

H A N D B O O K

Systematic Reviews of Health Promotion and Public Health Interventions

Two-day training workshop



Cochrane Health Promotion
and Public Health Field
www.vichealth.vic.gov.au/cochrane



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Introduction

Welcome to the two-day workshop entitled “**Conducting systematic reviews of public health and health promotion interventions**”.

This training handbook will take you through the process of conducting a systematic review of a health promotion or public health intervention. The purpose of this handbook is to describe the steps of the systematic review process and provide some working examples to practice prior to commencing a review. The handbook, however, is not intended to be used as a single resource for conducting reviews. Reviewers are recommended to source additional information from other review handbooks/guidance manuals (highlighted below), particularly for issues relating to data analysis.

Note: This handbook is useful for both Cochrane reviewers and reviewers who are completing a systematic review for their workplace, studies, etc. If you wish to complete a Cochrane review, please visit www.cochrane.org (About us – Contact: Groups and Centres) to find the appropriate Collaborative Review Group to register your interest or contact the Cochrane Health Promotion and Public Health Field for further information cochrane@vichealth.vic.gov.au.

Overall learning outcomes

Working through this handbook will enable you to:

- Be familiar with some of the key challenges of conducting systematic reviews of health promotion and public health interventions
- Formulate an answerable question about the effectiveness of interventions in health promotion and public health
- Identify primary studies, including developing evidence-based strategies for searching electronic databases
- Evaluate the quality of both an individual health promotion or public health study and a systematic review
- Synthesise the body of evidence from primary studies
- Formulate conclusions and recommendations from the body of evidence

Additional reading:

Textbooks:

Oliver S, Peersman P. Using Research for Effective Health Promotion. Open University Press, UK. 2001.

Brownson R, Baker E, Leet T, Gillespie K. Evidence-based Public Health. Oxford University Press, USA. 2003.

Egger M, Smith G, Altman D. Systematic Reviews in Health Care: Meta-analysis in context. BMJ Publishing Group, UK. 2001.

Manuals / Handbooks:

Cochrane Collaboration Open-Learning Materials for Reviewers. Version 1.1, November 2002. <http://www.cochrane-net.org/openlearning/>

Clarke M, Oxman AD, editors. Cochrane Reviewers' Handbook 4.2.0 [updated March 2003]. <http://www.cochrane.org/resources/handbook/index.htm>

Undertaking Systematic Reviews of Research on Effectiveness. CRD's Guidance for those Carrying Out or Commissioning Reviews. CRD Report Number 4 (2nd Edition). NHS Centre for Reviews and Dissemination, University of York. March 2001. <http://www.york.ac.uk/inst/crd/report4.htm>

Evidence for Policy and Practice Information and Co-ordinating Centre Review Group Manual. Version 1.1, Social Science Research Unit, Institute of Education, University of London. 2001. http://eppi.ioe.ac.uk/EPPIWebContent/downloads/RG_manual_version_1_1.pdf

Hedin A, and Kallestal C. Knowledge-based public health work. Part 2: Handbook for compilation of reviews on interventions in the field of public health. National Institute of Public Health. 2004. http://www.fhi.se/shop/material_pdf/r200410Knowledgebased2.pdf

Overview of workshop

DAY ONE:

- Background to systematic reviews
- International systematic review initiatives
- Resources required to complete a systematic review
- Setting the scope of your review
- Asking an answerable question
- Data abstraction
- Principles of critical appraisal

DAY TWO:

- Finding the evidence
- Synthesising the evidence
- Interpretation of results
- Writing the systematic review

OUTLINE OF TWO-DAY WORKSHOP

	Day One	Exercise	Day Two	Exercise
9:00am	Introductions Overview of workshop		Unit Six: Introduction to searching (theory)	
9:30am	Unit 1: Background to systematic reviews Unit 2: International systematic review initiatives	Comparing PH/HP interventions	9:45am Unit 6: Finding the evidence (practice)	Finding the evidence exercise
10:30am	<i>Morning tea</i>			
10:45am	Unit 3: Resources required Unit 4: Setting the scope	Advisory group exercise		
11:30am	Unit 5: Asking an answerable question	Asking an answerable question		
12:15pm	<i>Lunch</i>		<i>Lunch</i>	
1:15pm	Unit 7: Data abstraction Unit 8: Principles of critical appraisal (quantitative)	Appraisal exercise (quantitative - CBA and RCT)	Unit 9: Synthesis of evidence	Quiz Discuss narrative reviews
			Unit 10: Interpretation of results	
3:00pm	<i>Afternoon tea</i>		<i>Afternoon tea</i>	
3:15pm	Unit 8: Principles of critical appraisal (qualitative)	Appraisal exercise (qualitative)	Unit 11: Writing a systematic review	Appraisal exercise
4:25-4:30	Review Day One		Review Day Two and two-day workshop	

Conducting systematic reviews of public health and health promotion interventions

EBPH



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EBPH

Overview

- Background to systematic reviews
- International systematic review initiatives
- Resources required
- Setting the scope of your review
- Asking an answerable question
- Searching for studies
- Data abstraction
- Principles of critical appraisal
- Synthesis of evidence
- Interpretation of results
- Writing the systematic review

EBPH

Objectives

This workshop will enable you to:

1. Be familiar with some of the key challenges of conducting systematic reviews of health promotion and public health interventions
2. Formulate an answerable question about the effectiveness of interventions
3. Identify primary studies, including developing strategies for searching electronic databases

EBPH

Objectives cont.

4. Evaluate the quality of an individual health promotion or public health study
5. Synthesise the evidence from primary studies
6. Formulate conclusions and recommendations from the body of evidence
7. Evaluate the quality of a systematic review

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