

Cochrane UK
Systematic Reviews Programme
Advisory Group (SRPAG)
December 2019 Update



This report provides an update on Cochrane UK's activities for the period 1st April to 31st October 2019.

Director's Introduction

This has been an extraordinarily successful year for Cochrane globally and Cochrane UK has been able to share in, and contribute to, that success. There has been a dramatic increase in the usage of the Cochrane Library, in particular in the non-English language versions, and most notably in Spanish. Cochrane recruited a new Editor-in-Chief, and Dr Karla Soares-Weiser started in June 2019. Her appointment was widely welcomed (she is no stranger to Cochrane) and she has already made an impactful start. The Collaboration has also undertaken a process to identify, and contract with, a publisher for 2020 onwards. An announcement about this is expected in the New Year. The buzz and excitement that these activities have generated was expected to be much in evidence at the Cochrane Colloquium in Santiago in October. It was therefore a huge disappointment when this was cancelled because of the civil unrest in Chile.

Several of Cochrane UK's activities are now being extended beyond Oxford. Something we are always encouraged to do and which we have very definitely been trying to do. This is especially welcome as we move into the next contract period (2020 to 2025) and the implementation of our regional Cochrane Champion scheme.

Cochrane UK (and through us, NIHR) continues to make significant contributions to Cochrane's endeavours. Two areas specifically to highlight are Students 4 Best Evidence and the Guidelines database project; more information about these below.

The Cochrane UK team has worked tirelessly to achieve the Centre's goals. They are a joy to work with and once again I express my gratitude to them.

Goal 1: Producing evidence

Review Author Training

In this period there were 108 attendances at face-to-face Review Author training modules RA1 to RA4. The four modules are delivered quarterly by our training faculty, which is drawn from the Cochrane Community and led by Chris Cates, our Senior Fellow in Cochrane Methods Training. The breakdown of attendances for each module were:

- Review Author Training 1 (3 workshops) – 34 attendances
- Review Author Training 2 (3 workshops) – 36 attendances
- Review Author Training 3 (2 workshops) – 19 attendances
- Review Author Training 4 (2 workshops) – 19 attendances

Cochrane Ireland and UK Annual Symposium

The Cochrane Ireland and UK Annual Symposium will take place on 21st and 22nd April 2020 in Dublin, Ireland. We are working in partnership with Cochrane Ireland to develop an interesting and inspiring programme for delegates.

This event provides an opportunity to bring the Cochrane Community together. Cochrane UK is supporting an additional training day, before the Symposium, for Information Specialists and Managing Editors to offer role-specific training opportunities for UK-based groups.

Cochrane Colloquium Santiago, Chile

The Cochrane Colloquium was due to take place on 22nd to 25th October 2019, in Santiago, Chile. Due to civil unrest across the city of Santiago in the days leading up to the event, the decision was taken to cancel the Colloquium. Cochrane will now hold a virtual event online, from 2nd to 6th December. Cochrane will host a dedicated page for each day of content, including posters, plenaries, bespoke curated materials from long and short oral presentations. There will be opportunities to interact with the daily content including discussion questions and social media conversation. Members of the Cochrane UK team will present as part of the online content, including a joint presentation with a Cochrane consumer based on our experiences last year in Edinburgh: 'A Patients Included Cochrane Colloquium: embracing diversity, accepting challenge!'

Goal 2: Making our evidence accessible

Evidently Cochrane

Between 1st April 2019 and 31st October 2019, we published 33 new *Evidently Cochrane* blogs. We also revised and updated five existing blogs in the light of new Cochrane evidence. The published blogs highlighted 116 reviews (including Cochrane Network Meta-Analyses, a Cochrane Qualitative Evidence Synthesis, Cochrane Diagnostic Test Accuracy Reviews and Cochrane Overviews) from 13 Cochrane Review Groups (eight UK based). Three blogs were special features on initiatives to enhance the public understanding of evidence, designed to improve skills in critical thinking and encourage active involvement in trial development. Of the 27 guest blogs, six were written by patients or carers with lived experience or including a patient or citizen 'voice' - covering a wide range of topics including seeking help to improve their mental health and the care of others, advocating for improvements in services and support, identifying gaps in evidence and the research questions that need to be addressed as priorities, and actively engaging with Cochrane evidence by becoming a consumer peer reviewer. Twenty-nine blogs were linked to health awareness events or campaigns, NHS priorities, topical news, clinical guidelines or other policy documents. We continue to publish content for our regular series ('Evidence for Everyday Allied Health'; 'Evidence for Everyday Nursing'; 'Evidence for Everyday Health Choices'; 'Evidence for Everyday Midwifery'; 'Understanding Evidence'). More detail about each of the published blogs in this period can be found in Appendix 1.

In this period, we have made several changes to *Evidently Cochrane*, including:

- The addition of an interactive, integrated glossary to provide plain language explanations for research and medical terms within the blogs. Now, readers see terms within the blog highlighted (e.g. 'Cochrane Review' or 'meta-analysis'). Hovering over these terms provides readers with a plain-language definition in a pop-up box.
- Re-categorizing some of the blogs on the site. Most notably, we now have:
 - a 'Patient Experience' category, to highlight blogs which have been written, or co-written, by individuals with lived experience of particular health concerns. Examples include [this blog by Karen Morley](#), about her experience of seeking help for her obsessive-compulsive disorder (OCD) and how finding and using Cochrane evidence was a turning point.

- a 'Patient and Public Involvement' category, featuring blogs which highlight ways in which patients and the public get involved with health research.

We have also introduced a take-home messages feature at the end of new blogs. These are also shared as standalone infographics for separate dissemination via social media.

We have updated the guidance we ask our bloggers to follow, in line with a new 18-item Checklist and accompanying guidance for disseminating findings from Cochrane intervention reviews published by Cochrane in the autumn of 2019. The guidance and further information can be found here: <https://www.evidentlycochrane.net/a-guide-to-blogging-for-evidently-cochrane>

Special Series

In August 2019, we ran a month-long special series, 'Maternity Matters', on *Evidently Cochrane*. This was a special series of blogs and other resources, including graphics and podcasts, sharing some of the latest evidence on women's and babies' health, from pregnancy through to the early days after birth. It was aimed at people going through pregnancy and childbirth; midwives, student midwives as well as other health professionals and student health professionals supporting people through pregnancy and childbirth. The content focused on NHS priorities on maternity, such as breastfeeding and stillbirth, and highlighted new Cochrane Reviews or research. The content published in this series is detailed in Appendix 1.

During the month of August, the blogs were collectively viewed over 12,000 times. This is around 2,500 more views than the blogs for our previous special series, 'Life After Stroke', received during the month of that series (March 2018). A range of key influencers and organizations in the field of maternity care reshared our content, such as *The Student Midwife Journal*, *Maternity Action* and the *Baby Lifeline*. To date, we continue to re-share the blogs.

As a result of sharing the series content with MumsNet, one of the world's most-visited websites for parents, the authors of the blog 'What helps women to quit smoking while pregnant?' have been invited to write a guest post for the site. This is in progress. As MumsNet is a discussion website, guest writers are asked to return to the site at a set date and time to answer readers' questions. This gives the author the opportunity to make this an interactive, evidence-based question and answer session.

As part of the series, we co-hosted a tweetchat with @WeMidwives, reflecting on the series content as well as discussing using evidence in midwifery practice. This also provided the opportunity to raise awareness about Cochrane resources more generally (e.g. Cochrane podcasts, Cochrane Clinical Answers and blogshots):

"I wasn't aware there were podcasts, what a fantastic idea! I've clearly not spent enough time on the Cochrane website. I've used the reviews for essays a lot but the ways you present summarised versions are great for keeping up to date on the go!"

- Mhairi, Student Midwife, @MhairiMcLellan

Comments on the overall series were positive:

“As student midwives it is super important to understand evidence based research & to be aware of new evidence emerging. @CochraneUK is a fab resource for this! Check out the #maternitymatters link here.... evidentlycochrane.net/maternity-matters”

- The Student Midwife Journal, @TSM_Journal

“This is a must read for all working in maternal newborn. Thank you both for bringing voice to women & families through your research and sharing of your personal experience. Wilder has been in my heart since meeting Zan and will forever remain. #endstillbirths #MaternityMatters”

- Mary Kinney, @maryvkinney

This latter comment was in response to [this blog](#), where Susannah Hopkins Leisher shares her personal experience of the trauma of stillbirth and impact on subsequent pregnancies and, with researcher Aleena Wojcieszek, looks at gaps in the evidence on how to care for such women and their families. This blog is particularly notable because, to date, it continues to receive comments from bereaved parents thanking Susannah for sharing her story. Susannah has kindly responded to each of these.

Blogshots

Blogshots are a way of sharing the key messages of a Cochrane Review in an accessible format that can be shared on social media. The detailed guidance document on how to produce and share blogshots, and the new blogshot template, both produced earlier this year by Cochrane UK Knowledge Broker, Sarah Chapman, and Communications and Engagement Officer, Selena Ryan-Vig, are available on the Cochrane Training website (<https://training-new.cochrane.org/blogshots>) for anyone in Cochrane to use. We hope this will help to improve the consistency and quality of blogshots across Cochrane as a whole.

During this reporting period two milestones were reached:

1. the 400th *Evidently Cochrane* blog was published and
2. over 600 blogshots have been created since their introduction in June 2012.

We were also delighted that in August 2019, *Evidently Cochrane* was ranked third in the Top Ten Healthcare blogs in the UK by Vuelio, a company that monitors and identifies influencers in social media. Vuelio’s blog ranking methodology takes into consideration social sharing, quality of topic-related content, and post frequency (<https://www.vuelio.com/uk/social-media-index/health-blogs-uk-top-10/>).

