

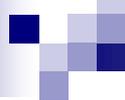
EBHC Teaching in Europe

UK West Midlands experience

**Julie Hadley
Khalid Khan**

**The University of Birmingham
Birmingham Women's Hospital**



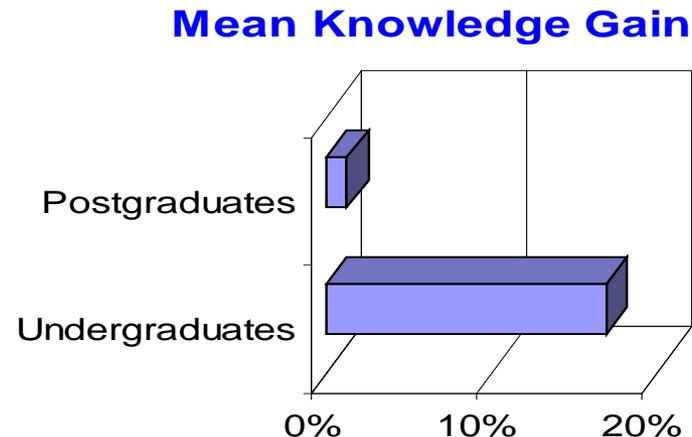


UK West Midlands EBHC teaching experience

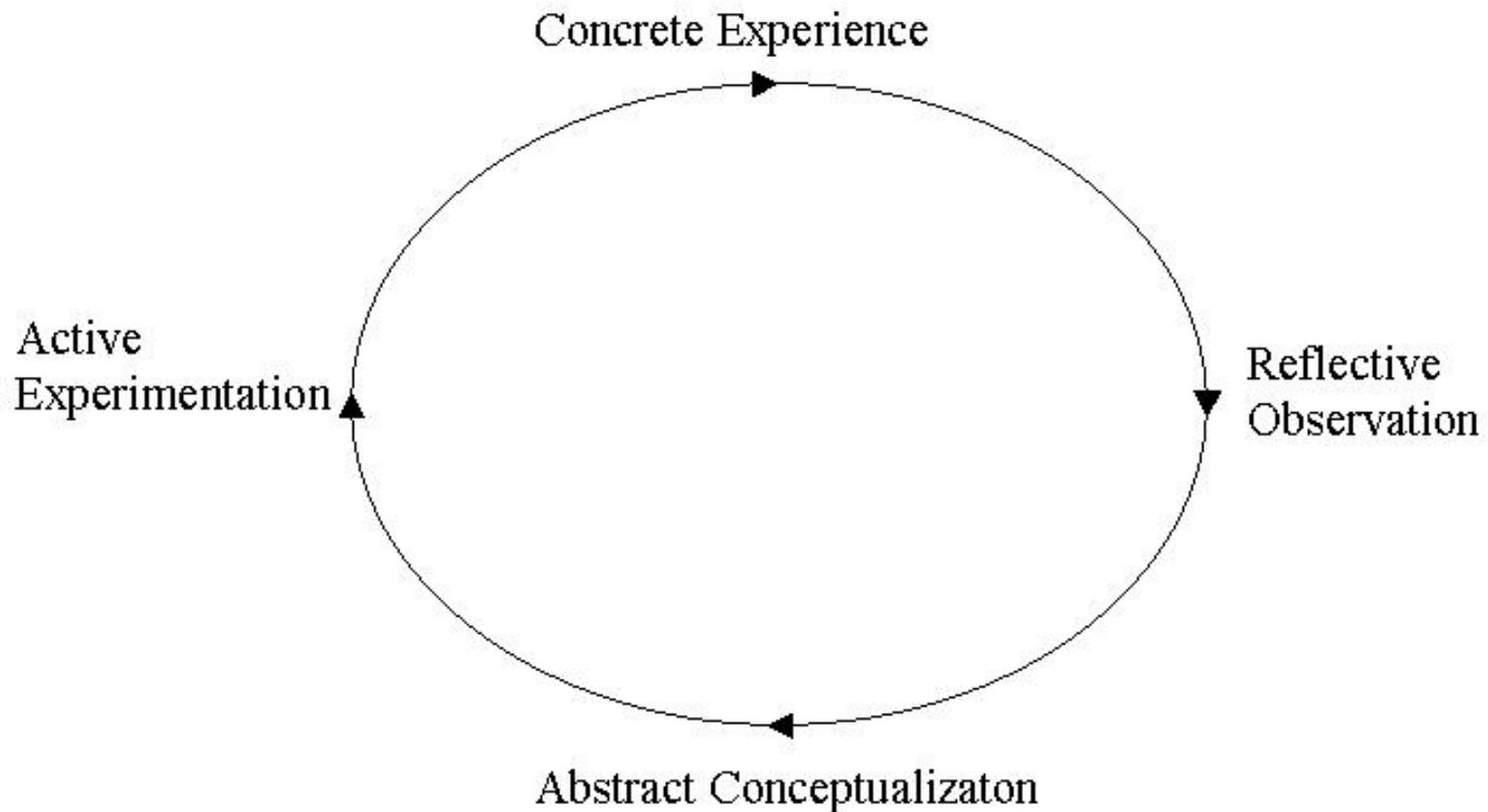
- **Background**
- **EU Leonardo da Vinci project**

Effectiveness of EBHC Teaching

- Norman and Shannon. *CMAJ* 1998;158:177.
- Postgraduate vs undergraduate EBM teaching
- Systematic review of 10 studies (1966 - 1995)
 - 4 studies relating to postgraduates
 - 6 studies relating to undergraduates



Adult Learning Theory



What are we doing?

