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## The University of Nottingham Centre of Evidence Based Healthcare: a Collaborating Centre of the Joanna Briggs Institute Annual Report 2013

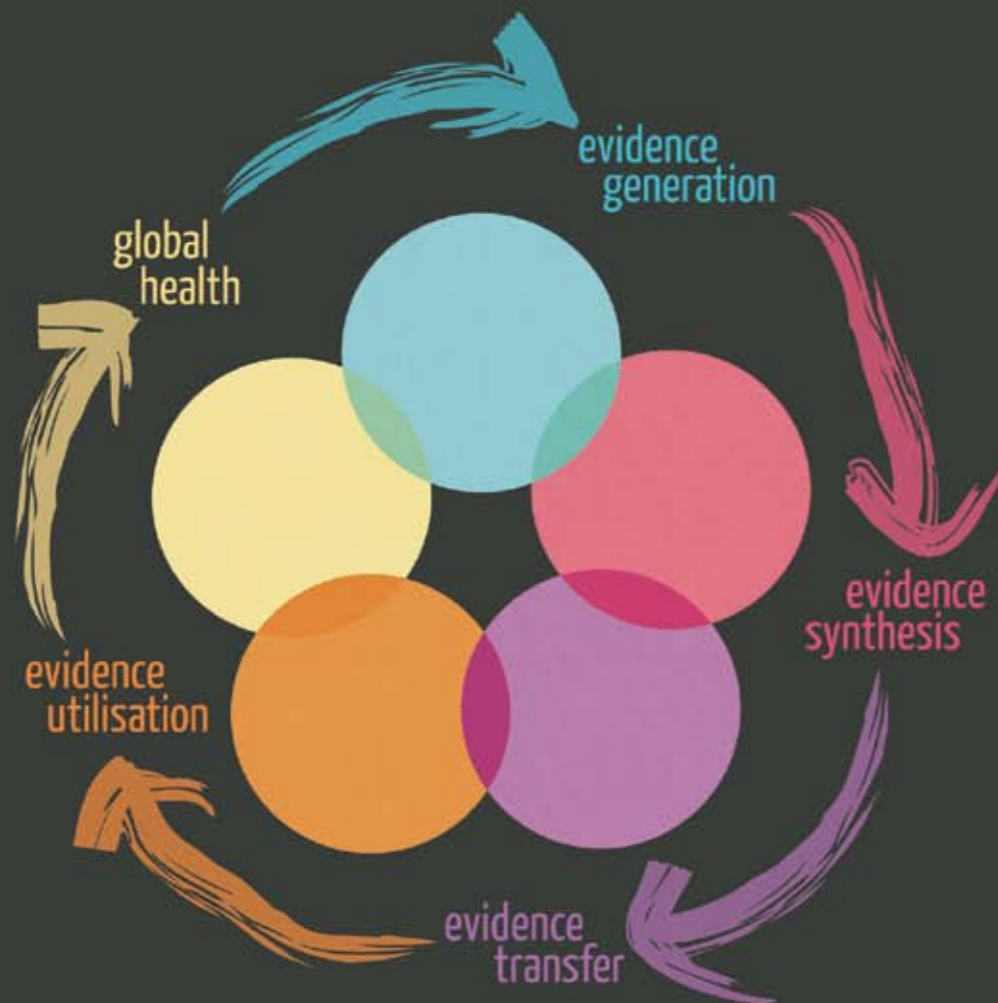
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The artwork above depicts the evidence based cycle and the type of work that we undertake in our centre. Designed by Jocelyn Daniels.

# Welcome

## Welcome to our very first JBI Collaborating Centre Annual Report.

For those of you that have not heard of the Joanna Briggs Institute (JBI), it was first established in 1996 as a joint initiative of Royal Adelaide Hospitals and the University of Adelaide. JBI is now an Institute of the University of Adelaide within the Faculty of Health Sciences. There are more than 70 Collaborating Centres across the world promoting evidence-based resources for service providers, healthcare professionals and consumers. The Joanna Briggs Collaborating Centres are self-governing collaborative entities, coordinated through the leadership of the Joanna Briggs Institute in Adelaide Australia. You can find out more about the JBI at [www.joannabriggs.edu.au](http://www.joannabriggs.edu.au)

The University of Nottingham Centre for Evidence Based Nursing and Midwifery (NCEBNM) was established in 2003 as the first European based Affiliate Centre of the Joanna Briggs Institute (JBI). In 2012 our Centre changed from being an Affiliate Centre to a Collaborating Centre and in order to reflect the changes taking place in our School at the time, we changed our name to the Nottingham Centre of Evidence Based Healthcare (NCEBHC): a Collaborating Centre of the Joanna Briggs Institute. JBI Collaborating Centres can decide to be involved with evidence synthesis, evidence appraisal or evidence utilization. Our Centre is mainly involved in evidence synthesis and is made up of health researchers, information scientists and practitioners who undertake systematic reviews following either the JBI or Cochrane approach. Our Centre works very closely with practice to ensure that we are undertaking systematic reviews that are addressing important clinical questions. In this way the evidence from our reviews can be fed directly back into practice either to inform guidelines and/or policy.

