

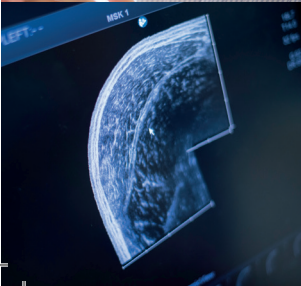


University of
Nottingham

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Bi-annual Report 2015/2017

Centre for Evidence Based Healthcare (CEBHC)



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Welcome

Welcome to the Centre for Evidence Based Healthcare (CEBHC)'s first bi-annual report. Last year we were exceptionally busy and as such unable to publish our usual annual report. In light of increasing time constraints, we took the decision at last year's strategy meeting to move permanently to bi-annual reports. We also agreed that our vision for the next five years should be:

“To work collaboratively with researchers and healthcare professionals to achieve excellence in evidence synthesis, translation and implementation for the improvement of health globally.”



Some of the members of the CEBHC Research group – November 2016

Back row (L-R): Jo Leonardi-Bee, Elizabeth Hendron, Fiona Bath-Hextall, Catrin Evans, Gina Higginbottom.

Front row (L-R): Kathryn Hinsliff-Smith, Ellie Dring, Rebecca Raven, Julie McGarry, Rachael Spencer, Jeanette Eldridge, Heather Wharrad.



In this report you can read about our activities, achievement and publications over the last two years. Here I provide a few highlights of that time.

We are proud to have held two very successful Joanna Briggs Institute (JBI) Comprehensive Systematic Reviewing courses, both oversubscribed. Our membership increased and we welcomed two additional members to the management group: Professors Jo Leonardi-Bee and Gina Higginbottom. Jo is Professor of Medical Statistics and Epidemiology in the School of Medicine and was the statistical editor for the Cochrane Skin Group for many years. Gina is The Mary Seacole Professor of Ethnicity and Community Health in the

School of Health Sciences and has a particular expertise and interest in undertaking systematic reviews using narrative synthesis approach. Gina is also a trainer for ATLAS, a qualitative data analysis software package.

Our online journal club, led by Dr Natasha Recchia, is currently being used to support teaching of critical appraisal and evidence based practice on the undergraduate nursing degree. Question Drop continues to be used to link academics with clinical colleagues, ensuring that we undertake reviews that answer important clinical questions.

JBIC

news and activities

In December 2015, JBI Committee of Directors (COD) met in Adelaide for a three-day meeting, followed by a two-day International Methodology Symposium. A broad spectrum of methodologies was discussed such as scoping review, diagnostic accuracy review and umbrella reviews. This was also an opportunity to look at the new systematic reviewing software under development.



In 2016, the COD met again in Adelaide where the new framework for the JBI collaboration was rolled out. We also had the opportunity to look at the almost finished version of the new JBI software – SUMARI. The new SUMARI is an online web application that has the added advantage of not needing to download software (such as CReMS) to conduct a review. SUMARI looks very different but is just as user friendly as the previous software but with the addition of many time saving features. The COD was then followed by a very special JBI 20th Anniversary Conference celebration at the National Wine Centre of Australia. This was to celebrate and recognise the Institute's endeavours over the last 20 years to improve global health using the best available evidence in healthcare. More than 200 delegates from JBI's 59 collaborating centres from over 30 countries attended the event.

For our Nottingham CEBHC and JBI Centre of Excellence this was a very special time as we were awarded the Evidence Synthesis Award. This is indeed a true reflection of all the hard work by both members of our centre and affiliate members and I want to take this opportunity to thank you all for making this possible.



The JBI European meeting was hosted by Robert Gordon University in Aberdeen. You can read all about this later in the report (see page 14).

This year JBI will combine its annual scientific meeting with four other organisations: Cochrane, Guidelines International Network, The Campbell Collaboration and the International Society for Evidence Based Health Care. The event, hosted by Cochrane South Africa, will be held 12-16 September as part of the 2017 Global Evidence Summit www.globalevidencesummit.org. The summit aims to advance the use of reliable research evidence in addressing some of the world's most serious health and social challenges. The CEBHC has had three abstracts accepted for this global summit.