- Research in EBM teaching
- Journal Club
- Evidence based ward round
- Teaching the teachers to teach EBM
- Masterclass
- E-learning in EBM
- EU Learning and Skills Council project
- One-day EBM Workshops (Deanery)
- EU EBM Unity - Leonardo da Vinci

Postgraduate obstetrics and gynaecology trainees' views and understanding of evidence-based medicine

A systematic review of postgraduate teaching in evidence-based medicine and critical appraisal

Development and validation of a questionnaire to evaluate the effectiveness of evidence-based practice teaching

Critical appraisal workshops to promote evidence-based healthcare

➔ A new approach to teaching and learning in journal club

➔ Incorporating the views of obstetric clinicians in implementing evidence-supported labour and delivery suite ward rounds: a case study

Critical appraisal in clinical practice: sometimes irrelevant, occasionally invalid

➔ Assessments in evidence-based medicine workshops: loose connection between perception of knowledge and its objective assessment

➔ What is the evidence that postgraduate teaching in evidence based medicine changes anything? A systematic review

Learning in practice

What is the evidence that postgraduate teaching in evidence based medicine changes anything? A systematic review

Arri Coomarasamy, Khalid S Khan

Abstract

Objective To evaluate the effects of standalone versus clinically integrated teaching in evidence based medicine on various outcomes in postgraduates.

Design Systematic review of randomised and non-randomised controlled trials and before and after comparison studies.

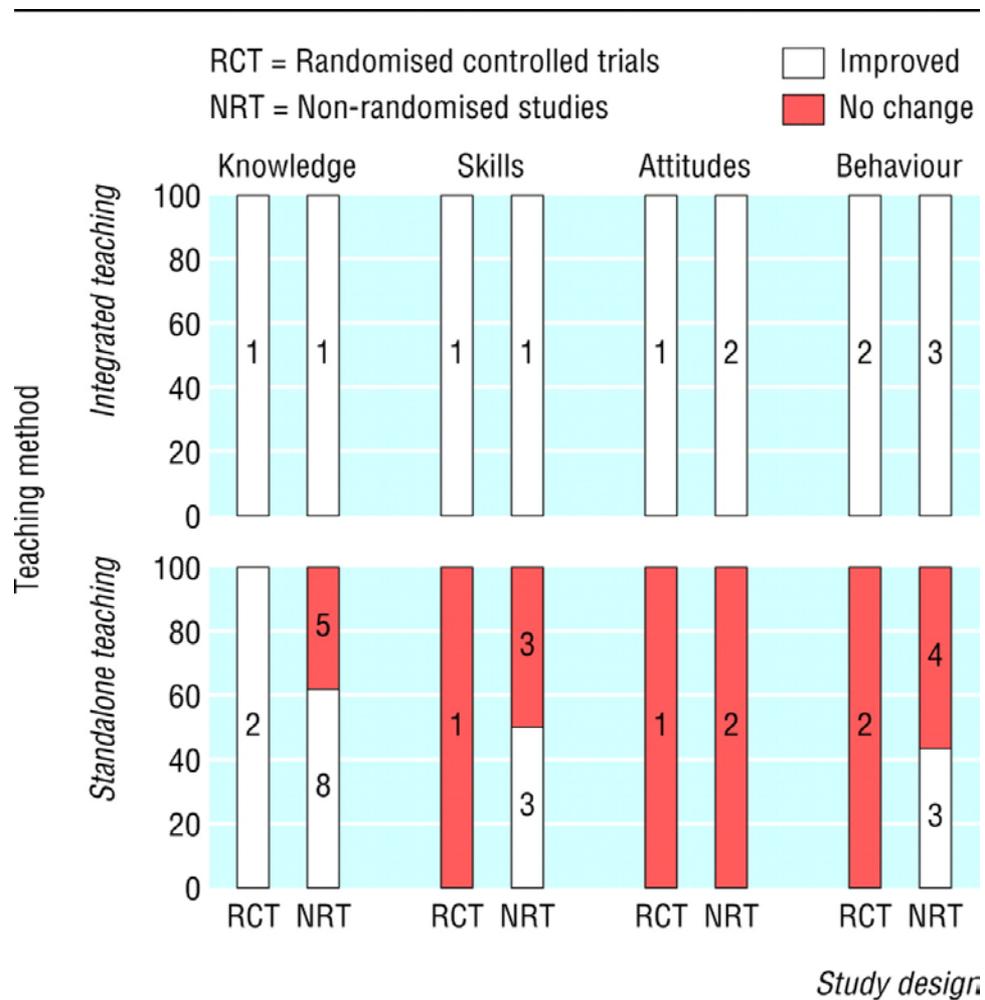
Data sources Medline, Embase, ERIC, Cochrane Library, DARE, HTA database, Best Evidence, BEME, and SCI.

