

# CORE outcome sets should improve the number and quality of Cochrane Overviews

English



- Currently there are over seven thousand Cochrane reviews and approximately fifty overviews.
- In terms of interventions, the value of an overview is a broad systematic review covering all treatment options is a valuable tool for knowledge translation for both healthcare providers and consumers.
- In 2018 we published a protocol for an overview of reviews for the treatment of heavy menstrual bleeding (HMB).
- We searched the Cochrane reviews for the topic and updated five reviews adding 20 trials. Overall 102 studies with 23 comparisons.
- Unfortunately, despite the abundance of evidence, we will be unable to reach useful conclusions because of the limited number of trials using the same outcomes (See tables).
- Any analysis is limited when outcomes are heterogeneously reported. CORE outcomes set (an agreed standardized minimum set of outcomes or outcome measures for a specific research area) should improve the data availability for reviews and overviews.

Spanish



- Actualmente hay mas de siete mil revisiones sistemáticas Cochrane y aproximadamente cincuenta revisiones panorámicas.
- En relación a los tratamientos, el valor de una revisión panorámica es que evalúa sistemáticamente todos los tratamientos disponibles, siendo una valiosa herramienta de traducción de conocimiento tanto para tratantes como para pacientes y/o consumidores.
- El 2018 publicamos un protocolo de una revisión panorámica de tratamientos para el sangrado menstrual abundante.
- Realizamos una búsqueda sistemática de revisiones Cochrane del tema, actualizamos cinco de ellas, incluyendo 20 nuevos estudios. En total suman 102 estudios para 23 comparaciones.
- Lamentablemente, a pesar de la abundancia de evidencia, podremos sacar conclusiones muy limitadas dada la variedad de formas en que los resultados fueron reportados (ver tablas anexas)
- Los análisis son limitados cuando los resultados son reportados en forma heterogénea. ‘CORE outcomes set’ son un conjunto de resultados estandarizados mínimos, acordados para un área específica de investigación. Estos debieran mejorar la disponibilidad de datos para comparaciones en revisiones y revisiones panorámicas.



How was heavy menstrual bleeding measured on trials for HMB?

Heavy menstrual bleeding was reported as		N of Trials
Alkaline Haematin (AH)	1 Objective assessment of blood loss at X period	23
	2 Mean difference in AH at X period	2
	3 Median difference of AH at X period	1
	4 AH less than 80 at X period	3
	5 Percentage difference in AH	2
Pictorial Blood Assessment Chart (PBAC)	6 Mean PBAC score and of treatment	29
	7 Median difference in PBAC score	1
	8 Percentage difference in PBAC score	9
	9 Mean difference in PBAC at X period	5
	10 PBAC score less than 75 or acceptable improvement	1
	11 PBAC score less than 75	8
	12 PBAC score less than 100	4
	13 Improvement of bleeding at X period	23
Other	14 Proportion responding to treatment	3
	15 Menstrual blood loss volume at the end of treatment	2
	16 Change in menstrual blood loss	2
	17 Haemoglobin change from baseline to end of treatment	2
	18 Days of menstrual bleeding	8
	19 Amenorrhoea at X period	30
	20 Amenorrhoea or hypomenorrhoea at X period	8
	21 Success of treatment (menstrual score <185)	1
	22 "total fluid menstrual loss" (opposed to menstrual blood loss)	1
	23 Bleeding score 1 to 5	1

“x period” could be:

- At the end of treatment
- After 3 months of treatment
- At 6 months
- At 12 months
- 2 years
- Between 2 and 5 years
- Up to 5 years
- Up to 10 years
- Over 10 years
- Up to 14 years



How difficult is it to do an Overview of Cochrane reviews? Could CORE outcomes help?



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