A new partnership

The JBI and The Campbell Collaboration recently signed a Memorandum of Understanding to develop a close working partnership that supports their mutual missions, goals and values. Building on their respective strengths, the partnership will explore how JBI and The Campbell Collaboration can work together to meet their shared goals in relation to the production of high-quality evidence and its use in decision-making globally.



A new GRADE centre

The JBI, together with the Grading of Recommendations Assessment, Development and Evaluation (GRADE) Working Group, recently announced the establishment of the JBI Adelaide GRADE Centre, located within JBI's central offices in Adelaide. The newly established centre will offer training in GRADE methods and contribute to the scientific development of GRADE methods.



Thank you

I would like to thank Rebecca Raven for her continued support with the administration of the centre and our training courses. I would also like to say a big thank you to Dr Kathryn Hinsliff-Smith who has co-ordinated and designed this report.

We hope you enjoy it!

Professor Fiona Bath-Hextall
Director, CEBHC

Nottingham Health China collaboration

The vision for Nottingham Health China is to create a cross-campus, collaborative network of researchers and educators working together to make Ningbo City, and the wider Zhejiang province, a key centre for information-technology centred, cost effective and evidence based healthcare in China. The country's changing population demographic, high prevalence of cigarette smoking, increasing level of obesity and desire to move healthcare from hospitals to the community, means that there is a pressing need for cost effective, evidence based healthcare guidelines. Given this consideration, the focus of Nottingham Health China will be the important public health problems within the region, and particularly long-term conditions such as diabetes, heart disease, COPD and cancer. The CEBHC will work in collaboration with the main Health Care Partners in Ningbo, including the main hospitals and Centre for Disease Control, to make sure our work aligns with local and national healthcare needs.

Progress to date

Within our Nottingham campus we have assembled a cross faculty team of researchers and educators with a wide range of backgrounds and skills relevant to evidence based healthcare. A number of this team have already visited Ningbo and set up collaborative links with Number 1 and Number 2 Hospitals and the Public Health team at the Centre for Disease Control. In April this year Professor Richard Hubbard, Professor Fiona Bath-Hextall and Dr Kaushik Chattopadhyay visited Ningbo to deliver our first teaching on systematic reviews and health services research to healthcare workers in the region.

The first UNNC training event held in May 2017.



Later this summer Dr Prit Chahal will lead the first exchange of primary care trainers and trainees between Ningbo and Nottingham.

At University of Nottingham Ningbo China (UNNC) funding has been secured to recruit more academic staff and to appoint Chairs in Health Economics and Computer Science/ Big Health Data to support Nottingham Health China. Further funding for an additional chair in Health Care Management and infrastructure support may also be available.

Future

We are currently reviewing the strategy for Nottingham Health China to ensure that we have adequate resources across the two campuses to allow the new posts and the centre to thrive and move towards meeting our vision.

Professor Richard Hubbard

Director, Nottingham Health China

Welcome new CEBHC management team members



Professor Gina Higginbottom

**Mary Seacole Professor of
Ethnicity and Community Health**

She is a midwife and health visitor and her clinical career as a nurse spans 22 years. Gina is an alumna of the Nottingham School of Nursing and she completed her PhD at the University of Sheffield. She is a registered nurse in England and Canada and held a Canada Research Chair (renewed by peers in recognition of research excellence) for eight years at the University of Alberta (ranked fourth for nursing globally). She received her critical appraisal and systematic review training at SchARR, University of Sheffield, and has subsequently developed expertise in narrative synthesis review holding three nationally funded grants as PI from the Canadian Institute for Health Research and National Institute for Health Research (NIHR).



Professor Jo Leonardi-Bee

**Professor of Medical Statistics
& Epidemiology**

She was awarded her BSc in Mathematics and Chemistry at the Nottingham Trent University, MSc in Medical Statistics at the University of Leicester, before undertaking her PGCHE and PhD at the University of Nottingham. Her main areas of research are the applications of systematic reviews and meta-analysis in the areas of tobacco control and dermatology. Jo has previously been the statistical editor for the Cochrane Skin Group and is an editor for the Cochrane Diagnostic Test Accuracy Group. She has significant experience providing and leading Continued Professional development training courses relating to workshops focusing on different methodological aspects of systematic reviews and meta-analysis, on behalf of the Cochrane Skin group and Joanna Briggs Institute at several international institutions. She has also published more than 50 high quality peer reviewed systematic reviews of RCTs and observational studies, using aggregate and individual patient data.