Study selection 23 studies: four randomised trials, seven non-randomised controlled studies, and 12 before and after comparison studies. 18 studies (including two randomised trials) evaluated a standalone teaching method, and five studies (including two randomised trials) evaluated a clinically integrated teaching method.

Best Evidence Medical Education (BEME), and Science Citation Index (SCI) using the following search terms and their word variants: "evidence", "critical", "appraisal" or "journal club" combined with "AND" to "teach\$", "learn\$", "instruct\$", or "education". We also searched reference lists of known systematic reviews.¹⁻⁴ The final electronic search was conducted in April 2004.

We included studies that evaluated the effects of postgraduate EBM or critical appraisal teaching compared with a control group or baseline before teaching, using a measure of participants' learning achievements or patients' health gains as outcomes. Learning achievement was assessed separately for knowledge, critical appraisal skills, attitudes, and behaviour.

Knowledge relates to issues such as remembering materials as well as grasping the meaning, for example defining and



Coomarasamy, A. et al. BMJ 2004;329:1017

Formal teaching: does knowledge really improve?

Correctness of Knowledge	Correct	Incorrect	
Level of Confidence	Sure	Unsure	Sure
Usability of Knowledge	Useable	Unusable	Useable
Level of Decision Making	Well informed	Uninformed (ignorance)	Misinformed

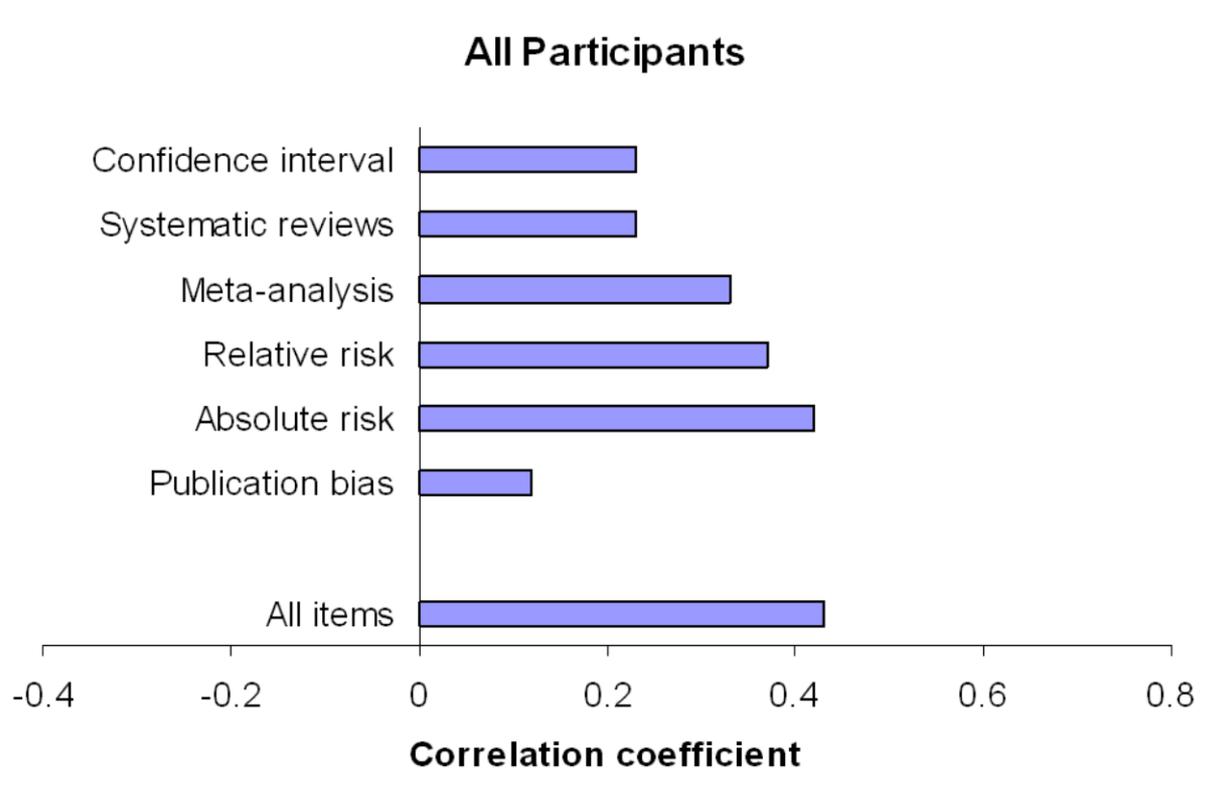
Formal teaching: does knowledge really improve?