Systematic reviews not only inform practice but can also identify important gaps in the existing evidence base and may inform/support the need for more research. Further on in this report you will read about 'Question Drop' – an initiative which enables practitioners to tell us their clinical questions which are then researched by students for their dissertations. By collaborating with our clinical colleagues in this way, we hope to build strong links between research and practice.

I welcome the opportunity to write this report as it has allowed me to highlight the excellent systematic reviews that students have undertaken and how these have informed practice guidelines and policy.

We also wish to highlight that the School has a JBI educational membership which allows all students to access the JBI Library and tools free of charge.

To date, our Centre has published five JBI systematic reviews and seven protocols in the JBI Library. Our team work very closely with a range of UK and international partners to deliver high quality systematic reviews, JBI accredited short courses in comprehensive systematic reviews, work based fellowship programmes in evidence based practice for healthcare professionals and we support newly established JBI Affiliate/ Collaborating Centres.

I hope you enjoy reading this report. Maybe it will inspire you to undertake a JBI review!

Finally I would like to thank everybody who has contributed to the JBI Centre. I would especially like to thank Davina Malcolm who has supported us for several years and without whom our JBI courses would not run. I would also like to welcome Lindsay McLoughlin who will take over the Centre's administration from Davina at the end of August.

**Fiona Bath-Hexall**  
*Director of the University of Nottingham Centre of Evidence Based Healthcare: a Collaborating Centre of the Joanna Briggs Institute*  
July 2013



# Activities over the past year

In December 2012 our JBI Centre said goodbye to Dr Nick Allcock, one of the Centre co-directors who has now moved on to a Professorship at Glasgow Caledonian University. Nick had been with the Centre from the outset and we thank him for all his support over the years and wish him well in his new job.

Dr Fiona Bath-Hextall remains the Director and Dr Catrin Evans, who recently completed her 'Train the Trainer' course in Thailand, has taken on the role of Deputy Director. We are also very pleased to welcome Jo Cooper from Nottingham University Hospital Trust (NUH) as a core member.

In March this year we secured free JBI membership for all NUH staff allowing staff at both Queen's Medical Centre and City Hospital to have free access to the JBI Library and Evidence Based Practice tools. This is a major achievement which we hope will help towards achieving our mission of evidence informed decision making to improve health outcomes globally. We also hope that the membership will facilitate collaborative research between NUH and our School members. In May we ran a three day 'Evidence Based Nursing' course for 25 NUH staff and you can read more about this further on in the report.

In October of last year JBI officially launched their partnership with Wolters Kluwer Health (encompassing Lippincott Williams and Wilkins and OVID). This has meant that JBI resources and tools can now be accessed either through the Ovid platform or via Lippincott, Williams and Wilkins. You can find out more about how to access the JBI Library later on in this report.

Last year we established a JBI European Group in order to set up collaborative reviews and increase our opportunities to apply for EU funding. We had our first JBI European meeting in the University of Antwerp, School of Nursing and Midwifery and this was followed by a one day conference. As a direct result of this meeting the groups is now collaborating on three systematic reviews.

The second European meeting of the Joanna Briggs Collaboration took place in April this year at the Portugal Centre for Evidence Based Practice (PCEBP) in Coimbra, Portugal. A total of 27 members from ten Collaborating and Affiliate Centres and nine countries (Belgium, Denmark, England, Finland, Portugal, Romania, Scotland, Spain and Switzerland) participated. A public symposium was held on the second day of the event and attracted 130 participants, including health and education representatives, researchers, research fellows and health professionals from Portugal.

Last year the Joanna Briggs Institute International Convention was held in Chiang Mai, Thailand.

This year the JBI Colloquia is being held in Adelaide, South Australia (21-23 October). Three members of our JBI Centre will be giving oral presentations at this year's convention themed 'The 2013 campaign for getting evidence into policy'.



Second JBI European Group meeting in Coimbra



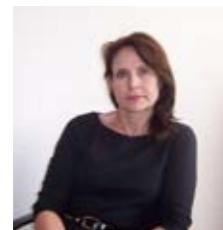
Conference centre in Chiang Mai, Thailand



Traditional Thai dancing at the Joanna Briggs Institute International Convention dinner



# JBI Management Committee



**Dr Fiona Bath-Hextall**  
Director of the Centre  
Associate Professor and Reader  
in Evidence-Based Healthcare  
and Honorary Associate Professor  
in the Centre of Evidence Based  
Dermatology

Fiona has been involved in systematic reviewing since 1995 and has authored more than 25 systematic reviews. Her reviews have informed NICE guidelines and identified gaps in research that have informed her research. She teaches evidence based practice to undergraduate, postgraduate and post registration students. She is a member of the JBI editorial board for the new online JBI Library and she represents the JBI European group on the JBI scientific committee.



