Integration of the Cochrane Evidence Essentials into Iran's Primary Health Care Networks

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Cochrane Evidence Essentials

https://training.cochrane.org/
Listen to your mum!

Tonsils out

How reliable is the advice Ehsan is being given?

Reliable

Not reliable
Module 1: Evidence-based medicine

Eleni's learning journey

"Hello - I'm Eleni. This is the story of how I learned all about evidence-based medicine and became a real enthusiast. Now I know the way, I hope I can make it easier for you.

Read about how Eleni started her journey into evidence-based medicine"
Better and safer healthcare

EBM has led to improvements in treatment and safer health. Some of them, brief scenarios have been added for you to a

Information overload

Ideally, your doctor’s treatment recommendations will be based on the most reliable research available. But it’s tough for busy health professionals to keep up to date with advances in medical knowledge.

Listen to your mum!

Clare’s 7 year old son suffers from frequent colds and sore throats. Her mother suggest he needs to have his tonsils taken out. She tells a story of a son of her neighbour who had his tonsils out, after which he stopped missing school and started eating better and growing more.

She also read in a popular magazine about a daughter of a celebrity whose overall health much improved after she had her tonsils removed.

Source
Module 2: Randomized controlled trials

Eleni’s learning journey

Hello, I’m Eleni. You may remember how I got interested in evidence-based medicine (EBM) and why it matters to people like my relatives and myself (see module 1). My aunt Louiza had some health problems after a long-haul flight from Greece to Canada and that prompted me to take the next step in my exploration of EBM.

Read about how Eleni got to learn about clinical trials

My story  Skip story
Module 3: Introduction to systematic reviews

Eleni’s learning journey

Hello again. It’s Eleni. Remember my story? I live in the UK but I’m from Greece and my family’s spread around the world. My aunt Louiza and uncle Nikos took a 13 hour flight to Canada to visit relatives.

Louiza chose not to wear flight socks after reading a newspaper article. Because I was a little bit worried, I did some reading, and found out about evidence-based medicine (see module 1) and its building blocks - clinical trials (see module 2). But then something happened which prompted me to continue exploring...

Read about how Eleni got to learn about systematic reviews.

My story
Module 4: Understanding and using systematic reviews

Eleni's learning journey

Hello. Do you remember me? I'm Eleni. I'm Greek and living and working in London. I've been telling you my story of how I discovered the world of evidence-based medicine (see module 1), clinical trials (see module 2) and systematic reviews (see module 3). I got interested in these topics because of a health problem experienced by my aunt Louiza. But then something happened that made all I've discovered relevant to me personally also...

Read about how Eleni got to learn about reading, understanding and using systematic reviews

My story
Skip story
Significance & rationale

• Cochrane recommendation: to enable and empower people to find better evidence

• Rapid growth of health information and knowledge production

• High growth of social media use: changing health-seeking information behaviors

• This overabundance of information resulted in confusion and mistrust in healthcare providers.
Specific aims

• To translate and local adaptation the Cochrane Evidence Essentials (CEEs) modules to Persian language

• To produce the CEEs modules’ learning media

• To training community-based health workers and community health volunteers

• To monitor usage rate of the translated version of CEEs modules and applying them to finding the best evidence
Methods: The Cochrane Evidence essentials Integration steps into Iran's primary health care system

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Methods: Translated version of Cochrane Evidence Essentials modules of into Farsi.

Eleni's story.

(Thessaloniki).

Nikos (Louiza) (Thessaloniki).
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<td>Eleni’s story</td>
<td>داستان سارا</td>
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<td>My family comes from Greece but we're scattered all over the world now. At the moment I'm working in the UK. I'm a translator.</td>
<td>سارا، اصالتا اهل جنوب و در تبریز زندگی می‌کنند شغل معلم</td>
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<td>Not long ago my uncle Nikos and aunt Louiza decided to go to Canada to see Louiza’s sister</td>
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Methods: Translated and locally adapted version of Cochrane Evidence Essentials Modules
Methods: Translated and locally adapted version of Cochrane Evidence Essentials Modules
Methods: Online access to training resources and modules in Farsi: [https://iec.behdasht.gov.ir](https://iec.behdasht.gov.ir)
Methods: train of trainers

- We used “train of trainers” approach to capacity building, training and dissemination of the Farsi version of CEEs and trained:
  - the focal point person at provincial level of medical universities
  - the appointed staff at district health centers

- The trained staff at district health centers were asked to train and disseminate the contents of modules including media throughout primary health care centers:
  - Community Health Volunteers
Methods: Online meeting of Cochrane Evidence Essentials: Health Care workers and representatives of medical universities
Methods: Virtual and in-person meeting: Health Care workers and representatives of medical universities
Results

• The translated version of CEEs modules
• The locally adapted version of CEEs modules
• Designing and producing learning media of CEEs modules
• Public access to training resources and modules
• Social Media: Document sharing
• National-wide integration of the CEEs modules
.Results: Online access to training resources and modules in Farsi: https://iec.behdasht.gov.ir

Videos

Four short videos on CEES

Power point presentation

For Trainers

Text versions and other media

PDF, Word
Results: Public access to training resources and modules in Farsi - Social Media
Results: National-wide integration of CEEs
..Results: National-wide integration of CEEs
Results: Monitoring and Evaluation by medical universities
Discussion and conclusions

There are useful experiences and activities on application of EBM and CEEs to wider healthcare communities, students and general population:

Lund University: integrated Cochrane Interactive learning to deliver relevant EBM learning objectives.

Germany Health and Science Center: provided the relevant links of CEEs on the homepage and introduced the modules.

Cochran South Africa: announced and introduced CEEs modules on the website.

Center for Evidence-based Medicine (CEBM), Oxford University: started some activities for sharing and dissemination of EBM.
Discussion and conclusions

• A national-wide awareness of the principles of the CEEs modules

• Put Iran as one of the pioneer countries in the case of promotion and application of evidence-based practice by household members and patients based on current primary health care networks in Iran's health system.

• This initiative is now one of the good practice of PHC based health systems.
Discussion and conclusions

- This locally adapted version is designed for healthcare consumers including:
  - patients,
  - care givers,
  - family members,
  - policy makers,
  - and members of the healthcare team in the form of text, power point presentation slides, voice, and videos.
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References

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