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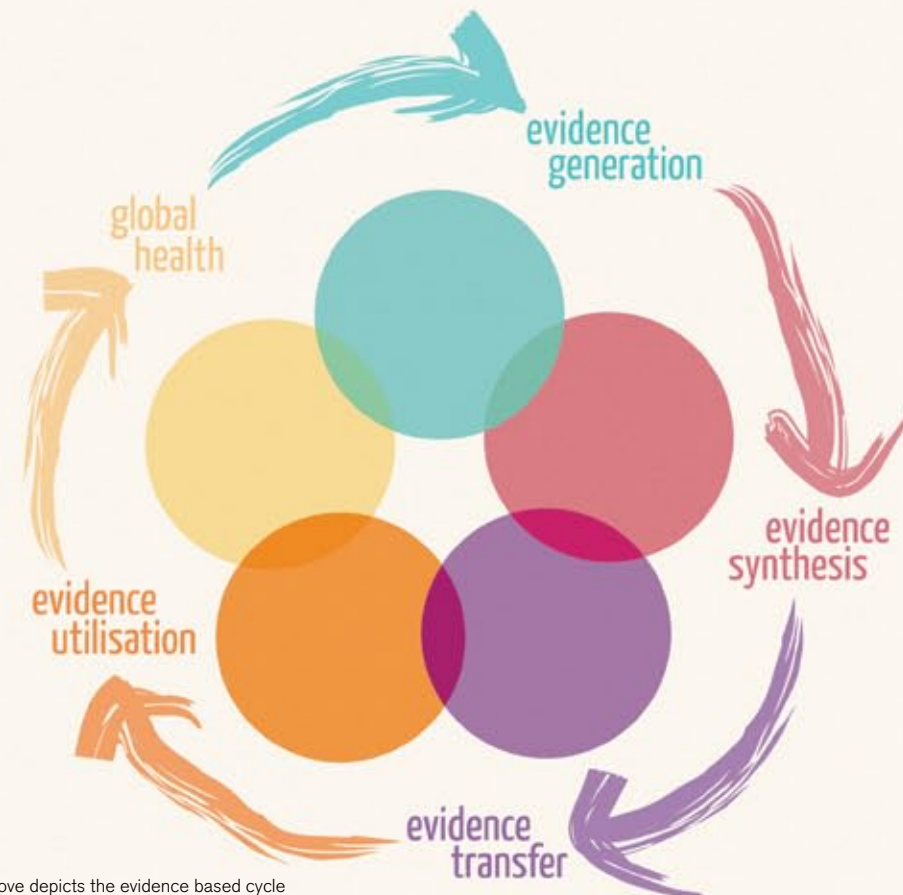
The University of Nottingham Centre for Evidence Based Healthcare:
a Collaborating Centre of the Joanna Briggs Institute
Annual Report 2014

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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

This last year has flown by, and so much has happened since our very first JBI Collaborating Centre Annual Report. Over the last year, our Centre has grown both in numbers and in collaborations.

In March this year, our Centre for Evidence Based Healthcare: a Collaborating Centre of the Joanna Briggs Institute, was established as one of the School of Health Sciences' Research Groups. This is a major achievement for our Centre and can only help to enhance our national and international collaborations and capacity building. Indeed, as a Centre we continue to support our colleagues both nationally and internationally with evidence synthesis and more recently we have seen small implementation studies undertaken by our participants from last years' NUH Evidence Based Nursing course.

The JBI European group is becoming more established and we are learning together about EU funding. Despite being unsuccessful this year with two EU funding bids, we strongly believe that this experience has made us a stronger group, and has provided us with useful lessons to build on for the future.

I would like to take this opportunity to say a big 'thank you' to Wendy Stanton on behalf of the whole Centre as she retires this June. Wendy has been a core member of our Centre from the outset and she has made huge contributions to its success. I would also like to thank Nicola Darlington on behalf of the whole Centre for her contributions. Nicola is transferring to the Collections Development Team and although not able to continue as a core member of the JBI group she will be supporting the Faculty and JBI through the provision of appropriate research resources.

I would also like to thank Lindsay McLoughlin who was the Centre Administrator from September last year to March this year, for all her hard work and contributions to the centre, especially on 'Question Drop'. Our new Centre Administrator is Rebecca Raven who has been very much dropped in at the deep end with having to organise not one JBI course, but three this year and a JBI European meeting here in Nottingham next year! Thank you Rebecca for all your hard work and support.

Finally, a reminder that the School of Health Sciences and all staff in NUH Trust have free membership to the Joanna Briggs Library and all of its evidence based practice tools. Please spread the word and use this wonderful facility.

