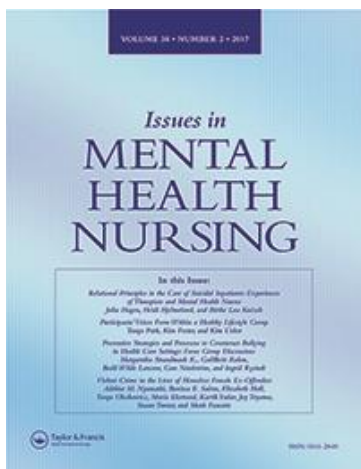


*“We need to adopt a culture of evidence-based administration, using models of nursing care delivery that are not based solely on cost saving, but have been evaluated on robust nursing research and supported by reality testing from front-line staff as well as nursing managers”*

*– Susan VanDeVelde-Coke – Nursing Leader*

### The ‘Issues in Mental Health Nursing Journal’ Renews Publication Agreement with CNCF for 2017



The CNCF is pleased to announce the Issues in Mental Health Nursing Journal (IMHNP) will be continuing its publication agreement with the CNCF and has requested a further nine Cochrane review summaries for publication in 2017 as part of their ongoing ‘Cochrane Corner’ series.

The IMHNP is a refereed periodical designed to expand psychiatric and mental health nursing knowledge. It deals with new, innovative approaches to client care, in-depth analysis of current issues, and empirical research.

### CNCF ‘Writers in Focus’ Series – Professor Catriona Kennedy



**Pictured: Professor Catriona Kennedy**

The CNCF commenced 2017 with a stronger than ever network of membership support for its Cochrane evidence dissemination objectives, and that network has played a significant role in increasing the reach of Cochrane’s best practice evidence in nursing and frontline care. Professor Catriona Kennedy has been a loyal supporter and contributor to the CNCF’s work for several years now so we take this opportunity to acknowledge her

generous efforts to helping achieve the Field's objectives.

Catriona is currently a Professor of Nursing for the Queen's Nursing Institute Scotland, and a Professor of Community Nursing at the School of Nursing and Midwifery, Robert Gordon University Aberdeen, Scotland. She has an extensive background in community nursing and broad research expertise in areas including the management of long term medical conditions, end of life and palliative care, the development of nursing roles, and community health management.

On finding the best evidence for patients Catriona writes: 'Keeping up to date with the latest research to make sure the care we deliver to the patients and families is based on the best available evidence is a real challenge for nurses. We also need to know how credible the evidence is and what this means for the clinical decisions we make.'

Catriona's own interest in evidence synthesis started after completing her PhD when she was faced with increasing research activity in the School of Nursing and Midwifery where she was employed. Catriona was applying for grants, but with little success, so she instead applied for money to perform two Cochrane systematic reviews, one on 'Specialist Breast Care Nurses' and the other on 'Communicating a diagnosis of breast cancer', both of which she was successful with.

What followed for Catriona was a steep learning curve about how to develop a review question and how to plan and undertake a Cochrane review. On this process Catriona writes: 'The rigour of the review process as you register your title,

develop your protocol and then do the review was unlike anything I had experienced before. How I wished I had done this training before I did my PhD as working with a large body of literature would have been so much easier if I had some of these skills.'

'Knowing how to focus and shape a review using systematic methods was a revelation and a skill set I continue to develop many years later.'

Catriona admits that not every question of interest and relevance to nurses can be answered through a synthesis of Randomised Controlled Trials (RCTs). She soon realised that adapting the Cochrane methods to answer other questions and drawing on different types of studies and evidence was possible. Catriona then developed three further reviews titled 'Management of Metastatic Spinal Cord Compression', 'Swallowing exercises for head and neck cancer patients' and 'Falls prevention in people with MS'. She has also been involved in several integrative reviews, which used a systematic process, but included a more diverse range of evidence sources such as non RCT quantitative and qualitative research. Using methods to integrate evidence from a range of sources, Catriona has since been involved in reviews looking at the impact of community nursing interventions, diagnosing dying, managing delirium at the end of life, mental health users experiences of services and primary care team working, to name a few.