**Dr Joanne Cooper**  
Core member  
Senior Research Fellow (visiting  
position) and Head of Nursing and  
Midwifery Research, Nottingham  
University Hospitals (NUH)

Jo holds a corporate nursing role at Nottingham University Hospitals NHS Trust, leading the development of capacity and capability in nursing and midwifery research. She also leads on the evidence based practice strategy for nursing within NUH. Her research interests are long-term conditions and self-management and decision-making, specifically linked to gastro-intestinal and liver disorders. She undertook the JBI Systematic Review Course in 2011 and is involved with two JBI systematic reviews.



**Nicola Darlington**  
Core member

Nicola has worked in medical libraries for over 16 years, in both NHS and higher education settings. She has been the project manager for a current awareness service for staff working in acute trusts. Her current role is faculty team librarian and she is involved in the information skills training programme for the Faculty of Medicine and Health Sciences. She finds supporting researchers who are conducting systematic reviews very rewarding.



**Dr Catrin Evans**  
Deputy Director of the Centre

Catrin qualified as a nurse in 1990. After working clinically in the field of HIV and infectious diseases, she obtained her PhD from the London School of Hygiene and Tropical Medicine in 2000. Dr Evans' research programme focuses on developing and evaluating community based initiatives for HIV prevention. She has a particular interest in implementation science, and has worked on several projects to explore and understand contextual factors that influence the development and potential transferability of intervention models. Much of Dr Evans' work has been undertaken overseas, particularly in South Asia and East Africa. Dr Evans has worked in the School of Health Sciences at the University of Nottingham since 2003 and feels strongly that education is a key route to personal empowerment and innovation in practice. She teaches courses related to evidence based practice and also supervises many MSc and PhD research projects. Dr Evans' research and educational practice is underpinned by a philosophy of working in partnership with all stakeholders, recognising that an enabling environment is critical for the implementation of new evidence, knowledge or skills.



**Wendy Stanton**  
Core member

Wendy has over 30 years' experience of working in medical and health science libraries, supporting both university and NHS professionals. She attended the first Evidence-Based Medicine for Librarians conference, held at Exeter University in September 1996. She has developed a series of training programmes to researchers undertaking for systematic reviews. She has also contributed to the integration of evidence based practice in the Graduate Nurse Curriculum.

# Training

## JBI Systematic Reviewing Course

In July we are running another JBI systematic reviewing short course and we have 24 participants from India, Brazil, Ghana, Czechoslovakia and the UK. The course offers participants the opportunity to work collaboratively on reviews and is a wonderful opportunity for networking.

## University of Sao Paulo, Brazil - EBP lectures and workshops

In August last year, Fiona was invited to the University of Sao Paulo to deliver a series of lectures and workshops on Evidence Based Practice. The University of Sao Paulo is a public university in the Brazilian state of Sao Paulo. It is the largest university and the country's most prestigious educational institution. It has 11 campuses, four in Sao Paulo. The other campuses are in the cities of Bauru, Lorena, Picacicaba, Pirassununga, Ribeirao Preto and two in Sao Carlos.

The visit was a wonderful opportunity to strengthen our ties with the University of Sao Paulo. We are currently supporting and mentoring staff in the School of Nursing in Ribeirao Preto with two systematic reviews.



Workshops on 'framing the question' in Ribeirao Preto



Lead lecture on Evidence Based Healthcare, Ribeirao Preto

## NUH training course

A tour of the United States of America highlighted the need for EBP knowledge for all Nottingham University Hospital Trust staff



**Emma Fitzsimons**  
Staff nurse, Nottingham University  
Hospitals NHS Trust

Emma travelled to the USA, having secured a travel scholarship from the Florence Nightingale Foundation, to find out how evidence-based practice (EBP) was promoted and embedded within their nursing culture. She found that for the hospitals she visited, EBP was strongly embedded within the nursing culture. In these hospitals all staff received basic EBP training. Senior staff in these hospitals received more detailed training in EBP and acted as mentors for other staff in their clinical areas. Clinical staff were encouraged to question their practice and to identify small EBP projects. Support mechanisms and a system of 'Shared Governance' facilitated nurses in identifying and implementing EBP projects which led to improvements in patient and staff satisfaction and clinical outcomes for their patients.