Fiona Bath-Hextall
*Director of the Centre for Evidence Based Healthcare:
a Collaborating Centre of the Joanna Briggs Institute
July 2014*

Activities over the past year

This year we have had two visitors to our Centre. Dr Jitka Klugarova from Palacky University, Olomouc, Czech Republic is on an internship with our Centre. Dr Simone Protti, a postdoctoral Research Fellow from the Federal University of São Carlos, Nursing Department is taking a year out to work with our Centre and learn about systematic reviewing.

In February this year we had another opportunity to spread the word of evidence based practice and this time it was to deliver workshops in Sao Paulo, Brazil. The Workshop 'Evidence based practice in a global context: building sustainable communities of practice' was hosted by the School of Nursing at the University of São Paulo between 10 and 14 February 2014. The event was held in conjunction with the School of Health Sciences, University of Nottingham, UK. The workshop was the result of a partnership between FAPESP and the British Council, delivered through the Research Links project. You can read more about this later in the report.

In April this year I visited the Czech Republic (Middle European) Centre for Evidence-Based Health Care: An Affiliated Centre of The Joanna Briggs Institute, Department of Social Medicine, Faculty of Medicine and Dentistry, Palacký University Olomouc. Olomouc is the sixth largest city and in the Czech Republic and absolutely beautiful. The original medieval astronomical clock can be found in the facade of the Town Hall. The Palacký University, Olomouc is the oldest university in Moravia and the second oldest in the Czech Republic. It was established in 1573 as a public university led by the Jesuit order in Olomouc, which was at that time the capital of Moravia and the seat of the episcopacy. At first it taught only theology, but soon the fields of philosophy, law and medicine

were added. Many distinguished figures have taught, worked and studied here including Gregor Mendel. I felt very privileged to have been given the opportunity to deliver a key lecture in the most fantastic ancient lecture theatre that needed no microphone as the design was acoustically perfect.

Moving on, three members of our Centre presented at the JBI Colloquia in Adelaide last year. In May this year, three members of our centre attended the 3rd European JBC meeting in Bucharest, Romania: 'Evidence based nursing in Europe: Assessing the Status Quo and the prospects for collaboration.' Two of our members, Heather Wharrad and John McLuskey, undertook the 'Train the Trainer' course in Romania and passed with flying colours.

In June this year we ran our second NUH Evidence Based Practice course which was well attended. Our links with our NHS colleagues are growing and we are delighted to welcome Ellie Dring and Joseph Manning to the Centre team.

Also in June, we were delighted to have a visit from Jon Gilbert, Training Manager for Wolters Kluwer Health Medical Research and OVID technologies, who delivered a well attended lunchtime session on the JBI Library and Evidence Based Practice tools.

Fiona Bath-Hextall
*Director of the Centre for Evidence Based Healthcare:
a Collaborating Centre of the Joanna Briggs Institute
July 2014*



Professor Fiona Bath-Hextall with Dr Miloslav Klugar, Director of the Czech Republic (Middle European) Centre for Evidence Based Healthcare.



Enjoying a debate on evidence based practice during a collaborative workshop in Brazil.

Joanna Briggs Institute news

In December 2013, Professor Alan Pearson retired and while we are very sad to see Alan go I think we are extremely fortunate with the appointment of Professor Lyle Palmer who took up his position as the new Executive Director of the Joanna Briggs Institute and Head of School of Translational Health Sciences, University of Adelaide in March this year. Professor Palmer brings to JBI an impressive list of achievements. Prior to moving to Adelaide, Professor Palmer was a Senior Principal Investigator and Program Director at the Ontario Institute for Cancer Research and a Professor of Biostatistics, Epidemiology and Obstetrics and Gynaecology at the University of Toronto. From 2010 to 2014 Professor Palmer was the founding Executive Scientific Director of the Ontario Health Study (OHS), the largest population-based cohort study undertaken in Canada. He is also a key member of the team currently conducting the Ontario Birth Cohort, which is designed to be one of the largest and best characterized birth cohorts in the world.

JBI have now updated their levels of evidence and Grades of Recommendation in line with the recent push internationally to adopt the approach of the GRADE (Grading of Recommendations Assessment, Development and Evaluation) working group who have developed a grading of evidence and recommendation system that has been endorsed by many evidence-based health care organisations, including Cochrane, WHO, AHRQ (Agency for Healthcare Research and Quality, USA), NICE, BMJ Clinical Evidence and SIGN (Scottish Intercollegiate Guidelines Network, UK), among others.