Subjective and objective assessment of knowledge

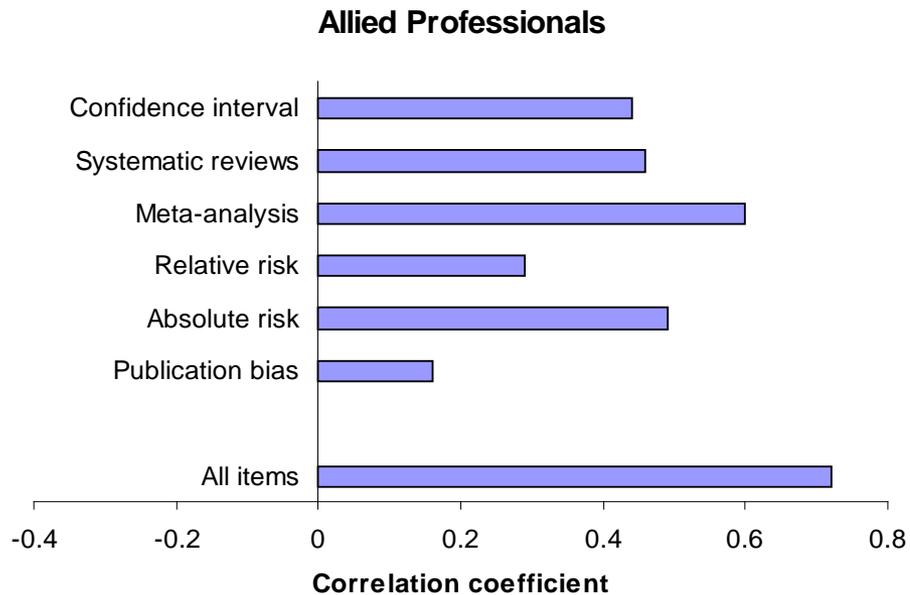
Subjective assessment: Participants were asked to circle the number that most closely fitting their understanding of an term on a 1 – 5 rating scale, where 1 referred to “Unaware of the term” and 5 referred to “Understand it and could define it”

Objective assessment: For the terms subjectively assessed, participants were asked to circle “True”, “False”, or “Don’t Know” about statements such as “Any difference in treatment outcomes between patients receiving the new and the old treatments can be attributed to the new treatment”

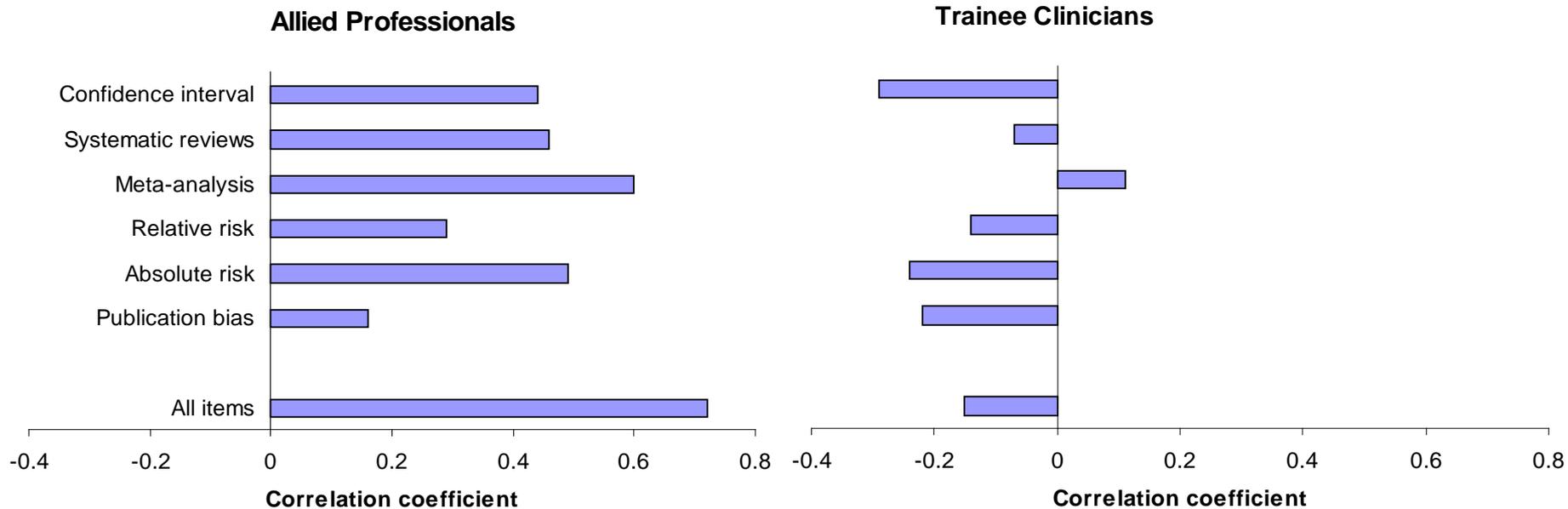
Formal teaching: does knowledge really improve?