Emma's study tour of the USA highlighted four critical success factors for establishing a culture of EBP within nursing and midwifery: Shared Governance; EBP mentors and EBP education; visible support from leadership and feedback of audit and nursing outcomes. Emma's tour of the USA highlighted the need to do something similar in her own hospital especially as the provision of education in the process of EBP is a priority for her Trust. After a number of meetings with the JBI Collaborating Centre at Nottingham a bespoke course was set up for nurses working within NUH, to teach them about the essential steps in the EBP cycle and how to implement an evidence-based change in their clinical area.

In May we ran a three day 'Evidence Based Nursing' course for 25 NUH staff. The workshop was a hands-on highly experiential crash course in the principles and processes of evidence based practice. The participants were all senior, experienced nurses who quickly identified important clinical issues that required further research and development. The course enabled these practitioners to identify relevant evidence and to make a plan for further investigation resulting in a practice improvement project. The results from these projects will be disseminated after four months. Participants evaluated the course (and the ongoing mentoring provided by the NCEBHC) extremely positively. A common comment concerned a feeling of empowerment, of having additional knowledge and skills, but also the support of senior nursing management "I feel empowered, so enthusiastic – now I feel I can DO something" (renal nurse).

# Achievements

## Student reviews informing clinical practice



### Vicky Booth

I completed a JBI systematic review and meta-analysis investigating the effectiveness of virtual reality and interactive gaming systems in improving balance and reducing falls in adults with altered balance. Within clinical practice I noted how new commercially available interactive gaming systems had

been integrated into our falls rehabilitation service with sparse literature to support its effectiveness in this population. The novel intervention was well liked but I was unable to determine how effective the treatment was when compared to standard balance exercises. The systematic review was undertaken to answer this clinically derived question. As a practising physiotherapist, I was keen to complete this review using skills and networks I had developed whilst on a Masters of Research Methods at the University of Nottingham. I was funded through the Nottingham University Hospitals NHS Trust to complete the review and worked with colleagues from within my Trust and other Universities to author the paper.

The primary aim of the review was to inform clinical practice, providing a clear and concise message for practicing therapists on the use and efficacy of virtual reality and gaming interventions. In my experience, systematic reviews provide a high quality synopsis of the current evidence-base, allowing busy clinicians to digest a large body of literature. The JBI protocol and review was published within the JBI Online Library. The process was well supported and peer-reviewed, with useful feedback improving the clarity of the final review. I decided to repeat the review a year later to update the conclusions considering the recent publication of more literature. An increase in relevant studies enabled our team to undertake a meta-analysis of the pooled results, increasing the accuracy of our clinical message. The results of the review have been widely disseminated both at national and international conferences. The updated review has also been submitted to another journal for wider dissemination of the results – this is something that the JBI encourages.

Vicky Booth, T Masud, L Connell, Fiona Bath-Hextall. Does virtual reality improve balance in adults with impaired balance compared to standard or no treatment: A systematic review. *The JBI Library of Systematic Reviews* 2012; 10(48):3048-3079



### Edward Appiah Boateng

Edward was a student on the MSc Advanced Nursing 2009-2010. He completed the MSc course 'Principles and Process of Comprehensive Systematic Review' in spring, 2010 and undertook a systematic review comparing quality of life for renal patients undergoing peritoneal versus haemodialysis. The

review was published in the *Journal of Renal Care* in 2011 and the findings from his review informed the NICE 2012 evidence update on peritoneal dialysis.

Edward returned to Ghana, where he was appointed as a lecturer in 2011 with the Kwame Nkrumah University of Science and Technology (KNUST). He is currently back in Nottingham undertaking a PhD on 'Decision-making among end stage renal failure patients in Ghana' (joint funded by UoN and KNUST).

Boateng, E.A. and East, L., 2011. *The impact of dialysis modality on quality of life: a systematic review* *Journal of Renal Care*. 37(4), 190-200.



### John Mcluskey

John is a part-time doctoral student and Associate Professor in the School of Health Sciences. His doctoral study utilises an Interpretative Phenomenological Analysis approach to explore the experience of an HIV diagnosis in men who have sex with men (MSM) through the first year of

being diagnosed. A diagnosis of HIV has many effects on the emotional and behavioural health of MSM. There is a body of evidence that has offered reflections on the HIV diagnosis experience for MSM but many studies are retrospective with participants being diagnosed between 1 and 23 years. This can be problematic as some diagnoses were received prior to antiretroviral therapies becoming widespread.

As part of his Professional Doctorate, John has been conducting a qualitative systematic review entitled 'The experience of men who have sex with men in responding to and coping with HIV in the first year following diagnosis'. The protocol has been published in the Joanna Briggs Library and the review has been accepted for poster presentation at the 15th Annual Conference of the National HIV Nurses Association in Birmingham, United Kingdom and as an oral presentation at the Joanna Briggs International Convention, Adelaide, Australia in October 2013. Results from his systematic review will assist with the understanding of care delivery and management requirements of people newly diagnosed with this infection.