JBI's evidence summaries have taken on a fresh new look. The new look is aimed at enhancing their usability and effectiveness. Evidence summaries are brief, appraised synopses that summarise existing international evidence on common health care interventions and activities.

The JBI website has also had a facelift. I am sure you will agree that the new site is far easier to navigate. Take a look at the new JBI website here: www.joannabriggs.org

Fiona Bath-Hextall
*Director of the Centre for Evidence Based Healthcare:
a Collaborating Centre of the Joanna Briggs Institute
July 2014*



Joanna Briggs Institute 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, represents the JBI European Group on the JBI Scientific Committee and is a member of the JBI Mixed Methods Group.



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.



Studying in the Greenfield Medical Library, Queen's Medical Centre.

Publications

Published Systematic Reviews by Centre members

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.

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.

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.

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.

V 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.

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

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.

Lansbury, L., Bath-Hextall, F., Perkins, W., Stanton, W. and Leonardi-Bee, J., 2013. Interventions for non-metastatic squamous cell carcinoma of the skin: systematic review and pooled meta-analysis of observational studies BMJ. 347, f6153.

Titles registered with JBI

The effects of dietary interventions in improving glycaemic control in overweight and obese patients with type 2 diabetes, independent of the effects of weight loss: a systematic review of quantitative evidence.
Amir Hossein Emadian - 28/02/2014

The effectiveness of surgery for adults with hallux valgus deformity.
Jitka Klugarova - 18/07/2013

The Views and Experiences of Individuals Ageing with a Spinal Cord Injury: Protocol for a Systematic Review and Synthesis of Qualitative Evidence.
Julia Maz

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.

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.

Manning J, Hemingway P and Redsell S (2014). Long-term psychosocial impact reported by childhood critical illness survivors: a systematic review. Nursing in Critical Care, 19(3):145-56.

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.

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.

Raaff, C, Glazebrook, C and Wharrad, H, (2014). A systematic review of interactive multimedia interventions to promote children's communication with health professionals: implications for communicating with overweight children BMC Medical Informatics and Decision Making. 14(8).

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

What are the experiences of health professionals in changing practice for TB control? (Innovation)
Rarianne Carvalho Peruhype, University of Sao Paulo (Secondary: Fiona Bath-Hextall, University of Nottingham; Co Reviewer: Pedro Palha) - 22/11/2012

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 - 23/06/2013

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

Systematic Review Protocols in the JBI Library

Apóstolo J, Mendes A, Bath-Hextall F, Rodrigues R, Santos J, Daniela C, (2013), The use of non-pharmacological nursing interventions on the comfort of cancer patients: A comprehensive systematic review protocol, JBI Database of Systematic Reviews and Implementation Reports, Vol. 11, No.2.

Downes MJ, Dean R, Bath-Hextall FJ (2013). Animal-assisted therapy for people with serious mental illness. Cochrane Database of Systematic Reviews, Issue 12. Art. No.: CD010818. DOI: 10.1002/14651858.CD010818.

Cooper J, Bath-Hextall F, Cox K, Parsons S, Crosby V (2014), Interventions for health care professionals, organizations and patients to enhance quality of life for people diagnosed with non-curative palliative esophago-gastric cancer: a systematic review protocol of the quantitative evidence, JBI Database of Systematic Reviews and Implementation Reports, Vol. 12, No.5.

Cooper J, Bath-Hextall F, Cox K, Parsons S, Crosby V (2014), Patient, nursing and medical staff experiences and perceptions of the care of people diagnosed with non-curative palliative esophago-gastric cancer: a systematic review protocol of the qualitative evidence, JBI Database of Systematic Reviews and Implementation Reports, Vol. 12, No.5.

Ellis B, Blackburn M, Bath-Hextall F, (2013), Balance training interventions for balance impairment and function in people with multiple sclerosis: a systematic review protocol, JBI Database of Systematic Reviews and Implementation Reports, Vol.11, No.10.

Evans, C, Nalubega, S, Mcluskey, J, Darlington, N, Croston, M and Bath-Hextall, F (2014). The views and experiences of nurses and midwives in the provision and management of routine (provider initiated) HIV testing: protocol for a systematic review of qualitative evidence The JBI Database of Systematic Reviews and Implementation Reports. Vol. 12, No. 2.

Jul Håkonsen S, Pødersen P, Thomsen T, Bath-Hextall F, Kirkpatrick P, Nørgaard B, Christensen C, (2013), Diagnostic accuracy of a validated screening tool for monitoring nutritional status in patients with colorectal cancer: a systematic review protocol, JBI Database of Systematic Reviews and Implementation Reports, Vol. 11, No.8.