CEBHC

management committee



Professor Fiona Bath-Hextall

**Centre Director, School of Health Sciences,
University of Nottingham**

Fiona is Professor of Evidence Based Health Care in the School of Health Sciences, and Honorary Professor in the Centre of Evidence Based Dermatology, School of Medicine. She has been involved in systematic reviewing since 1995 and has authored more than 29 systematic reviews. For the last 15 years her main research area has been non-melanoma skin cancer. Her systematic reviews have informed guidelines and policy, and have identified and informed the design of primary research, including randomised controlled trials, case control, cohort studies and mixed methods studies. Fiona teaches evidence based practice and systematic reviewing to undergraduate, postgraduate, post-registration students and clinicians. She also runs JBI systematic reviewing accredited courses. Fiona 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 Catrin Evans

**Centre Deputy Director
Associate Professor, School of Health
Sciences, University of Nottingham**

Catrin is a nurse with clinical experience in the fields of HIV and infectious Diseases. She obtained her PhD from the London School of Hygiene and Tropical Medicine and has developed a research programme focused on HIV prevention and migrant health. She has a particular interest in evidence synthesis and 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 Catrin's work has been undertaken overseas, particularly in South Asia and East Africa. Catrin 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. Catrin's 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.

Members

Dr Joanne Cooper

Assistant Director of Nursing, Research, Innovation and Professional Regulation, Nottingham University Hospitals (NUH) NHS Trust, Senior Research Fellow, University of Nottingham (special appointment)

Jo holds a corporate nursing role at NUH NHS Trust and leads development of capacity 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.

Jeanette Eldridge

Libraries Research & Learning Resources (LRLR), Greenfield Medical Library, University of Nottingham

Jeanette has worked in library services and information science roles for nearly 30 years, joining the University of Nottingham LRLR department as senior librarian aligned to Medicine and Health Sciences in September 2014. With colleagues in the Research Support Team in LRLR, she is building on the expertise developed by past incumbents in supporting researchers who are engaged in systematic reviews.

Elizabeth Hendron

NUH Librarian, NUH NHS Trust

Elizabeth has worked at the NHS Trust for 15 years providing literature searching support and training for healthcare professionals undertaking research and continuing professional development. She is the Athens Administrator for the NHS Trust and e-Resources Librarian, with responsibility for promoting evidence based

practice. She has recently been involved in the teaching programme for the Evidence in Nursing course run by the NHS Trust. Elizabeth originally trained as a Registered General Nurse in Northern Ireland before training as a professional librarian, gaining a BA Hons in Information and Library Studies at Loughborough University.

Dr Kathryn Hinsliff-Smith

Post Doc Research Fellow, Division of Medical Sciences and Graduate Entry Medicine, University of Nottingham

Kathryn is a social scientist with a specialism around qualitative methodologies. She is a trained teacher with a background in further and higher education in the UK. She has been involved in evidence based healthcare for the past decade completing her PhD on pre-registration nurses education and clinical experiences. Her expertise relates to research conducted with older populations in particular their healthcare needs as survivors of domestic violence. She has worked on aspects of mental health for young people and adults including public and patient engagement. She is Assistant Editor for the journal Nurse Education Practice and a JBI accredited trainer.

Dr Julie McGarry

Associate Professor, Faculty of Medicine & Health Sciences, University of Nottingham

Julie leads funded research in the field of domestic violence and abuse. Her expertise overall synthesises her research interests with evidence based practice development and includes nurse education programme lead and course directorship, enquiry-based learning and international virtual learning resource development. She also has expertise in the development of e-learning resources and UK/international collaborative Reusable

Learning Objects (RLOs) in safeguarding and domestic violence and family abuse and health inequalities. Julie is a JBI accredited trainer.