Use of Cochrane Reviews to inform guidelines

Use of Cochrane Reviews to inform UK-published healthcare guidance (NICE Guidance, SIGN guidelines)

One method we use to monitor the impact of Cochrane Reviews in healthcare decision-making is to identify where they have been used to **inform evidence-based clinical guidelines**. We continue to check guideline developers’ websites to capture newly published guidelines. This maintains the currency of the Cochrane UK guidelines data set of Cochrane Reviews that have informed healthcare guidance worldwide. Our data include a subset on UK-published guidance.

NICE Clinical Guidelines

In the reporting period (April 2019 to October 2019), NICE has published 18 new clinical guidelines and 17 updates: 32 (91%) of these have been informed by 360 Cochrane Reviews from 33 Cochrane Review Groups (19 UK based).

NICE Public Health Guidance

NICE has also published one new Public Health Guidance document, which was not informed by Cochrane Reviews.

NICE Antimicrobial Prescribing Guidelines

NICE has also published four new Antimicrobial Prescribing Guidelines: three (75%) of these were informed by eight Cochrane Reviews from three Cochrane Review Groups (two UK based).

SIGN (Scottish Intercollegiate Guidelines Network) Guidelines

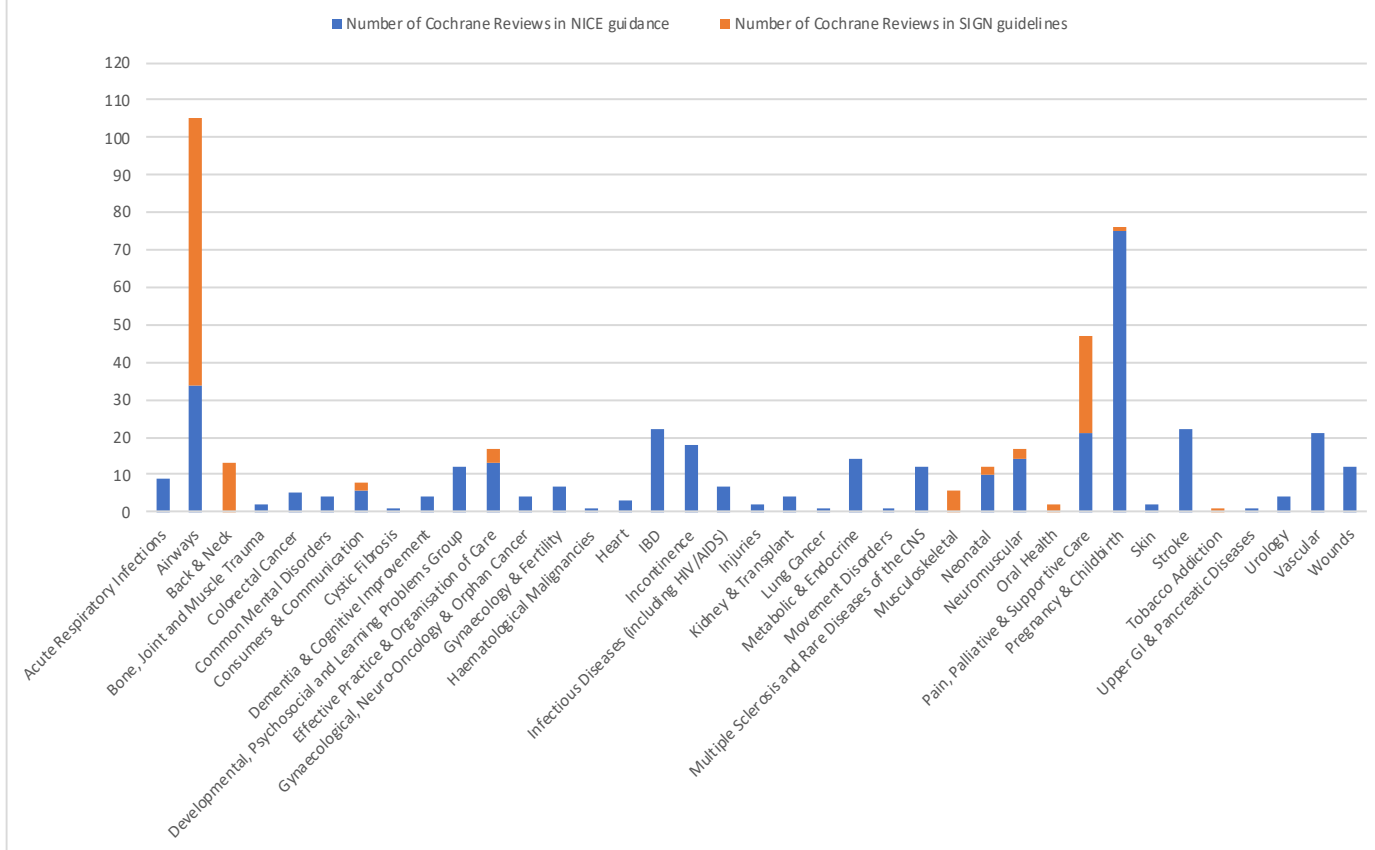
SIGN has published two updated guidelines, both of which were informed by a total of 131 Cochrane Reviews from 11 Cochrane Review Groups (seven UK based).

Overall, 499 Cochrane Reviews from 37 Cochrane Review Groups (21 UK based) have been used to inform 37 of 42 (88%) UK published guidelines (NICE Clinical Guidelines, NICE Public Health Guidance, NICE Social Care Guidelines, NICE Antimicrobial Prescribing Guidelines and SIGN Guidelines) (see Figure 1).

- maximum number of reviews used from any one Cochrane Review Group is 71 (Airways Group: SIGN and British Thoracic Society guideline on the management of asthma; July 2019)
- maximum number of reviews used to inform any one guideline is 81 (SIGN and British Thoracic Society guideline on the management of asthma; July 2019)
- 13 guidelines have used over 15 Cochrane Reviews to inform their guidance:
 - British guideline on the management of asthma (SIGN no. 158: 71 Airways; four Effective Practice & Organisation of Care Reviews; two Consumers & Communication; two Neonatal; one Pregnancy & Childbirth; one Tobacco Addiction)
 - Management of chronic pain (SIGN no. 136: 26 Pain, Palliative & Supportive Care Reviews; 13 Back & Neck; six Musculoskeletal; three Neuromuscular; two Oral Health; one Consumers & Communication)
 - Caesarean section (NICE CG132: 37 Pregnancy & Childbirth Reviews; one Infectious Diseases; one Wounds)
 - Chronic obstructive pulmonary disease in over 16s: diagnosis and management (NICE NG115: 33 Airways Reviews; one Pain, Palliative & Supportive Care)
 - Venous thromboembolism in over 16s: Reducing the risk of hospital-acquired deep vein thrombosis or pulmonary embolism (NICE NG89: 21 Vascular Reviews; three Gynaecological, Neuro-oncology & Orphan Cancer; two Stroke; two Pregnancy & Childbirth; one Colorectal; one Injuries; one Kidney & Transplant)
 - Hypertension in pregnancy: diagnosis and management (NICE NG133: 24 Pregnancy & Childbirth Reviews)

- Motor neuron disease: assessment and management (NICE NG42: 15 Neuromuscular Reviews; five Pain, Palliative & Supportive Care; one Movement Disorders; one Multiple Sclerosis & Rare Diseases of the CNS; one Pregnancy & Childbirth)
- Hypertension in adults: diagnosis and management (NICE NG136: 14 Hypertension Reviews, five Heart; one Consumers & Communication Review)
- Surgical site infections: prevention and treatment (NICE NG125: nine Wounds Reviews; four Pregnancy & Childbirth; three Colorectal; two Bone, Joint & Muscle Trauma; one Vascular)
- National clinical guideline for diagnosis and initial management of acute stroke and transient ischaemic attack (TIA) (NICE NG128: 17 Stroke Reviews; one Metabolic & Endocrine Disorders; one Vascular)
- Urinary incontinence in women: the management of urinary incontinence in women (NICE NG123: 17 Incontinence Reviews)
- End of life care for adults: service delivery (NICE NG142: six Effective Practice & Organisation of Care Reviews; four Pain, Palliative & Supportive Care; three Consumers & Communication; one Dementia & Cognitive Improvement; one Kidney & Transplant; one Heart)
- Tuberculosis (NICE NG33: six EPOC; six Infectious Diseases Reviews; two Consumers & Communication; one Acute Respiratory Infections; one Pregnancy & Childbirth)

Figure 1: 499 Cochrane Reviews used to inform UK healthcare guidance (NICE Guidance & SIGN Guidelines) published between April 2019 and October 2019