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.

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.

Petit dit Dariel O and Regnaud JP, (2013), Do Magnet®-accredited hospitals show improvements in nurse and patient outcomes compared to non-Magnet hospitals? A systematic review protocol, JBI Database of Systematic Reviews and Implementation Reports, Vol 11, No. 11.

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.

Reports

JBIColloquia in Adelaide, 2013

In October 2013 I was fortunate to attend the Joanna Briggs Institute International Convention in Adelaide, Australia. I was representing The University of Nottingham Collaborating Centre for Evidence Based Healthcare, who supported me with an award to attend. The Convention focused on "getting evidence into policy" and on the first day of the conference I presented the result of a systematic review of qualitative evidence in relation to how men who have sex with men respond to and cope with HIV in the first year following diagnosis. The presentation went well and generated many comments and much discussion. In my experience, I found this to be one of the most supportive conferences I have attended.

During the Convention I was introduced to the JBI Centre and Staff at the University of Adelaide and attended the European Regional meeting, which enabled me to meet the Directors



John and colleagues at the JBI Colloquia in Adelaide.

of all JBC centres across Europe. The convention provided an excellent opportunity for international networking; meeting academics and practitioners from each continent of the world. Discussions and experiences were shared, particularly with international nurses, midwives, physiotherapists and other health professionals. This experience has increased my knowledge and interest in systematic reviews and evidence based healthcare, which has led me to become a systematic review educator through the JBI Train the Trainer programme.

John McLuskey
School of Health Sciences
The University of Nottingham



Mingling with international colleagues in Adelaide.

Comprehensive Systematic Review Training Programme 2013

In July 2013, the Centre ran a highly successful comprehensive systematic review training programme with 25 participants from all over the UK, Europe, and even India. The course proved to be so popular that the Centre has decided to run it twice in 2014 in order to meet the demand. The Centre encourages participants to take their protocols forward and undertake a full review. Two members of staff from the University of Leeds have subsequently registered reviews through the Nottingham Centre and are receiving mentorship from Centre staff for the process.



Course participants 2013, outside the Trent Building.

Testimonials from systematic review course participants

Emma Pope Joy (nee Fitz-Simmons)
Nurse at Nottingham University Trust Hospital



The Nottingham JBI Centre for Evidence Based Healthcare generously provided funding for me to undertake the systematic review training in 2013. The course was an intensive five day programme aimed at educating participants in the principles of evidence-based practice, the importance of systematic reviews for evidence-based practice

and the methods for conducting a rigorous systematic review. The programme, although intense with long days, was very interactive and each participant was able to make the content relevant to their own practice by developing a review protocol. The course has been incredibly useful in enabling me to further develop my skills in searching, appraising and collating relevant evidence. The skills learnt during this course have been invaluable for me during my current studies and I am sure they will continue to assist me in my future career.

Nicola Darlington
Librarian at The University of Nottingham



As a librarian who has been supporting clinicians undertaking systematic reviews for a number of years I was thrilled to be given the opportunity to attend the Joanna Briggs Institute Comprehensive Systematic Review course in July 2013.

My previous experience had been largely limited to the initial stages of conducting a systematic review. I had assisted researchers in formulating their search questions and building their search strategies and then I had not taken the process any further leaving all of the work of the review itself to other people. I found each session valuable in enhancing my knowledge about the systematic review process. Some of the theoretical aspects were completely new to me but I found I was able to gain a good understanding quickly as the instructors were able to bring the theory to life by illustrating it from their own vast experience of conducting reviews.

I enjoyed getting to grips with the specialist JBI software tools. It was great to have the opportunity to use the software with the support of people who had practical experience of using it for their own research. As a non-clinical person some of the practical group work appraising journal articles initially felt rather daunting, but once I persevered I found it very rewarding.

One aspect of the course I particularly enjoyed was meeting the other delegates. The course was genuinely international with representatives from Brazil, India and the Czech Republic. Spending time with them and learning more about their research was fascinating. There were also many different health professions represented on the course including nurses,

physiotherapists, medics and social scientists – some from academic and some from clinical settings. This provided a very rich learning environment during the group discussions.

The course gave me the confidence to think about conducting a systematic review of my own which I would not have contemplated previously. There were plenty of opportunities to discuss my own research ideas and to make a start on preparing a protocol. It has also meant that I am now able to support researchers conducting reviews in so much more depth than I had ever thought possible. I am very grateful to the Centre of Evidence Based Healthcare for their support in providing me with a funded place on the course.