On her reasons for joining the CNCF, Catriona writes: 'I noted with interest the development of the CNCF and wanted to contribute. Over the years, some colleagues have said to me that Cochrane has limited relevance for nurses and is mainly for medics, but I don't agree as

evidence about healthcare interventions is of course relevant to nurses.'

In particular, the CNCF's agenda to produce evidence summaries for a range of journals appealed to Catriona. She believes producing evidence summaries that extract the relevance of the findings of Cochrane reviews is a great initiative and goes some way to making sure these important findings can inform practice. Catriona suggests the difficulties and time it takes to put evidence into practice can be hard to overcome due to the length of most Cochrane reviews, so summarising these research papers is an excellent strategy to ensure evidence is available in easily digestible portions and available to those that can implement the best treatments into practice.

Catriona asserts she enjoys developing the evidence based summaries for the CNCF because reducing a lengthy review of RCTs to around one to two pages can be challenging. Catriona states: 'Most importantly, you need to draw out what the findings mean for nursing practice, which, after all, is what it is all about.' She believes the Field's summaries are a useful contribution to transforming evidence into a user friendly format which can ultimately better inform practitioners, healthcare workers, patients and family support. She knows full well nursing is a transactional interaction and suggests clinical decision making is fraught with uncertainty. Nurses need to understand what evidence is out there and how it can help to shape what healthcare professionals do in their everyday work.

Catriona strongly believes more healthcare workers internationally should get involved and look for opportunities like those offered by the CNCF to summaries and disseminate evidence in an effort to get valuable information out to those that can really benefit from it.

## The Cochrane Library - iPad edition

The 'Cochrane Library - iPad edition' presents the latest up-to-date evidence from the Cochrane Library in a convenient, easy to navigate format, which provides users with relevant, accessible research from the convenience of their iPad.

Cochrane's monthly issues feature a hand-picked selection of Systematic Reviews, condensed to provide the best possible iPad reading experience for international users. The themed sections in every issue are colour-coded throughout so that users can easily find content relevant to them. The Bookmark feature allows the user to create their own special collection of Cochrane Reviews across issues. Additionally, the title page for every review includes a link to the full version of the review available in the Cochrane Library at [www.cochranelibrary.com](http://www.cochranelibrary.com)

## 'International Journal of Evidence Based Healthcare' Renews Publication Agreement with the Field for 2017/2018



The International Journal of Evidence Based Healthcare (IJEBC) has agreed to continue publishing a regular 'Cochrane Corner' column and has requested a further twelve summaries to be produced



on Cochrane reviews, which will see the Field's articles published in this journal well into 2018.

The IJEBH is a fully refereed journal that publishes original scholarly work from the international Joanna Briggs Institute and Collaboration. The journal aims to advance the international understanding and development of evidence-based practice in multidisciplinary healthcare, including nursing, midwifery, nutrition and dietetics, physiotherapy, occupational therapy, complimentary therapy, medical radiation and podiatry. The journal publishes systematic reviews and scholarly papers relating to evidence translation, transfer and utilisation from the Joanna Briggs Institute and its international Collaboration as well as from submitting authors.

### **Join 'Cochrane Crowd' and contribute to health evidence**

The 'Cochrane Crowd', Cochrane's new citizen science platform, is a global community of volunteers who are helping to classify the research needed to support informed decision-making about health care.

The job of the Cochrane Crowd community is to review descriptions of research studies to identify and classify randomised controlled trials (RCTs), a type of study that is considered the gold standard for clinical trials. Reports of RCTs are then fed into Cochrane's Central Register of Controlled Trials, helping Cochrane authors and other systematic reviewers around the world quickly find the evidence they need to determine whether a treatment works, or whether a diagnostic test is accurate.

