

of guidelines is required for accreditation of health maintenance organizations by the National Committee for Quality Assurance. This requirement would probably move meeting accreditation criteria and responding to employer groups higher on the list of motivations than was the case in 1993. Guidelines offer the possibility of reaching the Holy Grail of American medicine: higher quality at lower cost. Guidelines, however, must be based on the best available evidence, be credible, be effectively implemented, and be meaningfully evaluated before these benefits can be achieved. Otherwise, the name has gone on, but the quality has not gone in.

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## Clinical Pearls

A nicotine patch, as compared with a placebo patch, was associated with increased acid reflux into the esophagus. The authors conclude that patients may wish to remove their nicotine patches at night. (*Am J Gastroenterol*. 1995;90:919-921.)

Men who come from violent families are less likely to be violent as adults if they develop strong personal attachments and if they perceive negative consequences of violent behavior from significant others. (*J Marriage Fam*. 1995;57:295-305.)