Mcluskey, John, Evans, Catrin, Bath-Hextall, Fiona. *The experience of men who have sex with men in responding to and coping with HIV in the first year following a diagnosis: a systematic review of qualitative evidence. The JBI Database of Systematic Reviews and Implementation Reports*, [S.l.], v. 9, n. 64 Suppl, p. S1 - S10, sep. 2011. ISSN 1838-2142. Available at: <<http://www.joannabriggslibrary.org/jbilibrary/index.php/jbisr/article/view/279/422>>. Date accessed: 24 Jun. 2013



### Louise Lansbury

Louise Lansbury is a doctoral student in the School of Health Sciences and a Research Associate at the Centre of Evidence Based Dermatology (CEBD).

Her research project, funded by an NIHR Programme Grant for Applied Research awarded to the

CEBD, focuses on the treatment of cutaneous squamous cell carcinoma (cSCC), a common non-melanoma skin cancer.

Despite its burden of morbidity, management guidelines for cSCC are largely based on evidence from study types low in the hierarchy of evidence, and on guidelines for the more common basal cell carcinoma. The objective of this research is to develop the protocol for a randomised controlled trial (RCT), which will be the first of its kind to address treatment uncertainties for the types of SCC seen every day in clinical practice. In order to help identify gaps in the evidence and to guide development of the proposed future trial, assessment of the current evidence base of SCC treatments has been a key aspect of the project.

Two systematic reviews have been produced to assess the current evidence for the effectiveness of treatments for cSCC. The first, published in the Cochrane library, reviews the evidence from randomised controlled trials. The second systematic review leads on from this due to the lack of evidence from RCTs and evaluates data from observational studies of SCC treatments. Results from these reviews are being incorporated into SCC management guidelines which are presently being developed by the Scottish Intercollegiate Guidelines Network (SIGN).

Lansbury L., Leonardi-Bee J., Perkins W., Goodacre T., Tweed J., Bath-Hextall F. *Interventions for non-metastatic squamous cell carcinoma of the skin. Cochrane Database of Systematic Reviews* 2010. Issue 4. Art. No. CD007869. DOI:10.1002/14651858.CD007869.pub2

Lansbury L., Bath-Hextall F., Perkins W., Stanton W., Leonardi-Bee J. *Interventions for non-metastatic squamous cell carcinoma of the skin: a systematic review and pooled analysis of observational studies (submitted for publication in the BMJ)*



# Publications

## Published Systematic Reviews in the JBI Library (2011-2013)

Vicky Booth, T Masud, L Connell, Fiona Bath-Hextall . Does virtual reality improve balance in adults with impaired balance compared to standard or no treatment: A systematic review. The JBI Library of Systematic Reviews 2012; 10(48):3048-3079.

Leonardi-Bee J, Ellison T, Bath-Hextall F. Lifestyle factors of smoking, BMI and alcohol consumption on the risk of Non Melanoma Skin cancer in adults: a systematic review. The JBI Library of Systematic Reviews 2012; 10(6):352-398

Barker J, Kumar A, Stanton,W, Bath-Hextall F. The needs and experiences of people with a diagnosis of skin cancer: a systematic review. The JBI Library of Systematic Reviews 2011; 9(4):104-121.

## Published Systematic Review Protocols in the JBI Library

Joao Apostolo, Aida Mendes, Fiona Bath-Hextall , Rogerio Rodrigues, Jose Santos, Daniela Cardoso,. Non pharmacological nursing interventions on the comfort of cancer patients: a comprehensive systematic review. JBI Database of Systematic Reviews & Implementation Reports JBL000749 2013; 11(2)372 - 388

Benjamin Ellis, Marian Blackburn, Fiona Bath-Hextall. The effectiveness of balance training interventions in improving balance impairment and function in people with multiple sclerosis: a systematic review [Published 2013]

Randle J, Peruhype R, Bath-Hextall F. An evaluation of educational interventions aimed at decreasing aedes aegypti mosquito breeding sites: A systematic Review.The JBI Database of Systematic Reviews and Implementation Reports, [S.I.], v. 9, n. 32 Suppl, p. S251 - S260, jun. 2011. ISSN 1838-2142. Available at: <http://www.joannabriggslibrary.org/jbilibrary/index.php/jbisrir/article/view/422/812>. Date accessed: 24 Jun. 2013

Kusi-Amponsah, Abigail, Nick Allcock, Fiona Bath-Hextall. Efficacy of music listening as a postoperative pain management intervention in adult patients: a systematic review.The JBI Database of Systematic Reviews and Implementation Reports, [S.I.], v. 8, n. 24 Suppl, p. S301 - 319, dec. 2010. ISSN 1838-2142. Available at: <http://www.joannabriggslibrary.org/jbilibrary/index.php/jbisrir/article/view/650/1009>. Date accessed: 24 Jun. 2013.