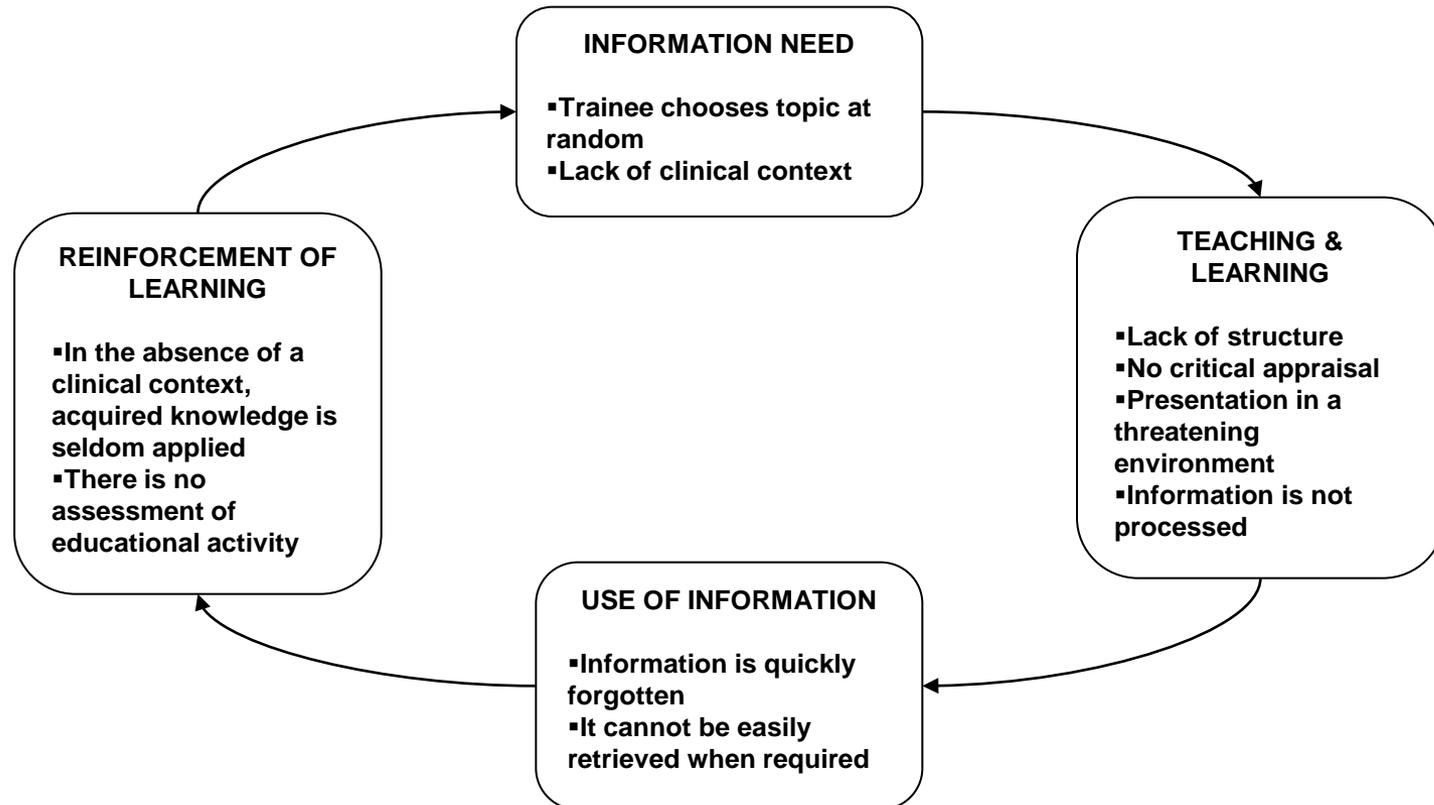
Formal teaching: does knowledge really improve?