Professor Heather Wharrad

e-Learning and Health Informatics,
Faculty of Medicine & Health Sciences,
University of Nottingham

Heather is Chair in e-Learning and Health Informatics at the University of Nottingham. She is academic lead for the Health E-learning and Media group (HELM) and the research group in Education and Technology for Health in the School of Nursing, Midwifery and Physiotherapy and has been principal investigator on many externally funded national and international projects on e-learning pedagogy, evaluation and research in health.

She wrote the successful bid for the University of Nottingham partner of the HEFCE £3.3 million funded Centre for Excellence in Teaching & Learning for RLOs. She is a Fellow of the Higher Education Academy and PhD supervisor. Heather has published widely in the fields of nursing research, health informatics and e-learning and is a regular presenter and workshop facilitator at national and international e-learning conferences. She is co-editor of the Higher Education Academy journal Health and Social Care Education.



Our values

Working alongside the CEBHC's aims are the core strategies of the University of Nottingham's Global Strategy 2020. According to these principles staff and teams are to:

- Value all staff and support them to excel
- Value diversity and promote equality
- Develop a culture and working environment that encourages people to challenge themselves and others – openly, constructively and with respect – to raise the quality of all we do together

The CEBHC endeavours to manifest these principles in all areas of working, including striving towards the development of review questions that meet the needs of multicultural populations.

Nottingham CEBHC partnerships



Dr Joanne Cooper in her role as Assistant Director of Nursing, Research, Innovation and Professional Regulation, Nottingham University Hospitals NHS Trust, tells us more about the burgeoning link between the CEBHC and a large UK University Hospital Trust:

We are privileged at Nottingham University Hospitals NHS Trust to have the CEBHC as a key partner over the last five years, including the initial development and delivery of our Evidence in Practice Course and more recently the NUH Evidence-Based Practice Council (EBPC).

The CEBHC has been an integral part of the EBPC since its inception in May 2016. Since that time CEBHC's contribution has been invaluable, particularly in relation to the review and development of NUH Nursing Clinical guidelines and Role and Specialist Role Development education packages. During the first meetings of the EBPC the CEBHC proposed the use of the Agree II tool for evaluating and appraising the quality of evidence referenced within guidelines, in addition to the quality of the guideline. In

addition, our members from the CEBHC, provided teaching and instruction on how to use the tool during our meetings, using guidelines submitted for ratification. This facilitated an understanding of how to use the tool using a real example. A member of the EBPC also sits on the CEBHC monthly meetings, demonstrating a positive and reciprocal relationship.

This has enabled a standardised and systematic approach to the ratification process, and for authors writing guidelines, and therefore the NUH guidance was updated to reflect its use. It is noted that since the introduction of the AGREE II the standard of Nursing Clinical Guidelines has improved; more are now ratified at first submission to the EBPC, in comparison to those submitted prior to use of the tool. Moreover, the AGREE II tool has since been added to the most updated version of the NUH Clinical Guidelines policy, leading to its use across all professional disciplines. We thank the CEBHC for its contribution and support to our work and the individual support to staff members that this involves.

Addressing the evidence gap

UK paramedic Gregory Whitley discusses his research into pre-hospital treatment:

After qualifying as a paramedic in 2012, I started an MSc in Health and Social Care at the University of Nottingham. I recognised the gaps within the pre-hospital evidence base and wanted to contribute to its development. For my dissertation I decided to look at current pre-hospital analgesia and if it effectively reduced pain in children caused by trauma, within a UK ambulance service. The results of the study have been published in the British Paramedic Journal. My publication was nominated for the British Paramedic Journal Award and on 9 May 2017 I gave an oral presentation at the College of Paramedics national conference in Solihull where my publication won first prize of £1,500. These funds can be put towards attendance at an international conference in either Australia or Las Vegas.

In March 2017, I presented this work as a poster at the 999EMS Research Forum. I also had a platform presentation at the EMS2017 conference in Copenhagen, which was nominated as 'best abstract' – one of eight out of 145 submissions worldwide.