Pelton T, van Vliet P, Hollands K. Interventions for improving coordination of reach to grasp following stroke: a systematic review. The JBI Library of Systematic Reviews 2011; 9(29):1226-1270

Hollands K, Van Vliet P, Pelton T. Interventions for improving coordination of axial segments and lower limbs during walking following stroke: Systematic Review. The JBI Library of Systematic Reviews 2011; 10(22):1260-1362

Bath-Hextall FJ, Matin RN, Wilkinson D, Leonardi-bee J, Interventions for cutaneous Bowen's disease. Cochrane Database of Systematic Reviews 2013, Issue 6. Art No: 0007281. DOI: 10.1002/14651858.pub2

Mcluskey, John, Evans, C., Bath-Hextall, F. The experience of men who have sex with men in responding to and coping with HIV in the first year following a diagnosis: a systematic review of qualitative evidence.The JBI Database of Systematic Reviews and Implementation Reports, [S.I.], v. 9, n. 64 Suppl, p. S1 - S10, sep. 2011. ISSN 1838-2142. Available at: <http://www.joannabriggslibrary.org/jbilibrary/index.php/jbisrir/article/view/279/422>. Date accessed: 24 Jun. 2013

Joanne Cooper, Vicky Walker, Karen Cox, Cathy Van-Baalen, Vincent Crosby, Fiona Bath-Hextall. Patient, nursing and medical staff experiences and perceptions of the care of people diagnosed with non-curative palliative oesophago-gastric cancer: a systematic review protocol of the qualitative evidence. [Submitted 2013]

Joanne Cooper, Vicky Walker, Karen Cox, Cathy Van-Baalen, Vincent Crosby, Fiona Bath-Hextall. Interventions for health professionals, organisations and patients to enhance quality of life of people diagnosed with non-curative palliative oesophago-gastric cancer: a systematic review protocol of the quantitative evidence. [Submitted 2013]

Sasja Jul Hakonsen, Preben Ulrich Pedersen, Thordis Thomsen, Fiona Bath-Hextall, Birgit Norgaard Christensen. Diagnostic accuracy of a validated tool for monitoring nutritional status in patients with colorectal cancer: A systematic review. [Submitted 2013]

## Other published Systematic Reviews by Centre Members 2011- 2013

Prasad V, Brogan E, Mulvaney C, Grainge M, Stanton W, Sayal K. How effective are drug treatments for children with ADHD at improving on-task behaviour and academic achievement in the school classroom? A systematic review and meta-analysis. European Child and Adolescent Psychiatry 2013; 22 (4): 203-216.

Hodnett E.D, Downe S, Walsh D. Alternative versus conventional institutional settings for birth Cochrane Database of Systematic Reviews. 2012(8), CD000012.

Walsh D, Devane D. A metasynthesis of midwife-led care Qualitative Health Research. 2012; 22(7): 897-910.

Boateng EA, East L. The impact of dialysis modality on quality of life: a systematic review Journal of Renal Care 2011; 37(4): 190-200.

## Titles registered with JBI

Experiences of health professionals in changing practice for TB control: a systematic review. Riarianne Carvalho Peruhype, Catrin Evans, Fiona Bath-Hextall, Simone Protti, Pedro Fredemir Palha

Educational interventions to enhance health professionals' knowledge in Direct Observed Therapy and DOTS Strategy: a systematic review protocol Riarianne Carvalho Peruhype, Fiona Bath-Hextall, Cristina Maria Galvão, Pedro Fredemir Palha

Leonardi-Bee, Ellison T, Bath-Hextall F. Smoking and risk of Non Melanoma Skin Cancer: systematic review and meta-analysis. Archives of Dermatology 2012; 148(8):939-946

Lomas A, Leonardi-Bee J, Bath-Hextall F. A systematic review of worldwide incidence of non melanoma skin cancer. British Journal of Dermatology 2012; 166(5):1069-1080

Bath-Hextall FJ, Jenkinson C, Humphreys R, Williams HC. Dietary supplements for established atopic eczema. Cochrane Database of Systematic Reviews 2012, Issue 2. Art. No.: CD005205. DOI: 10.1002/14651858.CD005205.pub3.

The views and experiences of nurses in the provision and management of HIV testing: a systematic review of qualitative evidence. Catrin Evans.

The views and experiences of lay people in low income countries regarding health-related research and its associated processes: a systematic review of qualitative evidence. Catrin Evans.

# The JBI Library

The Joanna Briggs Institute online library is a repository for publications and information for policy makers, health professionals, health scientists and others with a practical or academic interest in evidence-based healthcare. The first journal 'The JBI Database of Systematic Reviews and Implementation Reports', had its first issue for 2013 published recently and is currently receiving submissions. Two other online journals will soon be available: 'The JBI Database of Best Practice Information Sheets and Technical Reports' and 'The JBI Database of Rapid Appraisals of Published Papers'.