Ruth Curtis
Librarian, The University of Nottingham

Prior to attending the JBI Comprehensive Systematic Review training course in July 2013 my knowledge and experience of undertaking systematic reviews was not extensive. In my role as a Subject Librarian in the Medicine and Health Sciences Faculty team at The University of Nottingham, I had supported and advised researchers in the literature searching aspect of performing systematic reviews, but had little experience of other key stages in the systematic review process. The support provided by the Centre for Evidence Based Healthcare to enable my place on this course was a great opportunity to develop my skills and understanding of this important process.

The JBI training course provided a thorough and extensive insight to conducting effective systematic reviews – both theoretical and practical. The course leaders were very experienced and knowledgeable; delivering each session at a pace which enabled me to understand and get to grips with the content. The supporting documentation, provided in both print and electronic format, was also exceptional, allowing me to go through each stage of the process at my own speed. Plenty of opportunities for hands-on practice using the JBI software were also welcome, enabling a deeper understanding of how this worked; with the course leaders always on hand to provide guidance and advice.

The course was further enhanced by frequent opportunities to discuss aspects of the systematic review process with other participants, and to hear about the different areas of research in which participants were involved. Having a non-clinical background, I did find certain aspects of the course a little daunting, particularly when it came to reviewing clinical research articles for the practical sessions; however, fellow participants and course leaders alike were very supportive and patiently answered lots of questions!

It was a very enjoyable course which greatly facilitated my understanding of conducting all stages of a systematic review; the opportunity to begin working on a systematic review in my own field was particularly welcome and further enhanced my knowledge of the whole process. The skills I developed during the course have certainly helped me in my role as a Subject Librarian when advising researchers undertaking their own systematic reviews.

Evidence Based Nursing Course 2013

The 'Evidence into Nursing Practice' course was a collaborative endeavour between The University of Nottingham Centre for Evidence Based Healthcare and the Nottingham University Hospitals NHS Trust. It encompassed a taught component which was delivered over three consecutive days including sessions on the steps in evidence-based practice, types of evidence, basic statistics, implementing change, as well as workshops on framing the question and searching for evidence. There was then a follow up period of a few months where participants worked on designing and implementing their projects. Participants included nurses in different clinical roles from staff nurses to clinical nurse specialists and operating department practitioners, representing a variety of specialities and most of the directorates within the Trust.



Workshop participants on poster day.

A poster presentation earlier this year provided participants with an opportunity to showcase their work to the university and the Trust. The poster presentation was attended by staff from the hospital and the university, including the Director of Nursing who was delighted with the quality of the work produced and who has directed some of the projects to be taken forward at a Trust level.

Evaluation of the course was highly positive with comments indicating that the applied nature of the course was valued and that it made the participants come away thinking that they could actually implement a project. Comments also highlighted how the course made them look at things differently and showed them how evidence-based practice is more simple than they initially thought.

The course is being delivered again this year over three days, with one session a week for three weeks, including a fourth day for the poster presentation. This change was in response to the evaluations from last year that highlighted that the three consecutive days were too intense and participants would have preferred the sessions to be spread out over a few weeks.

Ellie Dring and Emma Popejoy
Senior Nurses, Nottingham University Hospital Trust

Train the Trainer in Bucharest, Romania

From Saturday 10 May 2014 to Tuesday 13 May 2014 I undertook the JBI Train the Trainer programme in Bucharest, Romania. My colleague, Professor Heather Wharrad, also attended. Our hosts were OAMGMAMB, the Romanian Order of Nurses, Midwives and Medical Assistants – the Romanian NMC, who provided excellent support to the six participants from the UK and Czech Republic.



Enjoying the hospitality provided by our hosts in Romania.

Each day was spent delivering sessions from the Introduction to Systematic Review through Quantitative, Qualitative and Economic Evaluation Analysis. Dr Ed Aromatosis, Associate Professor, was our assessor from Adelaide, encouraging us to achieve the 80% pass rate each day. We were assessed on our knowledge of the JBI approach to systematic reviews and how to take students through the software. It was a challenging few days, but thankfully we both passed!

The Train the Trainer Event was followed by two days of attendance at the third European JBC Meeting – "Evidence based nursing in Europe: Assessing the Status Quo and the prospects for collaboration". It was good to see a shared enthusiasm for Evidence Based Healthcare and plans for future collaborations on systematic reviews across Europe. Thursday 15 May 2014 was ended by attendance at an International Round Table event with Romanian Senior Nurses on "Implementation challenges and opportunities for EBP", sharing case studies on how evidence based healthcare has been implanted in a variety of European settings.