Anyone can join Cochrane Crowd and no previous experience is necessary. Members find the experience helps build skills in evidence assessment, and by focusing their effort to a health topic of interest they can keep abreast of the latest research. Brief

online training is provided, and any contribution is welcome, whether it be five minutes here and there or more focused periods of time.

To get involved visit the Cochrane Crowd at <http://www.cochrane.org/news/crowd.cochrane.org>

### **Cochrane Podcasts**

Cochrane podcasts deliver the latest Cochrane evidence in an easy to access audio format, allowing you to stay up to date on newly published reviews wherever you are.

Each Cochrane podcast offers a short summary of a recent Cochrane review from the authors themselves. They have been recorded in 33 languages and are brief, allowing everyone from healthcare professionals to patients and families to hear the latest Cochrane evidence in under five minutes.

Cochrane's entire catalogue of hundreds of podcasts can be located here - <http://www.cochrane.org/multimedia/podcasts/>

### **Cochrane Nursing Blogs**

Cochrane aims to make their evidence more easily accessible, and to encourage discussion about it through weekly blogs. The blogs feature new or updated Cochrane reviews on health topics, and on occasion there will be multiple blogs on the same subject. It is for everyone who is interested in finding and using the best quality evidence to inform decisions about health.

The blogs are written for a non-medical audience, and many are aimed at people making choices about their own health or supporting friends and family in doing so. They give accessible summaries of reliable

evidence and provide an explanation for medical and research terms.

We encourage our CNCF members to connect with this blog as a valuable resource of evidence, and to share opinions and participate in discussions with other healthcare practitioners.

### **Cochrane Corner Summaries developed since last newsletter (Some summaries may be pending publication):**

Author: Nerys Bolton, Pathway Director IPL Adult Nursing Programme, Canterbury Christ Church University Canterbury, UK – Topic: **'Partial breast irradiation for early breast cancer'** - Breast Cancer Care: Nursing Network News

Author: Dr Aye Aye Gyi, Clinical Trial Coordinator, Neurosurgery, Royal Adelaide Hospital & Women's and Children's Hospital, School of Medicine, the University of Adelaide – Topic: **'Diuretics for transient tachypnoea of the newborn'** - Nursing for Women's Health Journal

Author: Erin Matsuda DNP, RN, CPNP, Nurse Practitioner Manager, Paediatric Medical Specialties, University of California, San Francisco, UCSF JBI Centre for Synthesis and Implementation – Topic: **'Sucrose for analgesia in newborn infants undergoing painful procedures'** – Nursing Standard

Author: Erin Matsuda DNP, RN, CPNP, Nurse Practitioner Manager, Pediatric Medical Specialties, Core Faculty Member, UCSF JBI Centre for Synthesis and Implementation – Topic: **'Spectral entropy monitoring for adults and children undergoing general anesthesia'** – American Journal of Nursing

Author: Daniel G. Choperena-Aguilar RN, BSN, BSO. Evidence Based Medicine Research Department, Hospital Infantil de México - National Institute of Health – Topic: **'Debriefing interventions for the prevention of psychological trauma in women following childbirth'** - Nursing for Women's Health Journal

Author: Josie Bidwell, DNP, RN, FNP-C, Assistant Professor of Nursing, University of Mississippi Medical Centre – Topic: **'Interventions for preventing delirium in hospitalized non-ICU patients'** – International Journal of Nursing Studies

Author: Amy Kuwata RN, MS, CNS, Clinical Nurse Informaticist, Institute for Nursing Excellence, UCSF Medical Centre, San Francisco, California – Topic: **'Surgery for deep venous incompetence'** - Journal of Perianaesthesia Nursing

### **Make a contribution to the CNCF newsletter**

We are very interested to hear from our readers regarding the content of this monthly newsletter.

We would be grateful to receive any stories, news or events information that may be of interest to our readers. All content submissions can be forwarded to the CNCF Coordinator, Alex Mignone – at [Alex.Mignone@adelaide.edu.au](mailto:Alex.Mignone@adelaide.edu.au)

**CNCF Newsletter Contributor and Editor: Alex Mignone**