“ I am hoping to continue my research into pain management of children within the ambulance service and I am currently in the process of applying for funding to undertake a PhD. ”



JB1 European Directors meeting – Aberdeen 18 May 2017

The Directors of the European Joanna Briggs Collaboration Centres met on Thursday 18 May at the Robert Gordon University (RGU) in Aberdeen, ahead of the Joanna Briggs Collaboration European Symposium on Friday 19 May.

Following a warm welcome by the hosts of the Scottish centre, the Directors had a fun time being introduced to the Doric dialect – the language spoken in the Northeast of Scotland. Then it was down to business, where the main agenda item was social media. Professor Sarah Pedersen, Professor in Communication and Media at RGU, gave an excellent interactive presentation introducing the pros and cons of different social media platforms, how to create the most engaging content possible, and the key steps in developing a social media strategy. Professor Pedersen then facilitated wider discussions with the centre directors. Overall, the meeting was very productive.

More than 80 colleagues attended the Joanna Briggs Collaboration European Symposium, where discussions focused on the latest advances in evidence synthesis, transfer and implementation to promote evidence based practice. The plenary presentations were given by Professor Catriona Kennedy who presented a case study focusing on connecting practice, policy and evidence; Dr Lyndsay Alexander who discussed how impact can be maximised through using innovative infographics; and Ms Beatrice Cant from the Scottish Intercollegiate Guidelines Network (SIGN) who discussed how systematic reviews are used to create treatment guidelines. The programme then included platform, poster and rapid fire presentations, an entertaining debate about whether rigour can exist within rapid reviews, and concurrent workshops focusing on methodologies. Four members of the centre also presented their work in poster or oral presentations.



(L-R) Professor Jo Leonardi-Bee, Professor Fiona Bath-Hextall, Dr Kathryn Hinsliff-Smith and Associate Professor Dr Julie McGarry at the RGU, Aberdeen.

CEBHC receives grants from the UK NIHR

Professor Gina Higginbottom, Dr Catrin Evans, Jeanette Eldridge and colleagues have secured a further prestigious NIHR GRANT: Interventions that improve maternity care and access for immigrant women in England: a narrative synthesis systematic review, with Morgan M (Co-I, King's College) and Bharj K (Co-I, University of Leeds).

Our review, which includes a synthesis of non-empirical reports and grey literature, aims to provide stakeholders with perspectives on maternity care interventions directed at immigrant women in the UK. We plan to pinpoint the most effective and appropriate methods of services delivery, by identifying the acceptability of relevant processes at the individual, community and organisational levels, as these factors are recognised to be critical determinants of the effectiveness of services and patient/client outcomes. PROSPERO 2015:CRD42015023605. Available at <http://bit.ly/2vxR6xJ>

Four centre members, Associate Professor Dr Catrin Evans, Professor Gina Higginbottom, Associate Professor Dr Julie McGarry and Jeanette Eldridge have also secured a prestigious NIHR, Health Services and Delivery Programme grant to conduct a systematic review project: Improving Care for Women and Girls who have undergone Female Genital Mutilation (FGM): Qualitative Evidence Synthesis.

Women who have undergone FGM experience many barriers to accessing appropriate care in the UK. Likewise, health professionals lack confidence, knowledge and experience in addressing FGM-related issues exacerbated by fragmented service provision. The project is

based on a partnership between researchers, clinicians and community representatives. It seeks to inform the development of new models of FGM-related health service delivery and staff training through synthesis of qualitative evidence regarding the views and experiences of service provision and quality of care from the perspectives of: (i) women and girls who have undergone FGM; and (ii) health professionals. Two qualitative reviews will be undertaken. Both are registered with PROSPERO.

FGM

Is illegal in the UK and is a significant problem.



Over 137,000 women and girls

are living with the consequences of FGM in the UK.

Over 60,000 girls under 15

remain at risk of FGM.

CEBHC:

Systematic reviews 2015-17

(Authors in bold are members of the CEBHC)

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CEBHC:

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NALUBEGA S, & EVANS C. 2015. Participant views and experiences of participating in HIV research in sub-Saharan Africa: a qualitative systematic review. *JBI Database of Systematic Reviews and Implementation Reports*. 13(5), 330-420.