The University of Nottingham's JBI Centre offers **educational membership for all of our students**. This grants them access to the JBI Library and evidence based practice tools. In addition, as a collaborating centre of the JBI we have been able to secure **free membership for all Nottingham University Hospital staff** allowing them to have access to the JBI Library. This is a major achievement which we hope will help towards achieving our mission of evidence informed decision making to improve health outcomes globally. We also hope that the membership will facilitate collaborative research between the Trust and our School members.

## How to find and search the JBI Library

### Accessing the Joanna Briggs Institute Evidence Based Practice Data Base, University of Nottingham

If you are a member of University staff or a University of Nottingham student, log on to the eLibrary Gateway at <http://metalib.library.nottingham.ac.uk/V> and search by title for *The Joanna Briggs Institute EBP database*.

To use the EBP tools, you will need to first create a separate OVID personal account, then log on using this and you will see the following screen:



Click on the continue button and this will take you to a range of evidence-based resources – designed to help you to find evidence for use within your clinical decision making.



### University Hospitals NHS Trust staff

If you are a member of NUH staff you can access the database by logging on with your NHS Athens username and password to <http://ovidsp.ovid.com/athens> and selecting *The Joanna Briggs Institute (JBI)*. To access the EBP tools, you will need to have first created an OVID user account and you will see the same screen above.



### What are Search Filters?

Search filters are pre-tested strategies that identify the higher quality evidence from the vast amounts of literature indexed in the major medical databases. They are designed to retrieve records of research using a specific study design or some other feature of the research. Filters exist for systematic reviews, RCTs, diagnostic studies, economic studies, qualitative studies and many more. Links to the InterTasc search filter resource together with filters produced by SIGN (Scottish Intercollegiate Guidelines Network) and the HEDGES project can be found on the centre's site at [www.nottingham.ac.uk/research/groups/cebhc/resources.aspx](http://www.nottingham.ac.uk/research/groups/cebhc/resources.aspx)

# Question Drop

Our Nottingham JBI Centre is working closely with our NUH colleagues to establish a system whereby NUH staff can propose important clinical questions for audit or systematic review by students and research staff in the School of Health Sciences.

### How does it work?

When a clinician asks an important question that has arisen out of their clinical area, all they will need to do is complete a form (available online) detailing their clinical question and then email it online into the JBI team. We will then advertise the question on the 'Question Drop' site to MSc students and staff. Depending on the question, the student may address the issue by conducting a systematic review or undertaking an audit. We hope this initiative will have two key mutually beneficial outcomes: (i) clinicians will get answers to their questions and (ii) students will have the opportunity to undertake relevant research, the results of which can be fed directly back into clinical practice.

Once a student has selected a question to work on, their details and the project title will be advertised to academic members of staff who can select the student and project they would like to supervise. We hope that there will be a clinical academic collaboration between the project supervisor and the clinician who will act as the clinical mentor on the project.

We are still in the process of designing the logistics for the 'Question Drop' system but we are confident that, once implemented, it will be of benefit to clinicians and the healthcare system. We aim to have the site up and running at the end of July 2013. More details will be available on the JBI Nottingham Centre's website very soon.

Colleagues and students in our School are encouraged to register their systematic reviews with JBI. One of the advantages of registering a review with the JBI is that it provides a peer review process making publication of the final review much more likely. Completed JBI reviews, once approved, are published in the JBI Library. JBI also encourage authors to publish their reviews in other journals to widen dissemination of the findings.

For further information please contact either [fiona.bath-hextall@nottingham.ac.uk](mailto:fiona.bath-hextall@nottingham.ac.uk) or [catrin.evans@nottingham.ac.uk](mailto:catrin.evans@nottingham.ac.uk)

# Reusable Learning Objects on evidence based healthcare

The JBI NCEBHC is keen to support innovation in teaching evidence based healthcare. The School is proud to be recognised as a national Centre of Excellence in teaching and Learning (CETL) for its work in developing Reusable Learning Objects – often referred to as ‘RLOs’. RLOs are small ‘chunks’ of interactive elearning that address just one specific learning objective. They involve text, visual and auditory delivery formats and include interactive exercises to reinforce learning.

It is well known that one of the main barriers for busy practitioners in engaging with EBP is time. For this reason, along with other colleagues, the NCEBH team has been involved in the development of a series of RLOs to support teaching on all aspects of EBP. The EBP RLOs can be completed in 5-15 minutes – ideal for doing in a lunch break or as a quick reinforcement of key material covered in a course. Usage data shows that the EBP RLOs are extremely well used and are being accessed from all over the world.

In order to ensure that future development of RLOs is itself evidence-based, the NCEBH is now undertaking a systematic review of the use and impact of RLOs!

