

# Strategy for teaching and disseminating Cochrane Systematic Review Methodology for students and professors of a private university in Brazil

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## The Problem

Over the last years, the Universidade Metropolitana de Santos (UNIMES), a private university in Brazil, has encouraged professors and students to conduct a high-quality scientific research. The implementation of evidence-based health education has been useful to disseminate basic knowledge of different study designs methodology and literature critical appraisal, integrated to the concepts of problem-based learning, in order to employ the best available evidence in clinical decisions.

## Objectives

To describe the strategy for teaching and disseminating Cochrane Systematic Reviews for students and professors of the Universidade Metropolitana de Santos (UNIMES) in Brazil.

## Methods

We created a study group in February 2019, coordinated by a professor with expertise in Cochrane systematic reviews. The intended audience were professors and students of all graduation and post-graduation health courses offered by the university (including, medicine, dentistry, nutrition, among others). One-hour weekly meetings were proposed for classes and practical activities on each step of a systematic review.

## Key Results

The group included 25 attendees (7 medical student, 10 postgraduate students and 8 professors). The topics covered in the theoretical classes and practical training were:

1. How to structure a question in the PICO framework.
2. Planning the review protocol.
3. How to elaborate a search strategies in the different electronic databases (MEDLINE, LILACS via BVS and Cochrane Library).
4. How to select studies for inclusion and collecting data.
5. Why and how to assess Risk of Bias of the included studies.
6. How to elaborate and interpret a meta-analysis.
7. Why and how to use GRADE.
8. How to interpret the findings and elaborate discussion and conclusions.


During the practice learning, the attendees were free to discuss their own systematic review proposals.

**Participants are learning the Cochrane methodology to conduct their own systematic reviews, each one in a different health area, with the support of experienced reviewers. This initiative seems to be a useful to learn and disseminate the relevance of a Cochrane Review in making clinical decisions.**



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