Library tips and guidance for accessing EBP and Ovid tools

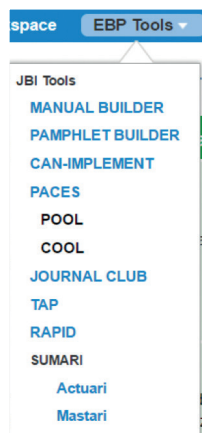
Staff and students can access the JBI EBP database hosted on Ovid, both on and off campus, through the Databases list, accessed via the University of Nottingham discovery engine, NUSearch: nusearch.nottingham.ac.uk

Once logged into JBI via Ovid, to access the EBP tools, users will need to create an individual account on Ovid, through a one-time registration step:

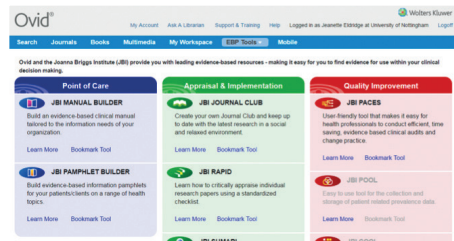
The screenshot shows the 'Personal Account Login' form on the Ovid website. It includes fields for 'Personal Account Name' and 'Password', a 'Login' button, and a link for users who 'Don't have an Account?'. A yellow banner at the top states: 'You must login to a Personal Account to access this feature.'

Advantages to creating this personal account on Ovid include being able to save, revise and re-run search strategies created in any of the Ovid-hosted databases, as well as being able to set up automatic alerts which can send new results directly to your email inbox at a frequency of your choosing.

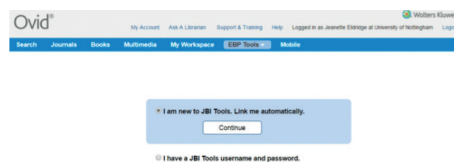
In order to access the EBP tools, new users are required to complete a further step of registration; when you click on any item in the EBP Tools menu:



Or any of the tool headers (eg JBI JOURNAL CLUB):



A new window opens:



Select "I am new to JBI Tools" and click on Continue. Ovid creates a JBI Tools Account, links it to your Ovid Personal Account, sends you a confirmation email, and starts the selected tool in a new browser tab:



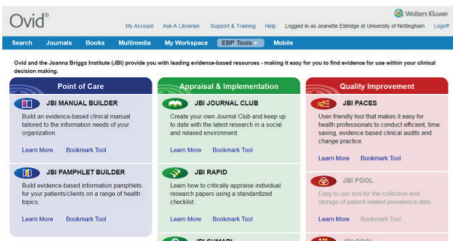
Support and training

On the Ovid host, the Support & Training menu option will show you the general Ovid support materials and link through to a range of tutorials and guidance; access to the JBI-focused materials, developed by JBI and Wolters-Kluwer, are available through the JBI Resource Centre:

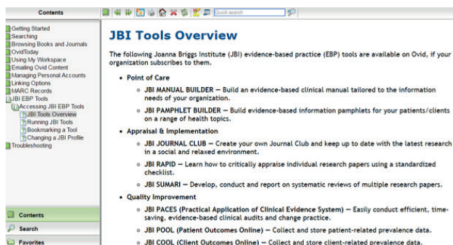
<http://access.ovid.com/training/jbi/about.htm>

These include short videos on evidence based practice topics, eg: www.youtube.com/user/OvidWoltersKluwer, as well as a series of videos giving a brief overview of some of the individual tools: www.youtube.com

Once logged into the JBI EPB Tools screen, click on the Help menu option at the top of the Ovid screen:



This then provides much more detailed guidance on using the tools:



Detailed manuals are also available when you are logged into the individual EBP Tools, eg the Journal Club Manual is available here: <http://journalclub.jbiconnectplus.org/Docs/UserGuide.pdf>.



Jeanette Eldridge
Senior Research Librarian,
University of Nottingham

Looking forward

During 2015-16 the Nottingham CEBHC delivered three successful JBI accredited programmes. In 2015 we offered two five-day programmes with 39 in attendance and in 2016 we welcomed 21 participants on a five-day programme. Our July 2017 programme is already oversubscribed and the team is already planning the delivery of 2018 programmes, including the opportunity to offer more tailored approaches to systematic reviews.