John McLuskey
Centre for Evidence Based Healthcare
School of Health Sciences, The University of Nottingham



Workshop participants on poster day at the Evidence Based Nursing course 2013.

Update on evidence based practice and Reusable Learning Objects

Spreading the Word: Translating Evidence Based Practice RLOs into French!

Following in the footsteps of their international colleagues, nursing education in France entered higher education in 2009, thus opening the doors to nursing research and evidence-based practice. That same year the Département des Sciences Infirmières et Paramédicales (DSIP - Department of Nursing and Allied Health Sciences) in the Ecole des Hautes Etudes en Santé Publique (EHESP French School of Public Health) became the first nursing department in France to offer a Masters in Nursing Sciences degree. One of the main objectives of the department was to help launch nursing research in France and, through its Masters programme, increase awareness of the existing scientific literature as a means of encouraging evidence-based practice (EBP), which remains a fairly new concept amongst French nurses today.

One of the lecturers in the DSIP had received a PhD in nursing sciences from the School of Health Sciences at The University of Nottingham and so, a collaboration was established to translate some of the Reusable Learning Objects (RLOs) on the topic of EBP/EBN from English to French. It was expected that these online tools would facilitate the acquisition of certain skills that

the Masters students were having trouble with, such as How to conduct a literature search; Advanced Literature searching; Asking the Right Question; Referencing; Steps in conducting a Systematic Review etc.

Thanks to funding from the Centre for Evidence Based Healthcare, the DSIP has been able to translate one RLO "Using Databases to find Journal Articles" (see Figure below), and another is to follow soon. These RLOs will be made available to the Masters students in the next academic year (2014/2015) and evaluated in terms of their usefulness in helping them better assimilate these new concepts and competencies required of them as they move into Advanced Practice Nursing. Indeed, it is expected that these new APN roles in France will help facilitate a change of culture in the clinical settings as these nurses take on positions in which they can act as EBP "Champions" in their healthcare teams.

Dr. Odessa Dariel

Professeur de l'EHESP

Département des Sciences Infirmières et Paramédicales, École des Hautes Études en Santé Publique



Example of an RLO translated into French

Using RLOs to build links with Brazil

In February this year, 34 early career healthcare researchers from the UK and Brazil participated in a four day workshop called 'Evidence based practice in a global context: building sustainable communities of practice' hosted by the School of Nursing, University of São Paulo. The workshop was facilitated by Heather Wharrad, Fiona Bath-Hextall and Stephen Timmons (from the Centre for Evidence Based Healthcare at Nottingham) and Cassia Soares, Diná de Almeida Lopes Monteiro da Cruz and Luiza Akiko Komura Hoga (from the University of Sao Paulo). The workshop offered a unique opportunity for the participants and facilitators to discuss the challenges of evidence based healthcare from a UK and Brazil perspective.



Brazil workshop participants.

On day one, each researcher had 10 minutes in Pecha Kucha style presentations to tell the group about their research area and their own interest in evidence based healthcare. The presentations were excellent and represented a wide range of clinical and scientific healthcare disciplines (midwifery, nursing, dentistry, physiology, psychology and sociology). On day two, following presentations from Fiona, Stephen and Cassia on the synthesis and translation of evidence, the participants discussed the global challenges of translating evidence in healthcare. On day three and four each group worked on developing a reusable learning object (RLO) specification – RLOs are pedagogically designed, self-contained, multimedia, peer reviewed web-based resources. RLOs represent 5-10 minutes of learning time. Heather introduced the concept of RLOs and how to design a storyboard, the groups then scoped their ideas for their RLO. The quality of the specifications produced was excellent focusing on topics such as 'Understanding family violence for healthcare professionals', and 'Scientific language: A global challenge to EBP'. Six RLOs are currently being developed and will be freely available on the HELM Open website at www.nottingham.ac.uk/helmopen



The maternal health group working on their RLO storyboard.

Evaluations from the workshop participants were all very positive.

"I learned about useful ways to spread the evidence. Furthermore I experienced a very different new world and I had the opportunity to share experiences with a breadth of professionals from other disciplines."

"Work in collaboration with people from different countries and cultures. The RLO is a fantastic strategy to make usable EBP."

"I've learned that we have much more in common than we think. Despite the fact that the UK health system has more money and is more advanced, we can still work together to solve problems."

