

NGC Status

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