Please register your interest for future courses by registering on our centre website: <http://bit.ly/2wflnox>

Question Drop and its use within clinical settings – a case study



The CEBHC aspires to work in close partnership with clinical colleagues to support evidence synthesis and transfer. The CEBHC ran a pilot programme to enable clinicians working in front line services to pose questions for academics, student researchers and undergraduates to use these questions to underpin their dissertations and to find answers to pressing clinical issues. Question Drop provides a unique opportunity for students, home and overseas, to work in partnership with clinical staff to improve practice, begin to answer the clinical question and have the opportunity to spend time in the clinical area to increase their knowledge and skills.

One such example of a clinical question arose from the NUH Paediatric Intensive Care Unit. Dr Joseph Manning tells us more:

In industrialised nations, survival from childhood critical illness is common with the majority of Paediatric Intensive Care patients being discharged alive. However, insights from clinical practice (through Question Drop) identified that transitioning from the Paediatric Intensive Care Unit (PICU) to an in-patient ward can be a difficult experience for families who report physical, emotional and social challenges. However, a comprehensive understanding of parents' experiences during this period is unclear.

Zainab Suleman, a master's student at the University of Nottingham, under the supervision of Drs Joseph Manning and Catrin Evans, conducted a JBI systematic review to explore parents' experiences of transition and aftercare following their child's discharge from a PICU to an inpatient ward. The review identified

that the literature in the field was scant (n=4 papers included). However, findings identified that transitioning from the PICU provoked a dynamic emotional response pre, peri and post transfer; parental involvement in care was largely absent but fundamental to functioning; changes in care delivery and environment provoked adverse emotions in parents; and transitioning was a physical, emotional and social balancing act. The review concluded that transitioning from the PICU to an in-patient ward can be a challenging time for parents. Evolving and newly manifesting adversities leave parents with mixed emotions, uncertain roles and find themselves navigating through multiple demands. However, there still needs to be more research to understand and develop interventions to support parents during transition.

Findings from this review have been disseminated internationally at the 2016 World Federation of Pediatric Intensive Care Societies in Toronto, Canada, and the 2016 JBI conference in Adelaide, Australia. The systematic review paper is currently under review at JBI Database of Systematic Reviews and Implementation Reports and we hope will be published in the coming months.

Zainab Suleman reflects upon the opportunity to use Question Drop to inform her own research field and complete her Masters programme:

Thinking back, the opportunity to use Question Drop for my research study was unquestionably the better approach for me. The idea of working alongside a clinical and academic researcher opened many more doors for me than I could

have imagined. One of which was being able to travel to Canada and attend the eighth World Congress on Pediatric Intensive and Critical Care and present my findings to world renowned researchers. There were also many more benefits such as being able to publish the research in a well-known journal. The chance to be involved in such activities has provided me with a greater insight into research and I now look for more opportunities within clinical practice to aid and support such work in order to implement evidence based healthcare.

More details about Question Drop can be located at: <https://nottingham.ac.uk/research/groups/cebhc/question-drop.aspx>

Zainab Suleman graduating with a Masters from the University of Nottingham.



RLOs to promote evidence based healthcare across borders

Some of you may be aware of RLOs, excellent online resources that the HELM team has been developing over several years covering a whole range of topics on evidence based healthcare. RLOs are multimedia rich, short, self-contained eLearning packages providing concise and engaging content. In the last two years, we have been working on some new titles and upgrading some of our older RLOs to improve the user experience when accessing them on mobile phones. We know this is particularly important in certain areas of the world.

As well as upgrading the old favourites including 'Meta-analysis', 'Conducting a systematic review', and 'Sensitivity and specificity', we have some exciting new titles soon to be released on 'Framing your research question', 'Case-control studies', 'Quantitative study designs', 'Cohort studies' and 'Case series'. Now that these can be viewed on mobile phones as well as on computers and tablet devices, we hope they will not only be useful in resource scarce countries but also more locally in practice and other settings where students and practitioners will be able to have instant access to the RLOs when they need it.

You can access the RLOs at:
www.nottingham.ac.uk/helmopen

Professor Heather Wharrad
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