The RLOs will be a valuable set of resources for the evidence-based practice community in the UK and Brazil, and globally. From the facilitator's perspective, it is amazing what was produced in such a short space of time. The RLO activity not only produced high quality specifications but also stimulated debate and further research ideas that could be taken forward by the groups after the workshop. The groups have continued to stay in contact via social media. Further seed funding secured from the British Council will allow two Brazilian participants from the Maternal Health group to come to the UK in the autumn to attend the CSR course and continue to work with UK colleagues on a systematic review protocol around domestic violence.

The event was jointly funded by the British Council Researcher Links programme and FAPESP, the Sao Paulo research funding body. For more information visit:

www.nottingham.ac.uk/go/ebpbrazil

Professor Heather Wharrad (Workshop Facilitator)
Centre for Evidence Based Healthcare, School of Health Sciences

Visiting scholars at the Centre for Evidence Based Healthcare

This year, the Centre has enjoyed hosting two visiting academic scholars; one from Brazil and one from the Czech Republic. They have spent time with staff developing their protocols, undertaking courses and literature searches and enjoying the space to work unburdened from their usual working lives. Below, they describe their experience in Nottingham.



Dr Jitka Klugarová: My experiences and feedback from internship in Nottingham

I am a postdoctoral fellow in the Centre for Research and Science and I am also a systematic reviewer in the Czech (Middle European) Centre for Evidence Based Healthcare at

Palacky University in Olomouc, Czech Republic. My area of interest is Podology, Physical Therapy, Biomechanics, EBHC approach and systematic reviews.

I spent almost three months in the Nottingham Centre for Evidence Based Healthcare (CEBHC). My internship, mentored by Professor Fiona Bath-Hextall, was focused on methodology and development of systematic reviews. In Nottingham, I started to develop a quantitative systematic review, focused on the effectiveness of hallux valgus surgery, in cooperation with Prof Fiona Bath-Hextall and Dr Victoria Hood. Working with experienced systematic reviewers in Nottingham helped me to use my knowledge from "JBI comprehensive systematic review training course" very quickly. The protocol of this systematic review will be published very soon. Currently, I am working on four systematic reviews, three quantitative and one qualitative. My internship has also helped to start very beneficial international cooperation between Nottingham and the Czech CEBHC.

In addition to the valuable experience and new knowledge I spent a nice time in a very friendly environment of CEBHC. I look forward to last part of my internship in Nottingham in July.

Jitka Klugarová, PhD

Centre for Science and Research, Faculty of Health Sciences, Palacky University Olomouc, Czech Republic and the Czech Republic (Middle European) Centre for Evidence-Based Health Care: An Affiliated Centre of The Joanna Briggs Institute, Faculty of Medicine and Dentistry, Palacky University Olomouc, Czech Republic
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Dr Simone Protti: My experience as a visiting academic scholar at Nottingham

My experience as a visiting academic scholar at The University of Nottingham, particularly in the School of Health Sciences, has been a unique opportunity for learning and

developing technical and professional skills. I have enjoyed increasing and strengthening my networking with high-level academic professionals; learning about the health system in England and obtaining a more realistic view of culture and habits of this country. I have undertaken some of the modules which were very interesting and which enabled me to meet many nurses and health professionals with whom I could exchange experiences about health care, services, treatment methods and service management.

My fellowship is funded by FAPESP and is for one year. The aim is to undertake a systematic review investigating at the experience of living with TB-HIV co-infection. My main academic mentor is Dr Catrin Evans and I am also working alongside Professor Fiona Bath-Hextall. Together, they are helping me to acquire new knowledge and are empowering me in the use of an important research tool that will be applied and disseminated in Brazil, adding value to my teaching career. Besides that, I hope to develop future research collaborations between our two universities (University of Nottingham, UK and the Federal University of São Carlos - Brazil).

My main impressions of Nottingham have been of expert knowledge, great organization and professionalism, in addition to hospitality, politeness, attention and care. This experience has helped me to grow professionally and personally.

Dr Simone Protti

Federal University of Sao Carlos, Brazil

Question Drop: An exciting new initiative

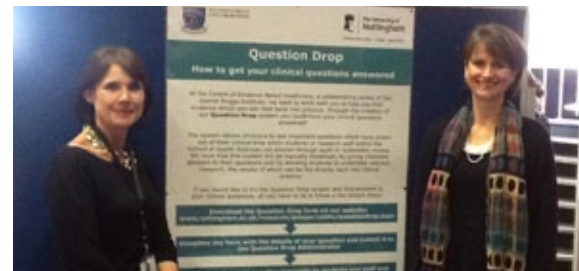
The University of Nottingham, School of Health Sciences, Centre for Evidence Based Healthcare (CEBHC) aspires to work in close partnership with clinical colleagues to support evidence synthesis and transfer. Each year, up to 400 MSc and BSc students in the School complete an evidence synthesis dissertation on a topic of their choice. Some students struggle to identify a relevant topic whereas others choose topics that are not directly relevant to practice. At the same time, clinical colleagues note that they lack the time and resources to find the right evidence for their clinical problems. The CEBHC has created an innovative scheme called 'Question Drop' to enable practitioners to pair up with students undertaking dissertations to find answers to pressing clinical issues.