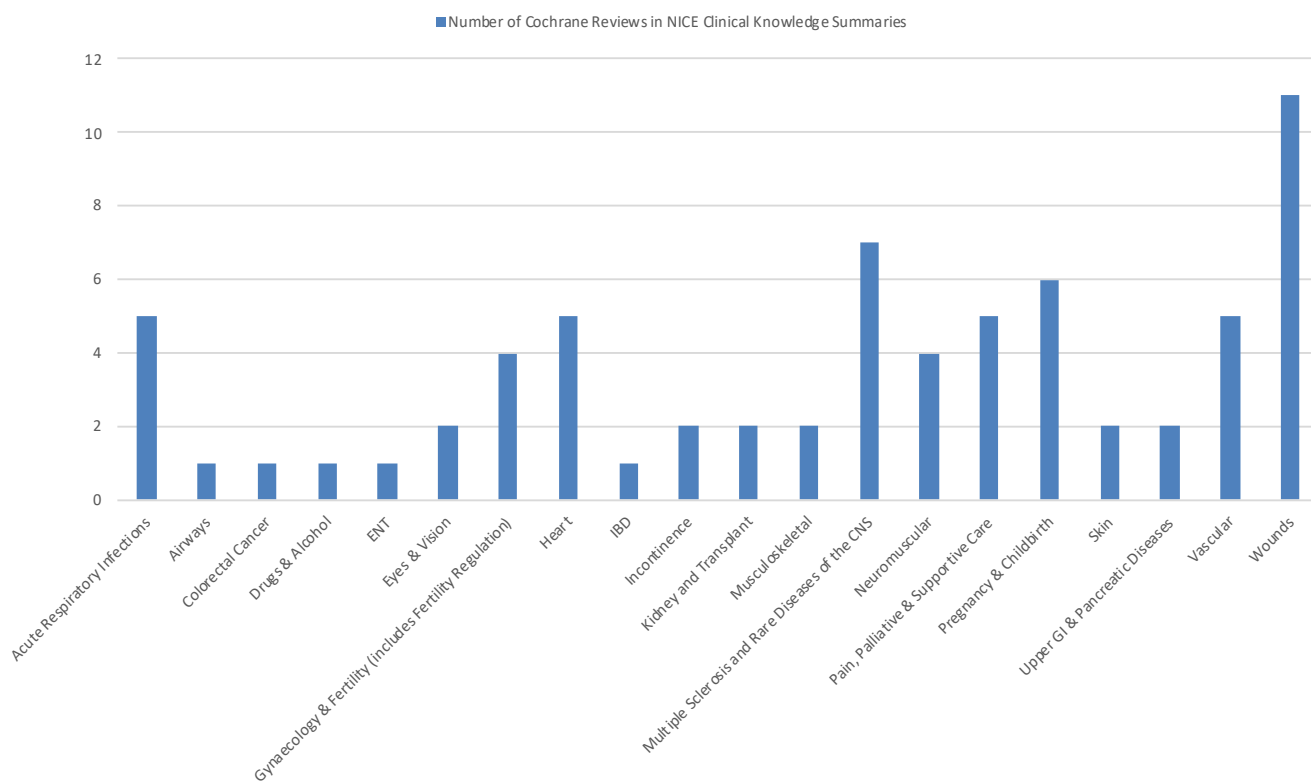


Are Cochrane reviews also being used to inform best practice guidance in primary care? (NICE Clinical Knowledge Summaries)

In the reporting period (April to October 2019), 69 Cochrane reviews from 20 Cochrane Review Groups (11 UK based) have been used to inform 28 of 63 (44%) NICE Clinical Knowledge Summaries (see Figure 2).

- maximum number of reviews used from any one Cochrane Review Group is seven (Multiple Sclerosis and Rare Diseases of the CNS)
- maximum number of reviews used to inform any one Clinical Knowledge Summary is eight (Leg ulcer - venous)
- The top three Clinical Knowledge Summaries using the highest number of Cochrane Reviews are:
 - Clinical Knowledge Summaries: Leg ulcer - venous (using eight Cochrane Wounds Reviews)
 - Clinical Knowledge Summaries: Multiple sclerosis (using seven Cochrane Multiple Sclerosis and Rare Diseases of the CNS Reviews)
 - Clinical Knowledge Summaries: Urinary tract infection (lower) - women (using five Cochrane Reviews: two Pregnancy & Childbirth; one Incontinence; two Kidney & Transplant)

Figure 2: 69 Cochrane Reviews used to inform primary care guidance in NICE Clinical Knowledge Summaries published from April 2019 to October 2019



Making Cochrane UK's guidelines data set accessible

Last year, Cochrane UK's guideline data set was added to the Cochrane Library to provide information on the use of individual reviews in guidelines. This function has recently been enhanced to make these data more visible by setting it alongside the Altmetric score tab at the top of the Article page:



The screenshot shows the Cochrane Library interface for the article 'Exercise for depression'. At the top, the Cochrane Library logo is displayed with the tagline 'Trusted evidence. Informed decisions. Better health.' Below this is a purple navigation bar with links for 'Cochrane Reviews', 'Trials', 'Clinical Answers', 'About', and 'Help'. The main content area features the article title 'Exercise for depression' and its classification as a 'Cochrane Systematic Review - Intervention'. A DOI link is provided: <https://doi.org/10.1002/14651858.CD004366.pub6>. Below the title, there is a 'New search' section with an 'Altmetric score' of 583 and a button labeled 'Used in 7 guidelines' which is circled in red. Other buttons include 'View article information'. At the bottom, the authors are listed: Gary M Cooney, Kerry Dwan, Carolyn A Greig, Debbie A Lawlor, Jane Rimer, Fiona R Waugh, Marion McMuri, and Gillian E Mead. A link to 'View authors' declarations of interest' is also present.

This enhancement was reported to the Cochrane Community in June 2019 ([Cochrane Library development update](#)). We plan to publish a more detailed article on the Cochrane Community blog to ensure authors, in particular, are aware of these data, as we anticipate they may find this information useful to aid grant applications or enhance their CVs. In addition, those in UK-based higher education institutions may wish to consider these data in preparing case studies of research impact for submissions to the [UK Research Excellence Framework 2021](#).

We have also worked closely with colleagues at Metaxis Ltd., the developers and producers of the Cochrane Register of Studies (CRS), who have designed a bespoke architecture within the CRS to accommodate our guidelines data set; the data have now been successfully transferred. We continue to add evidence-based clinical guidelines to this resource. There are currently 4,600 records, each providing bibliographic details of the guidelines and linked to the Cochrane Reviews which have been used to inform them. We plan to make this data set accessible to the Cochrane Community with a facility for them to add additional guideline data, not already included, from their specialized areas and run reports at a Cochrane Review Group (CRG) level. We are currently undertaking a data cleansing exercise and will be testing the enhanced database functionality in a pilot project with one Cochrane Review Group before enabling access more widely. We aim to make the data set available to the Cochrane Community in early 2020 to enable CRGs to access data and run reports on the use of their group's reviews in guidelines.

Charting the production of complex reviews by Cochrane Review Groups

In September 2019, the new *Cochrane Handbook for Systematic Reviews of Interventions* was published following extensive revision to reflect important advances in methods used to conduct systematic reviews and introducing newly developed material on key methods to tackle complexity in evidence synthesis, including network meta-analysis. The Handbook is designed to help authors update their knowledge and skills and enable a growing suite of different types of Cochrane Reviews to be produced, with the aim of enhancing the usefulness of Cochrane evidence

synthesis to healthcare professionals, policy decision makers, guideline developers and all who seek to make informed choices for health and wellbeing.

These newer types of Cochrane Reviews, tackling complexities in evidence synthesis, include Diagnostic Test Accuracy Reviews, Prognosis Reviews, Qualitative Evidence Syntheses, Network Meta-Analyses and Living Systematic Reviews. For some types there is now a collection of published reviews available, such as those evaluating Diagnostic Test Accuracy; others are at the pilot stage of development and production, such as Living Systematic Reviews.

We have charted whether UK-based Cochrane Review Groups are producing these types of complex reviews. We have also charted whether authors based in the UK and Ireland are involved in conducting them. In addition, we have monitored whether these types of reviews, once published, are being used to inform clinical guidelines, as one measure of their usefulness to stakeholders.

Cochrane Diagnostic Test Accuracy Reviews

There are currently (Issue 10, 2019 of the Cochrane Library) **212** Cochrane Diagnostic Test Accuracy publications: **88 Protocols** and **124 Reviews**, of which **10** are **updates**.

Over half of these (**130; 61%**) have been published by **20 UK-based Cochrane Review Groups**.

UK Cochrane Review Groups (n=25)	Protocols	Reviews	Updates	Totals
Airways	1	2	1	3
Bone, Joint & Muscle Trauma	0	3		3
Common Mental Disorders	1	0		1
Cystic Fibrosis & Genetic Disorders	2	0		2
Dementia & Cognitive Improvement	7	20		27
Developmental, Psychosocial & Learning Problems	1	1		2
ENT	3	0		3
Eyes & Vision	2	3	1	5
Gynaecological, Neuro-oncology & Orphan Cancers	7	8	3	15
Incontinence	1	0		1
Infectious Diseases (includes HIV/AIDS)	8	10	4	18
Injuries	0	2		2
Neuromuscular	1	0		1
Oral Health	1	2		3
Pregnancy & Childbirth	3	7		10
Schizophrenia	2	2		4
Skin	1	12		13
Stroke	4	3		7
Tobacco Addiction	1	0		1
Vascular	5	4		9
TOTALS	51	79	9	130

All the recently formed Cochrane Networks are involved in producing Cochrane Diagnostic Test Accuracy Reviews.

Cochrane Networks (n=8)	Protocols	Reviews	Updates	Totals
Abdomen & Endocrine	24	24	1	48
Acute & Emergency Care	4	10	0	14
Cancer	9	11	3	20
Children & Families	11	16	0	27
Circulation & Breathing	10	9	1	19
Mental Health & Neuroscience	13	23	0	36
Musculoskeletal, Oral, Skin & Sensory	8	21	1	29
Public Health & Health Systems	9	10	4	19
TOTALS	88	124	10	212

Of the 124 published DTA reviews, authors from England, Scotland, Wales and the island of Ireland have conducted **89 (72%)**.

	Number of DTA reviews with UK- or Ireland-based authors
England	85
Scotland	19
Wales	8
Ireland	1
Northern Ireland	1

Cochrane Prognosis Reviews

There are currently (Issue 10, 2019 of the Cochrane Library) **13** Cochrane Prognosis publications: **10 Protocols** and **three Reviews**.

Five of these (**38%**) have been published by **five UK-based Cochrane Review Groups**.

UK Cochrane Review Groups (n=25)	Protocols	Reviews	Updates	Totals
Airways	1	0		1
Developmental, Psychosocial & Learning Problems	1	0		1
Gynaecological, Neuro-oncology & Orphan Cancers	1	0		1
Heart	1	0		1
Wounds	0	1		1
TOTALS	4	1	0	5

Six of the recently formed Cochrane Networks are involved in producing Cochrane Prognosis Reviews:

Cochrane Networks (n=8)	Protocols	Reviews	Updates	Totals
Abdomen & Endocrine	1	1		2
Acute & Emergency Care	1	0		1
Cancer	4	1		5
Children & Families	0	0		0
Circulation & Breathing	2	0		2
Mental Health & Neuroscience	1	0		1
Musculoskeletal, Oral, Skin & Sensory	1	1		2
Public Health & Health Systems	0	0		0
TOTALS	10	3	0	13

Authors from England are involved in **all three** of the published Prognosis Reviews (**100%**).