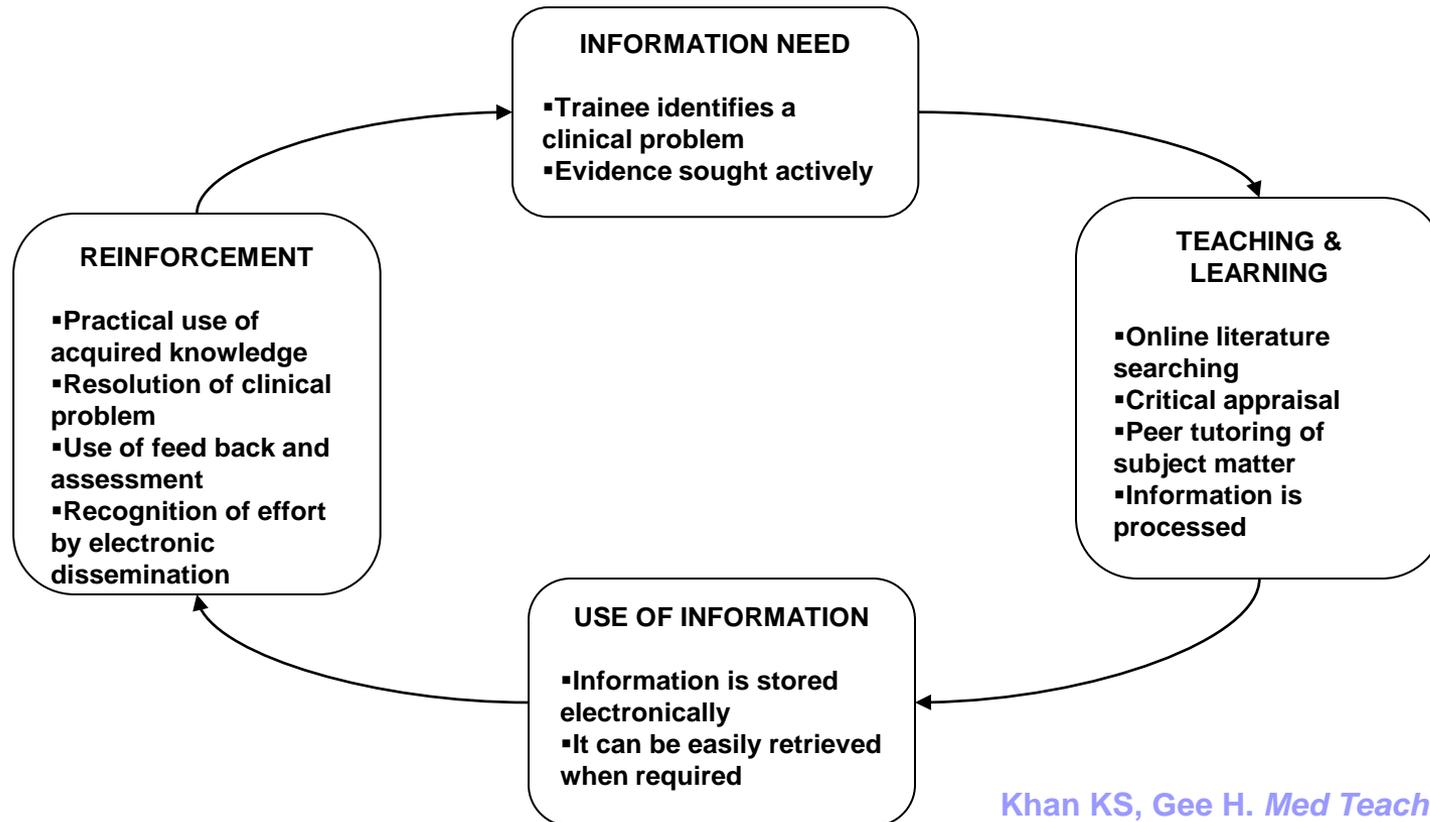
Formal teaching: does knowledge really improve?



Traditional Journal Club



EBM Journal Club



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Journal Club

In order to develop the capacity to adapt to a rapidly advancing medical information base, healthcare providers need to equip themselves with skills in acquisition, appraisal and application of new knowledge.

The Journal Club at the Birmingham Women's Hospital provides a forum where these skills can be fostered. The format of our journal club has a careful selection of educational experiences to enhance deep learning of these skills. The journal club is conducted in the context of clinical care problems that require use of information from the medical literature. These problems are converted into focussed, answerable clinical questions.

Based on the clinical question, systematic literature searches are conducted and the identified articles are appraised using structured methodological guidelines. Critical appraisal is performed using computer software that allows electronic storage and retrieval. This electronic summary is called a *critically appraised topic* or CAT.

Journal Club Rota

 [Rota](#)

This page was last modified on: Tue Mar 29 2005





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The Journal Club Programme

Aim

To familiarise postgraduate trainees with clinical use of evidence from the medical literature.

Objectives

To prepare trainees to identify, appraise and present in turn published articles relating to patient problems seen in day-to-day clinical practice.

Timetable

Weekly lunch time meetings lasting 1 hour every Monday except on public holidays in the Education Resource Centre.

Learning outcomes

At the end of journal club session, the presenter given a clinical question should be comfortable with:

- Framing clinical questions in an answerable form.
- Conducting a simple search for an electronic bibliographic database to identify relevant articles.
- Critical appraisal of the article for validity, significance of results and clinical applicability.
- Recording the above information in an electronic form using computer software.