The system is currently being piloted. An online system was created through an interactive web-platform called 'Workspace'. Practice development matrons in the hospital work with their teams to identify pressing clinical issues. These are then written onto a specially designed form and submitted to the CEBHC administrator. A team from CEBHC (which includes senior practitioners) reviews and prioritises the clinical questions. At specified points of time (in line with the dissertation planning cycle), students are invited to apply to undertake a systematic review on a submitted topic.

The students must have an excellent academic track record and must demonstrate a good understanding of the topic. Successful students will be recognised by a CEBHC award which will add value to their CV. A tripartite team is then established (comprising of the student, a practitioner and an academic) who work together to complete the review.

There has been great enthusiasm for this initiative so far. Question Drop is an excellent example of the evidence based practice cycle in action. The tripartite partnership ensures that good questions are identified, evidence is reviewed and insights are directly transferred back to practice.

Dr Catrin Evans
Centre for Evidence Based Healthcare
School of Health Sciences, The University of Nottingham



Catrin and Fiona promoting the new Question Drop initiative at a hospital event.

Top tips

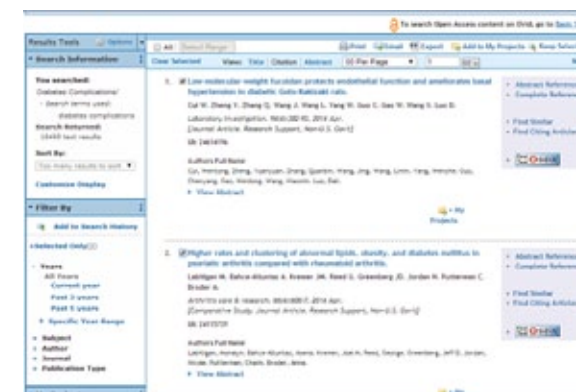
Using EndNote to support EBP

EndNote is a software tool that many researchers find useful when working on a systematic review. It can act as a reference database - specialising in storing and managing bibliographic references in a private reference library. It is also a bibliography maker allowing the user to build lists of cited works automatically in any citation style they need.

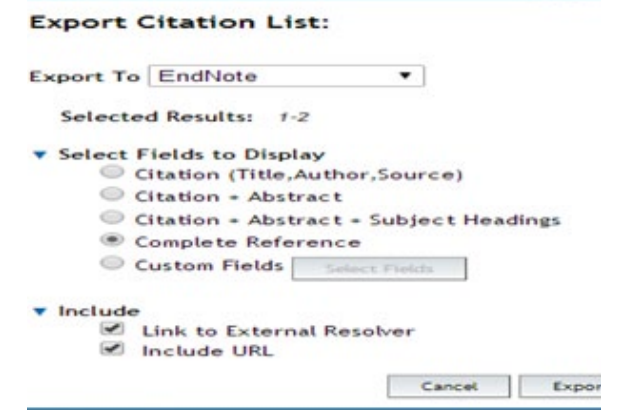
For systematic reviewers who are searching a number of different bibliographic databases it is straightforward to capture the references found from each database and add them to a single EndNote library. The software can then be asked to quickly identify any duplicate records when the same reference has been found in more than one database.

Downloading references from commonly used Medical databases such as Medline, Embase and PsycINFO is very straightforward as they have a built-in direct export feature.

If you select the references you want from the database and click on EXPORT



You will be able to choose to export directly into EndNote.



EndNote will also allow researchers to search for the full text of journal references and where possible will add the pdf to the bibliographic record.

Many researchers also use the ability to create custom groups to organise their references and to keep track of excluded and included studies.

A comprehensive workbook on using EndNote has been produced by librarians at The University of Nottingham. You may also be interested in having a look at a recorded webinar produced specifically for systematic reviewers who are investigating the potential of EndNote for their own research.

For further information visit:
www.adeptscience.co.uk/download/dlddsp/13935/0/All/Medical+Research+with+EndNote.html

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This publication is available in alternative formats.

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