Cochrane Qualitative Evidence Syntheses

Currently (Issue 10, 2019 of the Cochrane Library) **17 Cochrane Qualitative Evidence Syntheses** have been published: **nine Protocols** and **eight Reviews**.

Eleven of these (**65%**) have been published by **four UK-based Cochrane Review Groups**.

UK Cochrane Review Groups (n=26)	Protocols	Reviews	Updates	Totals
Airways	1	0		1
Effective Practice & Organisation of Care	4	4		8
Methodology	1	0		1
Pregnancy & Childbirth	0	1		1

Four of the recently formed Cochrane Networks are involved in producing **Cochrane Qualitative Evidence Syntheses**:

Cochrane Networks (n=8)	Protocols	Reviews	Updates	Totals
Acute & Emergency Care	0	1		1
Children & Families	0	1		1
Circulation & Breathing	1	0		1
Public Health & Health Systems	7	6		13

Authors from Wales, England and Northern Ireland are involved in **four** of the **eight (50%)** published Cochrane Qualitative Evidence Syntheses:

	Number of Qualitative Evidence Syntheses with UK- or Ireland-based authors
Wales	3
England	1
Northern Ireland	1

Cochrane Network Meta-Analyses

Currently (Issue 10, 2019 of the Cochrane Library) **86 Cochrane Network Meta-Analyses** have been published: **45 Protocols** and **41 Reviews**, of which **six** are **updates**.

Thirty-nine of these (**45%**), of which **four** are **updates**, have been published by **17 UK-based Cochrane Review Groups**.

UK Cochrane Review Groups (n=25)	Protocols	Reviews	Updates	Totals
Airways	1	2		3
Bone, Joint & Muscle Trauma	2	0		2
Common Mental Disorders	5	1		6
Dementia & Cognitive Improvement	1	0		1
Epilepsy	0	1	1	1
Eyes & Vision	0	2	1	2
Heart	3	0		3
Incontinence	1	0		1
Infectious Diseases (includes HIV/AIDS)	0	1		1
Injuries	2	0		2
Oral Health	0	1	1	1
Pain, Palliative & Supportive Care	1	1		2
Pregnancy & Childbirth	3	1	1	4
Skin	2	2		4
Stroke	0	1		1
Tobacco Addiction	1	1		2
Wounds	0	3		3
TOTALS	22	17	4	39

All **eight** of the recently formed Cochrane Networks are involved in producing **Cochrane Network Meta-Analyses**:

Cochrane Networks (n=8)	Protocols	Reviews	Updates	Totals
Abdomen & Endocrine	12	9	1	21
Acute & Emergency Care	5	1	0	6
Cancer	5	2	1	7
Children & Families	7	4	1	11
Circulation & Breathing	4	3	0	7
Mental Health & Neuroscience	7	4	1	11
Musculoskeletal, Oral, Skin & Sensory	4	15	2	19
Public Health & Health Systems	1	3	0	4
TOTALS	45	41	6	86

Authors from **England, Scotland and Wales** are involved in **27** of the **41** fully published Cochrane Network Meta-Analyses (**66%**):

	Number of Network-Meta-Analyses with UK-or Ireland-based authors
England	25
Scotland	4
Wales	1

Cochrane Living Systematic Reviews

Currently (Issue 10, 2019 of the Cochrane Library) there are **eight** Cochrane Living Systematic Review publications: **three Protocols** and **five Reviews**.

Four of these (**50%**) have been produced by **two UK-based Cochrane Review Groups**:

UK Cochrane Review Groups (n=25)	Protocols	Reviews	Updates	Totals
Gynaecological, Neuro-oncology & Orphan Cancers	0	3		3
Heart	0	1		1
TOTALS	0	4	0	4

Four of the recently formed **Cochrane Networks** are involved in producing **Cochrane Living Systematic Reviews**:

Cochrane Networks (n=8)	Protocols	Reviews	Updates	Totals
Acute & Emergency Care	0	1		1
Cancer	1	3		4
Circulation & Breathing	0	1		1
Musculoskeletal, Oral, Skin & Sensory	2	0		2
TOTALS	3	5	0	8

Authors from **England** are involved in **one** of the **five published Cochrane Living Systematic Reviews (20%)**.

Are these specific types of Cochrane Reviews, which tackle complexities in evidence syntheses, being used to inform clinical guidelines?

Cochrane Diagnostic Test Accuracy Reviews

Sixty-six of **124** Cochrane Diagnostic Test Accuracy Reviews (**53%**) by **22 Cochrane Review Groups (12 UK-based)** have been used to inform **114 guidelines**. **Thirty-six** reviews have been used in more than one guideline.

The top three most frequently used reviews, **one** with **authors** from **England**, are:

- Red flags to screen for vertebral fracture in patients presenting with low-back pain - Cochrane Back & Neck, **in 10 guidelines** (seven UK, three Europe/Scandinavia)
- Red flags to screen for malignancy in patients with low-back pain – Cochrane Back & Neck, **in nine guidelines** (five UK, two Europe/Scandinavia, two USA)
- Xpert MTB/RIF and Xpert MTB/RIF Ultra for pulmonary tuberculosis and rifampicin resistance in adults – Cochrane Infectious Diseases, **in nine guidelines** (two UK, four World Health Organization, one Canada, one USA, one South Africa)

Cochrane Review Group	Number of DTA reviews in Guidelines	Number of DTA reviews in more than one guideline
Acute Respiratory Infections	2	1 in 2
Airways	1	1 in 2
Back & Neck	3	1 in 10; 1 in 9; 1 in 5
Bone, Joint & Muscle Trauma	3	2 in 2
Childhood Cancer	1	
Colorectal	1	1 in 3
Dementia & Cognitive Improvement	16	1 in 5; 1 in 4; 1 in 3; 4 in 2
Eyes & Vision	2	1 in 2
Gynaecological, Neuro-Oncology & Orphan Cancer	5	1 in 4; 3 in 2
Gynaecology & Fertility	5	1 in 3; 1 in 2
Hepato-Biliary	3	3 in 5
Infectious Diseases	6	1 in 9
Injuries	1	1 in 6
Kidney & Transplant	3	1 in 2
Lung Cancer	1	
Oral Health	2	1 in 3; 1 in 2
Pregnancy & Childbirth	1	
Schizophrenia	1	
Stroke	2	1 in 5; 1 in 2
Upper GI & Pancreatic Diseases	4	1 in 4; 1 in 2
Urology	1	
Vascular	2	2 in 2
TOTAL	66	1 in 10; 2 in 9; 1 in 6; 6 in 5; 3 in 4; 4 in 3; 19 in 2

Guidelines by location	Number of guidelines informed by Cochrane evidence
Australia	2
Canada	5
China	1
Europe/Scandinavia	39
Ireland	1
Korea	1
Mexico	1
South Africa	1
UK (including 16 NICE; nine Clinical Knowledge Summaries)	38
USA	19
World Health Organization	5
World (unspecified)	1
TOTAL	114

Of the **89** Cochrane Diagnostic Test Accuracy Reviews with a **UK- or Ireland-based author**, **49 (55%)** have been used to inform guidelines:

	Number of DTA reviews with UK- or Ireland-based authors used in guidelines
England	47
Scotland	13
Wales	2
Ireland	1
Northern Ireland	1

Overall, of the **66** Cochrane Diagnostic Test Accuracy Reviews that have been used to inform guidelines, **49** have **authors** from **UK and Ireland (74%)**

Cochrane Prognosis Reviews

We have not yet identified guidelines that have been informed by the three recently published Cochrane Prognosis Reviews in September 2018, October 2018 and October 2019.

Cochrane Qualitative Evidence Syntheses

Three of the **eight** Cochrane Qualitative Evidence Syntheses (**38%**) by **two Cochrane Review Groups (both UK-based)** have been used to inform **four World Health Organization guidelines**.

Cochrane Review Group	Number of Qualitative Evidence Syntheses in Guidelines	Number of Qualitative Evidence Syntheses in more than one guideline
Effective Practice & Organisation of Care	2	1 in 2
Pregnancy & Childbirth	1	
TOTAL	3	1 in 2

Of the **four** Qualitative Evidence Syntheses with a **UK- or Ireland-based author**, **two (50%)** have been used to inform guidelines:

	Number of Qualitative Evidence Syntheses with UK- or Ireland-based authors used in guidelines
England	1
Wales	1

Overall, of the **three** Qualitative Evidence Syntheses that have been used to inform guidelines, **two (67%)** have authors from **England and Wales**.

Cochrane Network Meta-Analyses

Twenty-four of the **41** Cochrane Network Meta-Analyses (**59%**) by **20 Cochrane Review Groups (11 UK based)** have been used to inform **120 guidelines**. **Nineteen** reviews have been used in more than one guideline.