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Courses



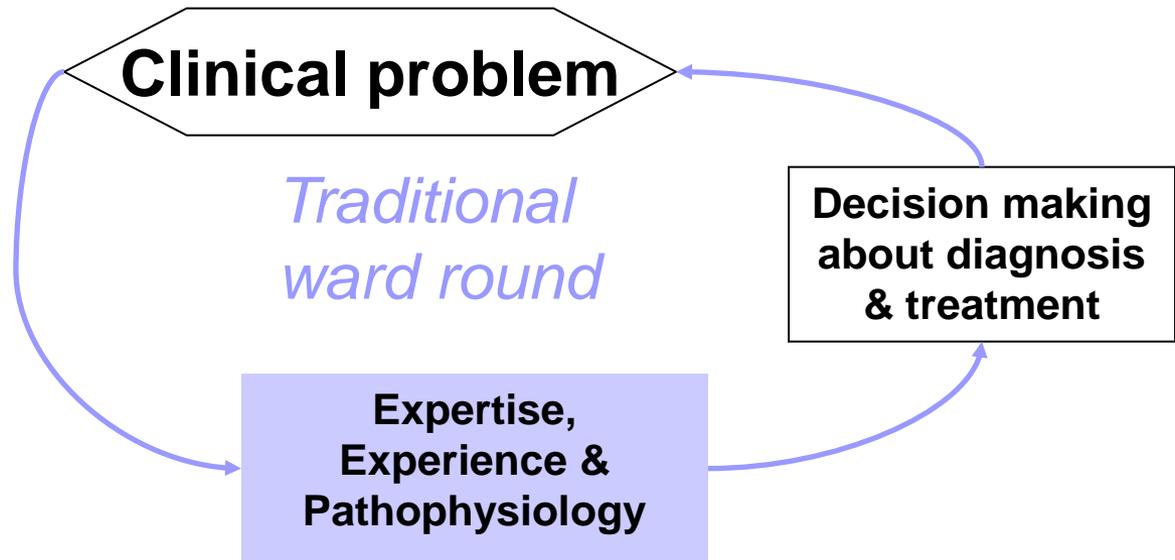
Index of CATs

Click on a link to view the document

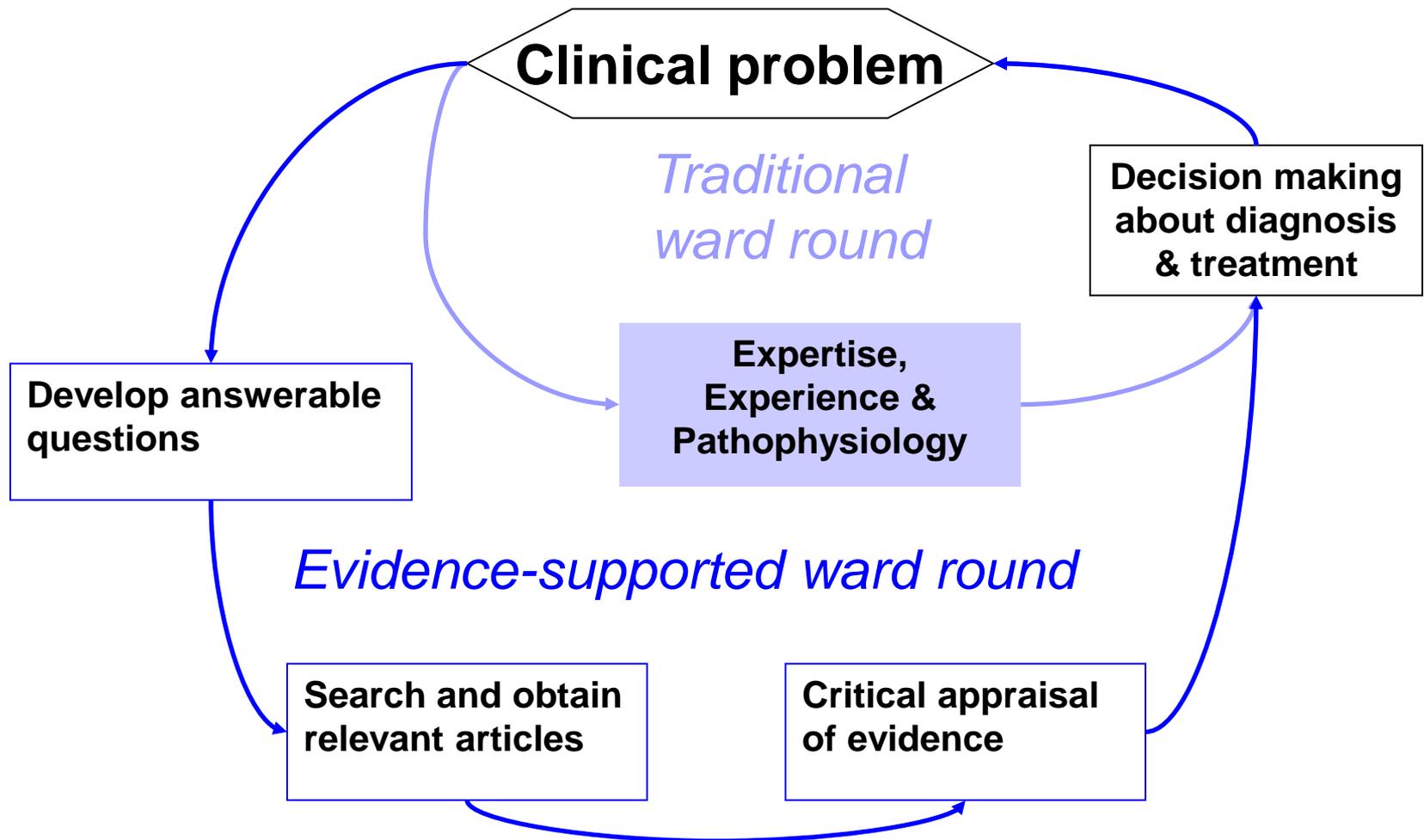
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Last Updated 08 December 2004