The RLOs are open access. Go to [www.nottingham.ac.uk/helm/resources/learning-objects/rlo-subject.aspx](http://www.nottingham.ac.uk/helm/resources/learning-objects/rlo-subject.aspx) and then click on the EBP icon to see the list of evidence based practice RLOs.

**RLO: Steps in conducting a systematic review**

**Sections**

- I. Introduction
- II. Step One - Formulating a question
- III. Step Two - Conduct a search
- IV. Step Three - Assess the quality
- V. Step Four - Summarise the evidence
- VI. Step Five - Interpret the findings
- VII. Activity
- VIII. Feedback
- IX. Resources

**Introduction**

We may want to know if one particular health care treatment is better than another or whether it will do more harm than good. Information about health care is everywhere, but it can be very difficult to make sense of or keep up with all the literature and research going on around the world.

**Systematic reviews**

Systematic reviews are widely considered to be the best source of research evidence. They are essential tools for health care workers, researchers, consumers and policy makers who want to keep up with the evidence.

## Steps in conducting systematic reviews

**RLO: Presenting and interpreting meta-analyses**

**Forest plot**

Review: Effect of corticosteroid before preterm delivery  
Comparison: 01 Corticosteroids versus placebo  
Outcome: 01 Neonatal death

Study or sub-category	OR (fixed), 95% CI	Weight %	OR (fixed), 95% CI
Liggins & Howie 1972	0.58 [0.38, 0.89]	44.91	0.58 [0.38, 0.89]
Block et al 1977	4.22 [0.16, 1.45]	4.22	4.22 [0.16, 1.45]
Morrison 1978	5.83 [0.05, 1.15]	5.83	5.83 [0.05, 1.15]
Papageorgiou 1979	3.97 [0.02, 1.76]	3.97	3.97 [0.02, 1.76]
Schutte et al 1979	9.69 [0.05, 0.71]	9.69	9.69 [0.05, 0.71]
Tausch et al 1979	4.54 [0.27, 2.99]	4.54	4.54 [0.27, 2.99]
Collaborative 1981	26.94 [0.60, 1.58]	26.94	26.94 [0.60, 1.58]
<b>Total (95% CI)</b>	<b>0.61 [0.46, 0.81]</b>	<b>100.00</b>	<b>0.61 [0.46, 0.81]</b>

Total events: 84 (Corticosteroid), 133 (Placebo)  
Test for heterogeneity:  $\chi^2 = 10.90$ ,  $df = 6$  ( $P = 0.09$ ),  $I^2 = 45.0\%$

## Undertaking meta-analysis

# Scholarships

This year, the NCEBHC was pleased to award two prizes to University of Nottingham doctoral students who have successfully completed JBI systematic reviews: Dr Louise Lansbury and John McLuskey. Well done to both.

The NCEBHC has also awarded a scholarship to Emma Fitzsimmons from the Nottingham University Hospital Trust, to attend the Systematic Review Course.

The NCEBHC was also delighted to award three scholarships to nurse researchers from the Christian Medical College Vellore (South India) – one of India's top nursing universities. They will be attending the Centre's Systematic Review Short Course in July. We look forward to welcoming Vinitha Ravindran, Vathsala Sadan and Selva Titus Chacko.

# Train the Trainer Course

In November 2012, Dr Catrin Evans successfully completed the JBI Training of Trainers (ToT) Course held in Chiang Mai, Thailand. Below, she describes the experience:

“Having worked in many different countries, and seen at first hand the ‘know-do gap’, I am passionate about working with practitioners to help them to access, understand and implement best practice in healthcare. Having undertaken the JBI systematic review course, I was impressed with the organisation’s mission and vision and wanted to get more involved. I teach Evidence Based Practice in the School so I thought a deeper understanding of systematic reviewing would be beneficial for my research, my practice and also for my teaching.

These include a 100 question multiple choice exam and completion of various exercises using the JBI systematic reviewing software system ‘CREMS’. I initially felt rather daunted at the time involved in completing these exercises, but – as with everything else – I found that once I got down to it – it didn’t take me more than a day or two. Part two then involves participating in a four day workshop in which participants are randomly allocated different aspects of the JBI course to teach and must deliver these sessions in front of JBI’s most senior staff. Again – I thought this would be a rather stressful experience – but I found that my previous teaching experience stood me in good stead and it was actually fine. It was great to meet fellow ToT participants from all over the world (China, Kenya, India). We also rather enjoyed the venue (when we weren’t revising) - the beautiful Chiang Mai – and the good food! If you are interested in becoming a JBI trainer, do get in touch!”

The JBI has extremely high standards, and the ToT is designed to ensure that all trainers meet its specifications in terms of understanding the material and teaching it in an engaging manner. The ToT has to be completed in stages – first, by undertaking a series of online exercises known as ‘part one’.

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