The top three most frequently used reviews (**all** with **authors** from **England**) are:

- Pharmacological interventions for smoking cessation: an overview and network meta-analysis – Cochrane Tobacco Addiction, **in 29 guidelines** (four UK, eight Europe/Scandinavia, eight Australia, four USA, two Canada, two World, one Malaysia)
- Adverse effects of biologics: a network meta-analysis and Cochrane overview – Cochrane Musculoskeletal, **in 17 guidelines** (eight UK, three Europe/Scandinavia, two Australia, two South America, one Canada, one Singapore)
- Fluoride toothpastes of different concentrations for preventing dental caries – Cochrane Oral Health, **in 12 guidelines** (five UK, two Europe/Scandinavia, two Australia, two USA, one Hong Kong)

Cochrane Review Group	Number of Network Meta-Analyses in Guidelines	Number of Network Meta-Analyses in more than one guideline
Airways	2	1 in 8; 1 in 2
Colorectal	1	1 in 5
Common Mental Disorders	1	1 in 2
Epilepsy	1	
Eyes & Vision	2	1 in 5
Fertility Regulation	1	1 in 6
Haematological Malignancies	1	1 in 10
Hepato-Biliary	1	
Infectious Diseases	1	
Multiple Sclerosis & Rare Diseases of the CNS	2	1 in 3; 1 in 2
Musculoskeletal	2	1 in 17
Oral Health	1	1 in 12
Pain, Palliative & Supportive Care	1	1 in 3
Pregnancy & Childbirth	1	1 in 3
STI	1	1 in 2
Stroke	1	1 in 4
Tobacco Addiction	1	1 in 29
Upper GI & Pancreatic Diseases	1	1 in 3
Work	1	1 in 2
Wounds	1	1 in 3
TOTAL	24	1 in 29; 1 in 17; 1 in 12; 1 in 10; 1 in 8; 1 in 6; 2 in 5; 1 in 4; 5 in 3; 5 in 2

Guidelines by location	Number of guidelines informed by Cochrane evidence
Australia	15
Canada	7
Europe/Scandinavia	29
Hong Kong	1
Ireland	1
Japan	1
Korea	0
Malaysia	2
Mexico	0
Middle East	1
Singapore	1
South Africa	0
South America	2
UK (including 21 NICE; two Clinical Knowledge Summaries; two SIGN)	40
USA	16
World Health Organization	2
World (unspecified)	2
TOTAL	120

Of the **27 Cochrane Network Meta-Analyses** with a **UK- or Ireland -based author**, **17 (63%)** have been used to inform guidelines.

	Number of Network-Meta-Analyses with UK- or Ireland-based authors used to inform guidelines
England	16
Scotland	1

Overall, of the **24 Cochrane Network Meta-Analyses** that have **informed guidelines**, **17 (71%)** have authors from **England** and **Scotland**.

Cochrane Living Systematic Reviews

Four of the **five Cochrane Living Systematic Reviews (80%)** by **two Cochrane Review Groups (one UK-based)** have been used to inform **31 guidelines**. **All four** have been used in more than one guideline.

The top two most frequently used reviews, **one** with **authors** from **England**, are:

- Anticoagulation for the long-term treatment of venous thromboembolism in people with cancer – Cochrane Gynaecological, Neuro-Oncology & Orphan Cancer, **in 15 guidelines** (one UK, seven Europe/Scandinavia, four USA, two Canada, one China)
- Delayed antibiotic prescriptions for respiratory infections – Cochrane Acute Respiratory Infections, **in 12 guidelines** (seven UK, two Europe/Scandinavia, one Australia, one Korea, one USA)

Cochrane Review Group	Number of Cochrane Living Systematic Reviews in Guidelines	Number of Cochrane Living Systematic Reviews in more than one guideline
Acute Respiratory Infections	1	1 in 12
Gynaecological, Neuro-Oncology & Orphan Cancer	3	1 in 15; 2 in 6
TOTAL	4	1 in 15; 1 in 12; 2 in 6

Guidelines by location	Number of guidelines informed by Cochrane evidence
Australia	1
Canada	4
China	2
Europe/Scandinavia	9
Korea	1
UK (including 6 NICE; 3 Clinical Knowledge Summaries)	9
USA	5
TOTAL	31

One of the **five Cochrane Living Systematic Reviews** has **UK-based authors** (from **England**). **This review** by **Cochrane Acute Respiratory Infections** has been used to inform **12 guidelines** (seven UK (four NICE, three Clinical Knowledge Summaries); two Europe/Scandinavia; one Australia; one Korea; one USA).

Knowledge Translation

There are eight Knowledge Translation Working Groups within Cochrane. Sarah Chapman and Therese Docherty, from Cochrane UK, are members of Cochrane’s Knowledge Translation Advisory Group overseeing the work of the groups and projects in this area. Sarah has contributed to the development of a Cochrane Core Principles of Dissemination checklist as a member of this group. Selena Ryan-Vig and Sarah are members of Working Group 2: Improving and Up-scaling products. This group aims to capture the use of the different Cochrane Review formats used for dissemination across the Cochrane Community and identify the most suitable formats for particular audiences, promoting shared learning and opportunities to reuse products

globally. The current focus of the group's work is on the design and implementation of infographics to illustrate different aspects of selected Cochrane Reviews. The aim is for these infographics to be updated automatically and to be accessible within the Library, alongside the relevant review. Therese Docherty is Chair of the 'Building KT infrastructure and Internal Capacity' Working Group. This group is responsible for providing Knowledge Translation resources, tools and training products to the Cochrane Community. As part of this work, the group launched a mentorship scheme in September 2019, to provide one-to-one mentorship and support to individuals engaged in Knowledge Translation projects. The scheme is a six-month pilot and will be evaluated in April 2020 to identify next steps. The group are also working on an online Knowledge Translation introductory learning module as part of the interactive training offering.

Sarah is also advising on Knowledge Translation as a member of the Steering Group for The People's Trial, an innovative project engaging the public in designing and conducting a fun, online trial, co-ordinated by a team from the Health Research Board-Trials Methodology Research Network (HRB-TMRN, National University of Ireland, Galway). Sarah has also supported the HRB-TMRN's schools outreach work as a judge for the START (Schools Teaching About Randomised Trials) competition.

Sarah and Selena have been invited to join a network of dissemination experts as part of a wider Cochrane Knowledge Translation Project. This aims to provide an opportunity to connect and learn from other colleagues disseminating Cochrane health evidence and develop skills to train and inspire others in the community. The first face-to-face meeting of this group is in January 2020.

Media Highlights

During the period 1st April to 1st November 2019 there were 4,300 mentions of Cochrane in the media globally. We continue to have good relationships with the Science Media Centre, who guide us on clear and open communications with journalists. We maintain an up-to-date media list of journalists in the UK, who have opted to receive updates from Cochrane and those covering the health and science topic for their media outlet.

There were several press releases in this period. During April, a press release, "New Cochrane Review investigates the effectiveness of different forms of nicotine replacement therapy in helping people give up smoking", was issued to media contacts. A round-up of media coverage can be viewed [here](#). In June, a press release, "New Cochrane Review assesses evidence on different ways to reduce consumption of sugary drinks", received global media interest, including a live interview on Sky News, as well as articles in Reuters and *The Evening Standard*.



New review suggests proven ways to cut back on sugary drinks

Linda Carroll

4 MIN READ



(Reuters Health) - With sugary sodas and other sweetened drinks considered a key driver of the obesity epidemic worldwide, a new research review evaluates how well various measures work to reduce consumption of these calorie laden drinks.

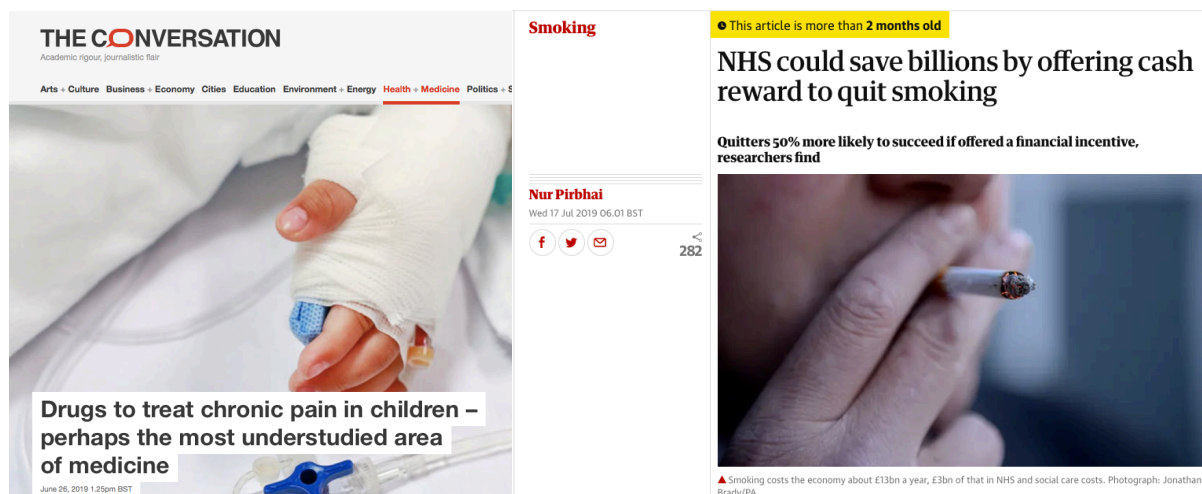
Strategies including limited availability of sodas in schools, removal from children's menus at restaurants and better labeling could help reduce consumption, according to the analysis published in The Cochrane Database of Systematic Reviews.

The authors of the new report did not respond to requests for an interview. Study coauthor Hans Hauner said in a statement, "Rates of obesity and diabetes are rising globally, and this trend will not be reversed without broad and effective action." Hauner, a professor of nutritional medicine at the Technical University Munich, added, "Governments and industry in particular must do their part to make the healthy choice the easy choice for consumers. This review highlights key measures that can help accomplish this."

Cochrane Pain, Palliative & Supportive Care Group created a campaign highlighting the lack of evidence available for drugs prescribed to treat pain in children. A press release was produced and released to the media in partnership with the University of Bath. The press release was titled “Researchers challenge lack of evidence for drugs prescribed to treat chronic pain in children”. A round-up of the campaign is available here - <https://papas.cochrane.org/news/chronic-pain-children-time-change>.

A press release was issued in July, in partnership with the University of East Anglia and The Tobacco and Addiction Group, on incentives for giving up smoking. This resulted in media coverage, in the UK, in *The Sun*, *Times* and the *Guardian*. Links to these articles are below:

- <https://theconversation.com/helping-smokers-quit-financial-incentives-work-118488>
- <https://www.independent.co.uk/life-style/health-and-families/smoking-quit-give-up-paying-people-tobacco-nicotine-benefits-a9007061.html>
- <https://www.nytimes.com/2019/07/16/well/live/to-help-smokers-quit-pay-them.html>
- <https://www.thesun.co.uk/news/9521610/paying-people-quit-smoking-chance-increase/>
- <https://www.thetimes.co.uk/article/small-cash-incentive-helps-smokers-to-quit-fdkbhvlttr>
- <https://www.manchestereveningnews.co.uk/news/health/offering-cash-incentives-smokers-quit-16599680>
- <https://www.theguardian.com/society/2019/jul/17/nhs-could-save-billions-by-offering-cash-reward-to-quit-smoking>



In July, newly appointed Cochrane Editor-in-Chief, Karla Soares-Weiser presented, “A deep dive into systematic reviews” to an audience of journalists (many from the UK) at the World Federation of Science Journalists conference in Lausanne, Switzerland.

