

## A guide to Cochrane UK Trainees Journal Clubs

Every 2-3 months, the Cochrane UK Trainees will be tackling a different clinical paper that has hit in the headlines in our online Journal Club, held on Twitter. The paper we discuss will be of interest to a wide audience. We hope to engage doctors, nurses, allied health professionals and anybody who is interested! We will also keep a record of the discussion on [the trainees section of the Cochrane UK website](#) so we have a record for you to refer back to after the chat.

Anyone can join in so long as they have Twitter. A specific hashtag is used to allow followers to keep track of, and get involved in, the conversation.

For our Journal Clubs we'll be using the hashtag: [#CochraneTrainees](#)

### Why should I take part?

Pragmatic evidence-based medicine means we should consider research in every form. Based on the merits and context of a paper, we need to decide: 1) whether it is a useful question to answer, 2) whether the research is robust, and 3) whether we can utilise this new knowledge in our own practice. To do this, we need to be able to **critically appraise the evidence** and this is an absolutely essential skill for any modern clinician. It goes without saying that reading broadly is fun, keeps us engaged with other areas of medicine and helps us think laterally. Indeed, this exercise often plants the seeds that later bloom into fruitful impactful research.

The online Journal Club can be a great way of both learning about a new topic and connecting with others who have a similar interest.

### How do I take part?

Taking part is easy, just get on twitter and get involved! Make sure you use the hashtag so your comments will be included. If you just want to follow the conversation, enter the hashtag into the search bar or simply click on the hashtag.

Ahead of the Journal Club, the trainees will select a paper for discussion. (Where possible, this will be open access). Some questions for consideration will be posted ahead of the Journal Club. For example, the discussions may consider how the research was conducted, where

the strengths and limitations lay, and what the implications for practice may be.

The date and time of the Journal Club will also be posted ahead of time on the Cochrane UK website ([uk.cochrane.org/](http://uk.cochrane.org/)) and Twitter page [@CochraneUK](https://twitter.com/CochraneUK) using the [#CochraneTrainees](https://twitter.com/CochraneUK) hashtag.

### **Some tips for getting the most out of the Journal Club:**

- Make sure you use the hashtag for every interaction, but please stay on topic during the chat!
- Take a look at the resources beforehand so you are informed when you join the discussion

### **Resources**

- WeCommunities guide to twitter:  
<http://www.wecomunities.org/tweet-chats/chat-guide>
- <http://www.tchat.io/> is a useful website for joining in Tweetchats. If you log in and add #CochraneTrainees, the hashtag will then be automatically added to each tweet you send. The feed automatically updates as you chat with other twitter users in real-time.