In September, Toby Lasserson, newly appointed Deputy Editor-in-Chief, presented at the Guild of Health Writers event, “Understanding Medical Research.” Toby presented to 30 UK-based health writers alongside speakers from the National Institute for Health and Care Excellence and the NHS 'Behind the Headlines' service. Toby explained how evidence in health care works, how systematic reviews can help journalists and introduced Cochrane.

During October, Cochrane published an amendment to the review on “Exercise therapy for chronic fatigue syndrome.” This review has been the subject of complaint and its perceived shortcomings debated in the media. A statement about this review was published on www.cochrane.org to explain the history and future of this Cochrane Review when the amendment was published.

Goal 3: Advocating for evidence

Schools outreach programme

Critical thinking and research workshops

Cochrane UK Senior Fellow in General Practice, Lynda Ware and Communications and Engagement Officer, Selena Ryan-Vig, continue to deliver and extend the schools’ outreach programme, focusing on critical thinking and research. Since April 1st 2019, we have delivered five workshops in local schools. The feedback from schools and students has been very positive. We have further school talks booked in late 2019 and early 2020.

Evidence-Based Medicine workshops for aspiring medics

In addition to our workshops for more general secondary school audiences, we have continued to deliver tailored workshops for aspiring medics.

Since 1st April 2019, we have run four extended workshops for sixth-form students interested in studying medicine. In September 2019, we held a session in Buckinghamshire attended by approximately 90 students and another in Oxfordshire, attended by 25 students. This latter talk was for a school that is part of an Oxfordshire Academy Trust, with whom we have strengthened our links, as they are interested in a long-term partnership for science education. We also held two workshops in the Cochrane UK office, one in June and one in October, attended by 25 and 21 sixth-form students from local schools, respectively.

Three of these workshops included interactive sessions with Anna Noel-Storr, who introduced the students to Cochrane Crowd (<https://crowd.cochrane.org/index.html>); a collaborative volunteer effort to help categorize and summarize healthcare evidence. This gave the students a taste of what systematic reviewers do and encouraged them to get involved with, and contribute to, Cochrane.

Additionally, for the third year running, Magdalen School in Oxford invited us to deliver a session at their conference for sixth formers from local schools applying to study medicine.

Extending the schools programme, including widening participation

We were invited to present at a STEM (Science, Technology, Engineering and Mathematics) Experience Week. The week was organized by Science Oxford, a charitable organization, based in Oxford, that aims to encourage the pursuit of science and enterprise. We held two workshops at this event, for Year 10-11 students interested in studying medicine.

As a result of these workshops, we made contact with STEM Learning (www.stem.org.uk), the largest UK provider of education and careers support. STEM Learning is a national organization with contacts in every secondary level learning establishment in the UK. Lynda Ware and Selena Ryan-Vig are now registering as STEM Ambassadors, which will give us access to secondary schools

throughout the UK. As Ambassadors, we will be able to view, and respond to, relevant advertisements that schools have posted. For example, a school may request an Ambassador with a particular type of expertise or interest (e.g. medical) to run a workshop or talk in their school.

We have developed and shared a lesson plan with STEM Learning and are now awaiting feedback about how this might be refined to ensure it best aligns with schools' needs. After this, we will be able to visit schools and provide workshops in their networks. STEM Learning also offer 'train the trainer' support, whereby we could be supported to train others to deliver our workshops. There is also the potential for us to develop a suite of materials which could be hosted on the STEM Learning website as resources that could be used by other facilitators or teachers. This provides us with multiple ways in which we can extend the schools programme to regions across the UK.

In September, we shared a [blog](#) about our experiences of teaching evidence-based medicine and critical thinking in schools. We received a number of positive comments and enquiries as a result. One notable response came from the President of the [University of Birmingham's Widening Access to Medical Sciences \(BWAMS\)](#). BWAMS offer an extensive programme in the West Midlands which aims to raise the aspiration and attainment of people from backgrounds that are under-represented in medical schools. We have discussed how we may collaborate and help one another extend our respective schools programmes. This may include offering joint workshops and sharing resources and contacts. In December 2019, Lynda and Selena will attend and run sessions at a Widening Participation conference. This will be attended by sixth-form students as well as members of BWAMS. This provides an opportunity to showcase our talks and explore options for collaboration.

Lynda and Selena are also exploring how we may feed into existing Widening Participation programmes offered by Barts and The London School of Medicine and Dentistry as well as the University of Nottingham, through contacts of Robert Walton, one of our Senior Fellows in General Practice.

Students 4 Best Evidence (S4BE)

We transferred the S4BE concept and website to central Cochrane to facilitate the development of multi-lingual sites. Minervation, our website hosting and maintenance company, has developed the multilingual installation of the website, integrated with Cochrane's Single Sign-On (SSO) facility. A small team from Cochrane Iberoamerica are adding content to the Spanish S4BE site. Once this is complete, we will work with them and the Cochrane Membership, Learning & Support Services (MLSS), to promote the new multilingual site to the S4BE and Cochrane Communities.

We will continue to support the MLSS team in the expansion of S4BE to other Cochrane Centres throughout the world. We will also work together on the development of the 'Cochrane Student Membership' which will see S4BE integrated into the [Cochrane Membership Scheme](#). This will enable students, interested in evidence-based health care, to access a clear pathway of learning and tasks to help them transition to clinical practice or a research environment when they graduate.

Cochrane Trainees

Our Cochrane UK Fellow, Emily Carter, has been preparing a training day for Medical Trainees to take place on 29th November 2019. The day aims to engage trainees in the work of Cochrane by:

- Introducing and linking trainees to the team at Cochrane UK
- Providing an overview of the Cochrane organization and the work of Cochrane
- Providing trainees with an understanding of the Cochrane systematic review process and some common methodological errors to avoid when performing reviews
- Encouraging trainees to use Cochrane Reviews and critical appraisal skills to organize or contribute to hospital journal clubs

We are pleased to have appointed our next Cochrane UK Fellow, Rebecca Gould, who will join us from February 2020. Rebecca is an ST4 in Sports and Exercise Medicine (SEM) and has previously completed GP speciality training and worked as a GP for two years before entering the SEM training programme.

Goal 4 Building an effective and sustainable organization

Planning for 2020 to 2025

We are delighted to have secured funding from the National Institute for Health Research (NIHR) for the period 2020 to 2025. We have begun planning work for this period, in particular on our Strategic Objective 4: To develop and implement a programme evaluating our activities in the areas of training and knowledge translation. We have appointed a Senior Fellow in Public Health, Dr Mohit Sharma, on secondment from Public Health England to lead on this work, one day a week. The initial tasks will be to develop a workplan with the Senior Fellow on how this project will be initiated and implemented.

Another important area of work is Strategic Objective 3: To promote awareness and understanding of healthcare research and evidence. We are pleased to welcome Emma Doble, in the role of Patient and Public Co-ordinator, to help us scope the consumer aspects of this project. Emma was a recipient of our Rosamund Snow Prize, which provided funding for a young consumer to attend the Cochrane Colloquium in Edinburgh in 2018. Emma has remained engaged with Cochrane since the Edinburgh Colloquium and has been featured on the Cochrane 30 under 30 campaign.

Staffing

Since our last report we have welcomed Marta Santos to our team in the role of Programme Support Officer. Marta has a background in Speech and Language Therapy and is currently studying for a Masters in Public Health. Our Communications and Engagement Officer, Selena Ryan-Vig has returned from a short career break. We also welcome back Dr Mohit Sharma as Senior Fellow in Public Health, and Emma Doble, as Patient and Public Co-ordinator.

Appendix 1

Between 01 April 2019 and 31 October 2019 the following were published:

Thirty-three new *Evidently Cochrane* blogs plus five existing blogs, revised and updated in the light of new Cochrane evidence.

- 116 reviews (including Cochrane Network Meta-Analyses, a Cochrane Qualitative Evidence Synthesis, Cochrane Diagnostic Test Accuracy Reviews and Cochrane Overviews) were highlighted from 13 Cochrane Review Groups (eight UK based)
- three blogs were special features on initiatives to enhance the public understanding of evidence, designed to improve skills in critical thinking and encourage active involvement in trial development:
 - The Schools Teaching Awareness About Randomised Trials (START) initiative in Ireland. School children in Ireland have run and presented their own randomized trials in the innovative START competition. The blog by Cochrane UK Knowledge Broker, Sarah Chapman, was written to coincide with the annual International Clinical Trials Day in May 2019.
 - *Children can do randomized trials! START competition 2019*
 - The People's Trial, a bold project from the Health Research Board Trials Methodology Research Network (HRB-TMRN) at the National University of Ireland, Galway, which invites members of the public to create and run a fun online clinical trial. The blog by Cochrane UK Knowledge Broker, Sarah Chapman, was written to coincide with the launch of The People's Trial in August 2019.
 - *The People's Trial: your chance to be a scientist in a fun online trial*
 - Guest blog jointly written by Lynda Ware, Cochrane UK Senior Fellow in General Practice and Selena Ryan-Vig, Cochrane UK Communications and Engagement Officer on the talks and workshops they run with secondary school students, teaching evidence-based medicine and encouraging critical thinking about health claims and advice:
 - *Teaching evidence-based medicine (EBM) in schools*

One blog by Cochrane UK Knowledge Broker, Sarah Chapman, was a social media feature to coincide with the launch of new Cochrane guidance for making Cochrane blogshots (summary infographics derived from Cochrane Reviews and designed to be shared via social media to help make Cochrane evidence more accessible). Sarah, together with Cochrane UK Communications and Engagement Officer and others in the central Cochrane Knowledge Translation team produced the guidance as a learning resource for the Cochrane Community; Sarah explains how this guidance has come about and some of the challenges of sharing evidence in this format:

- *Cochrane blogshots: challenges and changes*

Twenty-seven were guest blogs:

Six were written by patients or carers with lived experience or including a patient or citizen ‘voice’ - covering a wide range of topics including seeking help to improve their mental health and the care of others, advocating for improvements in services and support, identifying gaps in evidence and the research questions that need to be addressed as priorities, and actively engaging with Cochrane evidence by becoming a consumer peer reviewer:

- *Carer at the end of the line: evidence and experience of telephone support* (written by a carer to coincide with Carers’ Week in June 2019)
- *Pregnancy after stillbirth: experience and evidence gaps* (jointly written by a mother with lived experience of the trauma of stillbirth and its impact on subsequent pregnancies and a researcher, looking at gaps in the evidence on how to care for and support such women and their families)
- *Recurrent miscarriage and early pregnancy: learning from women’s experiences* (includes voices of women with lived experience of miscarriage)
- *Bell’s palsy: facing up to uncertainty* (includes parent and child lived experience; revised and updated by Cochrane UK Knowledge Broker during this reporting period, to reflect the latest evidence published in recently updated versions of the reviews on which this blog is based)
- *Confessions of a rookie consumer peer reviewer* (written by a volunteer peer reviewer for Cochrane Common Mental Disorders on her experiences of this editorial process)
- *Supporting children and young people’s mental health: a call for change* (written by a young woman reflecting on her experiences of anxiety and depression as a teenager and calling for better understanding and support for children and young people with mental health difficulties; it includes a link to the Cochrane Common Mental Disorders survey seeking to co-produce with young people the research questions Cochrane Reviews need to address as priorities)

Ten were written by Cochrane authors:

- *Suicide prevention: towards better evidence* (by Managing Editor of Cochrane Common Mental Disorders highlighting their work to bring together the best evidence on suicide prevention and self-harm)
- *Dementia diagnosis: a decade of evidence* (by Co-ordinating Editor of Cochrane Dementia & Cognitive Improvement looking at the latest Cochrane evidence on testing for dementia and reflecting on the Group’s programme of ongoing work on dementia assessment in reviews of test accuracy)
- *Supporting women throughout labour and childbirth: effective and equitable* (jointly written with Cochrane UK Knowledge Broker)
- *Implementing midwife-led continuity models of care and what do we still need to find out?* (by Cochrane Ireland’s Director and three Cochrane co-authors, including a lecturer in gender and women’s health)

- *The third stage of labour: active or expectant management of care?* (midwife and qualitative researcher)
- *Pregnancy after stillbirth: experience and evidence gaps* (healthcare researcher, together with a mother with lived experience of the trauma of stillbirth)
- *Chronic pain in children and adolescents: is there evidence that drugs work?*
- *What helps women to quit smoking while pregnant?* (by Managing Editor of Cochrane Tobacco Addiction and one Cochrane co-author)
- *Affordable ways to support people who want to stop smoking* (by Managing Editor of Cochrane Tobacco Addiction)
- *What is the best way to stop smoking – should I stop suddenly or cut down first?* (jointly written by Managing Editor of Cochrane Tobacco Addiction and Cochrane UK Senior Fellow in General Practice)
- *Cutting down on sugary drinks: what works best?* (research associates in public health)

Four were written by or included other healthcare professional or healthcare researcher ‘voices’:

- *TNF inhibitors in rheumatoid arthritis: is dose reduction safe and effective for all?* (consultant rheumatologist)
- *Delirium in long-term care institutions: can we prevent or minimize it?* (recently retired consultant geriatrician)
- *Recurrent miscarriage and early pregnancy: learning from women’s experiences* (nurse specialist (previously a midwife and health visitor) who is also a clinical research specialist)
- *Cutting down on sugary drinks: what works best?* (research associate in public health)

Eleven were written by staff and fellows associated with Cochrane UK:

One by Cochrane UK Fellow and Obstetrics and Gynaecology Specialty Registrar

- *Vitamin D supplements in pregnancy: what’s the latest evidence?*

Seven by Cochrane UK Senior Fellows in General Practice:

- *Getting clinical guidelines into practice: what works best?*
- *What can be done to help heavy periods?*
- *Avoiding malaria on holiday: evidence on how to reduce your infection risk?*
- *Psoriasis: can changing your lifestyle help?*
- *Does your ‘lung age’ tell you anything useful? New ways of thinking about disease risk*
- *What is the best way to stop smoking – should I stop suddenly or cut down first?* (jointly written with Managing Editor of Cochrane Tobacco Addiction)
- *Teaching evidence-based medicine (EBM) in schools* (jointly written with Cochrane UK Communication and Engagement Officer in ‘Understanding Evidence’ series)

Two by Cochrane UK Communications and Engagement Officer:

- *Breastfeeding: a round up of Cochrane evidence* (as part of a Cochrane UK special series on maternal and newborn health: ‘Maternity Matters’ in August 2019)

- *Teaching evidence-based medicine (EBM) in schools* (jointly written with Cochrane UK Senior Fellow in General Practice in ‘Understanding Evidence’ series)

One by Cochrane UK Senior Fellow in Public Health:

- *Skin cancer: should the UK start screening for it?*

Twenty-nine blogs were linked to health awareness events or campaigns, NHS priorities, topical news, clinical guidelines or other policy documents:

- *Preventing seasonal affective disorder (SAD): light on evidence* – **topical news.**
- *Does your ‘lung age’ tell you anything useful? New ways of thinking about disease risk* - to coincide with **Public Health England initiative** to encourage a change to a healthier lifestyle; links to **NHS Health Check website** calculating heart age and other similar calculators for lung age and metabolic age.
- *Supporting women throughout labour and childbirth: effective and equitable* - to coincide with the imminent arrival of a **royal baby** for the Duke and Duchess of Sussex; linked to **WHO guideline on intrapartum care for a positive birth experience** (2018)
- *Delirium in long-term care institutions: can we prevent or minimize it?* – links to **NICE guideline CG103.**
- *Supporting children and young people’s mental health: a call for change* – **topical news** and **NHS priority**; links to **Cochrane Common Mental Disorders survey seeking to co-produce with young people research questions that Cochrane Reviews need to address.**
- *Children can do randomized trials! START competition 2019* – blog by Cochrane UK Knowledge Broker on **Schools Teaching Awareness About Randomized Trials (START) initiative in Ireland** to coincide with the annual **International Clinical Trials Day, 20th May 2019**
- *Affordable ways to support people who want to stop smoking”* – to coincide with **World No Tobacco Day, 31st May 2019**
- *Carer at the end of the line: evidence and experience of telephone support* – to coincide with **Carers’ Week, 10th to 16th June 2019**; links to **Third Sector report** (2018)
- *Avoiding malaria on holiday: evidence on how to reduce your infection risk* – to coincide with **travelling season**; links to **Public Health England statistical report on malaria in the UK.**
- *Chronic pain in children and adolescents: is there evidence that drugs work?* – **BBC coverage.**
- *TB or not TB? That is the question (and here’s the test that can answer it)* – existing blog substantially revised in light of new Cochrane evidence; links to **WHO Global Tuberculosis Report (2018)** and **Cochrane Special Collection on Tuberculosis**
- *Dementia diagnosis: a decade of evidence* - links to **World Alzheimer’s Day; Cochrane Special Collection on Diagnosing Dementia; NICE guideline (NG97); Cochrane Dementia & Cognitive Improvement commentary on National Institute on Ageing and Alzheimer’s Association Research Framework for Alzheimer’s Disease.**
- *What can be done to help heavy periods* – existing blog substantially revised (twice in this reporting period) in light of new Cochrane evidence; links to **NICE guidance (NG88 2018; QS47, 2018); NICE press release March 2018.**

- *Vitamin D supplements in pregnancy: what's the latest evidence?* – links to **European Food Safety Authority report on dietary reference values** (2016); **NHS Oxfordshire Clinical Commissioning Group professional resource clinical guideline** (2017); **NICE guideline (CG62, updated 2019)**; **NICE Public Health Guidance (PH56, updated 2017)**; **Royal College of Obstetricians & Gynaecologists Scientific Impact Paper** (2014); **UK Scientific Advisory Committee on Nutrition** (2016)
- *Breastfeeding: a round-up of Cochrane evidence* – to coincide with **World Breastfeeding Week** (1st to 7th August 2019) and as part of the Cochrane UK special series on 'Maternity Matters'; links to **Royal College of Physicians of Ireland guideline** (2018); **NICE Clinical Knowledge Summaries breastfeeding problems** (2017) and **mastitis and breast abscess** (2018); **WHO guideline** (2017)
- *Implementing continuous support for women during labour and childbirth* – part of the Cochrane UK special series on 'Maternity Matters'; links to **WHO guideline** (2018)
- *The third stage of labour: active or expectant management of care?* – part of the Cochrane UK special series on 'Maternity Matters'; links to **International Confederation of Midwives Statement; WHO guidance** (2017); **NICE guidance (CG190)**
- *What helps women to quit smoking while pregnant?* – to coincide with **priorities in NHS Long Term Plan** (2019); part of the Cochrane UK special series on 'Maternity Matters'; links to **a major randomized controlled trial** (Smoking, Nicotine and Pregnancy SNAP trial); **WHO factsheet**
- *Pregnancy after stillbirth: experience and evidence gaps* – part of the Cochrane UK special series on 'Maternity Matters'; links to **SANDS** (stillbirth and neonatal death charity providing support for anyone affected by the death of a baby)
- *Implementing midwife-led continuity models of care and what do we still need to find out?* – part of the Cochrane UK special series on 'Maternity Matters'; links to **Department of Health "Safer Maternity Care" strategy** (2017); **randomized controlled trial protocol POPPIE on continuity of midwifery care for women at increased risk of preterm birth** (2019); **research on implementation of continuity of care models** (2019); **book on practising continuity of care** (2019); **cohort study in reducing preterm birth** (2019); **research on pre and postnatal maternal wellbeing** (2018); **research on infant birth outcomes** (2016); **NHS England National Maternity Review 'Better Births'** (2016); **NHS England resource pack for implementing 'Better Births'** (2017); **NHS England NHS Long Term Plan** (2019); **WHO guidelines on intrapartum care** (2018) and **antenatal care** (2016)
- *Cutting down on sugary drinks: what works best?* – links to **three randomized controlled trials; WHO guideline on sugar intake for adults and children** (2015); **British Medical Association official briefing to UK government on tax on sugary drinks** (2018); **NHS major priority** (obesity)
- *Bell's palsy: facing up to uncertainty* – existing blog substantially revised in light of new Cochrane evidence; links to **NICE Clinical Knowledge Summary on Bell's palsy** (May 2019); **NICE guideline (NG127 July 2019)**

- *Eczema research: have we done more than scratched the surface?* – to coincide with **National Eczema Week** 15 to 22 September 2019; links to **NIHR James Lind Alliance Priority Setting Partnership Top 10 Priorities in eczema** (2012); **NICE guidance (CG57, QS44)**, **SIGN guidance (no 125, 2011)**; **NIHR Centre for Dissemination Highlight on childhood eczema** (2017) and **Signals** (2016, 2017 x 2, 2018); **major randomized controlled trials** (HTA 2017, 2016)
- *Skin cancer: should the UK start screening for it?* – **seasonal**; links to **patient information leaflet by British Association of Dermatologists**; **Cancer Research UK melanoma skin cancer mortality statistics** (2017); **NHS UK public health information** on "skin cancer (melanoma)" and on "sunscreen and sun safety"
- *Maternity Matters: a special series from Cochrane UK* - to coincide with **World Breastfeeding Week** 1st to 7th August 2019; opening blog of the Cochrane UK special series on 'Maternity Matters'; links to **NHS England's Better Births and NHS Long Term Plan** (2019); includes **comments by Professor Catherine Swann, Deputy Director of Maternity and Community at Public Health England**
- *Recurrent miscarriage and early pregnancy: learning from women's experience* – links to **training resources by The Miscarriage Association**; **qualitative research study**; **randomized controlled trial**; part of the Cochrane UK special series on 'Maternity Matters'
- *Psoriasis: can changing your lifestyle help?* – links to **NIHR James Lind Alliance Priority Setting Partnership Top 10 priorities** for psoriasis (November 2018)
- *Suicide prevention: towards better evidence* - links to **WHO fact sheet on suicide**; **WHO video on preventing suicide** for **World Mental Health Day 10 October 2019**, with a special focus on suicide prevention.
- *What is the best way to stop smoking - should I stop suddenly or cut down first?* - to coincide with **Stoptober**; links to **Public Health England One You Stoptober initiative** to encourage quitting smoking; **Smoking in England Toolkit Study**

Special series – nine blogs in one special series on *Maternity Matters*:

- *Maternity Matters: a special series from Cochrane UK*
- *Breastfeeding a round-up of Cochrane evidence*
- *Recurrent miscarriage and early pregnancy: learning from women's experiences*
- *Pregnancy after stillbirth: experience and evidence gaps*
- *Implementing midwife-led continuity models of care and what do we still need to find out?*
- *Implementing continuous support for women during labour and childbirth*
- *What helps women to quit smoking while pregnant?*
- *Vitamin D supplements in pregnancy: what's the latest evidence?*
- *The third stage of labour: active or expectant management of care*

Regular series ('Evidence for Everyday Allied Health'; 'Evidence for Everyday Nursing'; 'Evidence for Everyday Health Choices'; 'Evidence for Everyday Midwifery'; 'Understanding Evidence'):

- Evidence for *Everyday Health Choices* (**ten blogs**):

- Preventing seasonal affective disorder (SAD): light on evidence
 - Does your ‘lung age’ tell you anything useful? New ways of thinking about disease risk
 - Nicotine replacement therapy: new evidence on help to quit smoking
 - Supporting women throughout labour and childbirth: effective and equitable
 - Affordable ways to support people who want to stop smoking
 - Avoiding malaria on holiday: evidence on how to reduce your infection risk
 - Chronic pain in children and adolescents: is there evidence that drugs work?
 - What helps women to quit smoking while pregnant?
 - Vitamin D supplements in pregnancy: what’s the latest evidence?
 - What can be done to help heavy periods? (existing blog substantially revised in light of new Cochrane evidence)
- Evidence for *Everyday Midwifery* (**six blogs**):
 - *Maternity Matters: a special series from Cochrane UK*
 - *Breastfeeding: a round-up of Cochrane evidence*
 - *Recurrent miscarriage and early pregnancy: learning from women’s experiences*
 - *Pregnancy after stillbirth: experience and evidence gaps*
 - *Implementing midwife-led continuity models of care and what do we still need to find out?*
 - *The third stage of labour: active or expectant management of care?*
 - Understanding Evidence (**three blogs**):
 - *The People’s Trial: your chance to be a scientist in a fun online trial*
 - *Children can do randomised trials! START competition 2019*
 - *Teaching evidence-based medicine (EBM) in schools*

Six *Evidently Cochrane* blogs were co-posted elsewhere:

Four *Evidently Cochrane* blogs were co-published on Cochrane.org as a news piece or as the Cochrane Community blog:

- *Karen Morley: Confessions of a rookie consumer peer reviewer (6th May 2019)*
<https://community.cochrane.org/news/confessions-rookie-consumer-peer-reviewer>
- *Sarah Chapman: Blogshots: challenges, changes and some new guidance (4th June 2019)*
<https://community.cochrane.org/news/blogshots-challenges-changes-and-some-new-guidance>
- *School children learning about evidence-based medicine: Cochrane UK’s outreach programme (22 July 2019)* (<https://community.cochrane.org/news/school-children-learning-about-evidence-based-medicine-cochrane-uks-outreach-programme>)
- *Maternity Matters: a new special series of blogs and other resources from Cochrane UK (29 August 2019)* (<https://www.cochrane.org/news/maternity-matters-new-special-series-blogs-and-other-resources-cochrane-uk>)

Two *Evidently Cochrane* blogs were co-published on **Cochrane Common Mental Disorders** website:

- Sarah Chapman: *Preventing seasonal affective disorder (SAD): light on evidence* (**13 April 2019**) <https://cmd.cochrane.org/blog/preventing-seasonal-affective-disorder-sad-light-evidence>
- Karen Morley: *Confessions of a rookie consumer peer reviewer* (**1st May 2019**) <https://cmd.cochrane.org/blog/confessions-rookie-consumer-peer-reviewer>

Between 01 April 2019 and 31 October 2019, the following have also been published: 85 blogshots (20 updated) and one vlogshot (updated). An additional 11 existing blogshots were re-posted to coincide with an awareness event.

- 87 reviews (48 new; 39 updates) were highlighted from 22 Cochrane Review Groups (14 UK based).
- 47 blogshots were linked to health awareness events/topical news/NHS priorities
 - one blogshot to latest Global Burden of Disease Study in *The Lancet*
 - 17 blogshots to World Asthma Day 1st May 2019 (including 10 existing blogshots)
 - three blogshots to World No Tobacco Day 31st May 2019
 - 19 blogshots to World Breastfeeding Week 1st to 7th August 2019
 - five blogshots to National Eczema Awareness Week 15th to 22nd September 2019 (including one existing blogshot)
 - two blogshots to Stoptober 01 to 31st October (promoting smoking cessation)
- 50 blogshots were linked to four *Evidence for Everyday* series:
 - 14 blogshots for Evidence for Everyday Health Choices
 - two blogshots for Evidence for Everyday Nursing
 - two blogshots for Evidence for Everyday Allied Health Professionals
 - thirty-two blogshots for Evidence for Everyday Midwifery
- 28 blogshots were linked to one special series ‘Maternity Matters’ in August 2019

Topics covered included:

- **Public Health initiatives** - help to quit smoking (motivational interviewing; incentives; hypnotherapy; increase use of stop smoking medicines); lifestyle choices (altering availability or proximity of food, alcohol and tobacco products to change their selection and consumption; encouraging children and young people to increase their intake of fruit and vegetables); screening in malignant melanoma
- **Patient safety** – care prior to and during subsequent pregnancies following stillbirth; buffered solutions vs 0.9% saline for resuscitation in critically ill adults and children
- **Rehabilitation** - improving aphasia after stroke
- **Interventions for vulnerable people** (exercise for reducing falls in people living and beyond cancer; haloperidol discontinuation for people with schizophrenia; rigid vs soft dressings for transtibial below the knee amputations)

- **Alleviating pain** – psychological therapies for prevention of migraine in adults; non-pharmacological interventions for chronic pain in multiple sclerosis; painful nipples postpartum
- **Making choices for everyday health** (help to quit smoking; lifestyle choices: in selection and consumption of food, alcohol and tobacco products; increasing uptake of fruit and vegetables by children and young people; interventions for treating eczema)
- **Care for the older person** – pharmacotherapy for hypertension in adults 60 years or older
- **Everyday healthcare evidence to improve maternal and newborn health:** induction of labour; support for breastfeeding (promoting initiation, increasing duration, avoiding bottle feeding, treating painful nipples, breast abscesses, breast engorgement); early skin-to-skin contact for mothers and newborns; kangaroo mother care; rooming-in; methods for feeding preterm or very low birthweight infants; active vs expectant management for women in third stage of labour; midwife-led continuity of care; continuous support during pregnancy; multiple-micronutrient supplementation during pregnancy; stillbirth)
- **Organization of care** (midwife-led continuity models vs other models of care; follow-up strategies for patients treated for non-metastatic colorectal cancer)