- [Expectant management vs. labour induction for suspected fetal macrosomia.](#)
Based on data from observational studies, labour induction for suspected fetal macrosomia results in an increased caesarean delivery rate without improving perinatal outcomes. However RCT have not confirmed these.
- [Traditional approximation or overlap repair of 3rd/4th degree tears?](#)
The newer overlap technique advocated for primary repair of anal sphincter damage postpartum does not confer any short term symptomatic benefit compared to primary approximation.
- [TBEA vs. TCRE at 24 months follow up](#)
In the treatment of women with DUB, satisfaction outcomes of TBEA and TCRA are comparable.
- [TBEA vs. TCRE at 12 months follow up](#)
In the treatment of women with DUB, satisfaction outcomes of TBEA and TCRA are comparable.
- [Shirodkar or McDonald suture for cervical insufficiency?](#)
No conclusion regarding the best technique for emergency cerclage (Shirodkar vs. McDonald suture) in the clinical or ultrasonomic presence of cervical insufficiency (Shirodkar vs. McDonald suture) can be made. (Note also that evidence for effectiveness of cervical cerclage vs. no cervical cerclage lacking)
- [Saline infusion sonography in the diagnosis of uterine polyps and fibroids](#)
Saline infusion sonography has moderate accuracy in diagnosing (detecting and excluding) uterine cavity abnormalities (fibroids and polyps). However, it has higher accuracy in the diagnosis of fibroids.
- [Placental edge to internal os distance on TV USS: At what distance is vaginal delivery likely?](#)
Limited inferences to aid clinical practice can be derived from this paper. It suggests that trial of vaginal delivery should be considered if the placental edge on TV USS is greater than 2cm from the internal cervical os as approximately 60% of women will achieve a successful vaginal delivery. However, data is lacking on other important outcomes, namely maternal and fetal wellbeing with such a policy compared to EL LSCS. Further research needed. As less than 10% of women will deliver vaginally with the placenta <2cm from the os, routine EL LSCS should be performed.
- [Microwave endometrial ablation: General or local anaesthesia??](#)
The majority of women offered microwave endometrial ablation (MEA) under local anaesthetic will accept it (69%). Although the LA procedure is highly acceptable (87% and 75% prepared to have LA of GA again) it is more acceptable under GA (97%, NNT 14). Approximately 12% of those having a GA MEA would change their mind and have an LA MEA 'next time' (hypothetical) Treatment under LA offers no additional safety or immediate and short-term post-operative recovery benefits. MEA under

Ward round

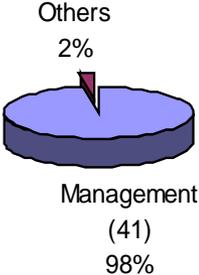


Ward round

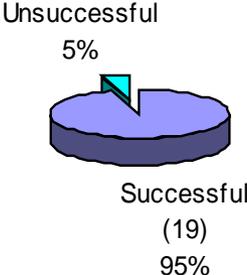


Evidence-based labour ward round

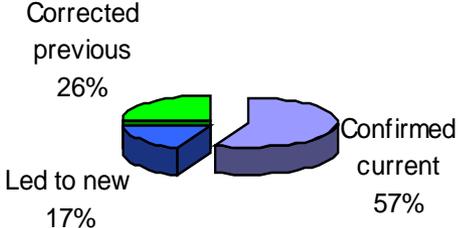
Questions generated (n=42)

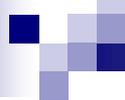


Acquisition of evidence (n=20)



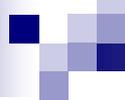
Effect on clinical management





UK West Midlands EBHC teaching experience

- **Background**
- **EU Leonardo da Vinci project**



Upskills Project

- Project funded by EU Social Fund - The Learning and Skills Council
- Duration: 27 months
- Funding: £529,600.00
- 209 employees - one-day EBM introductory workshop
- 69 employees - Website 'Step-up' course (e-learning)



The Education Resource Centre
Birmingham Womens Hospital
Metchley Park Road
Birmingham
B15 2TG

Telephone: 0121 623 6947

About

EBM

Venue

Forum for discussion

Resources

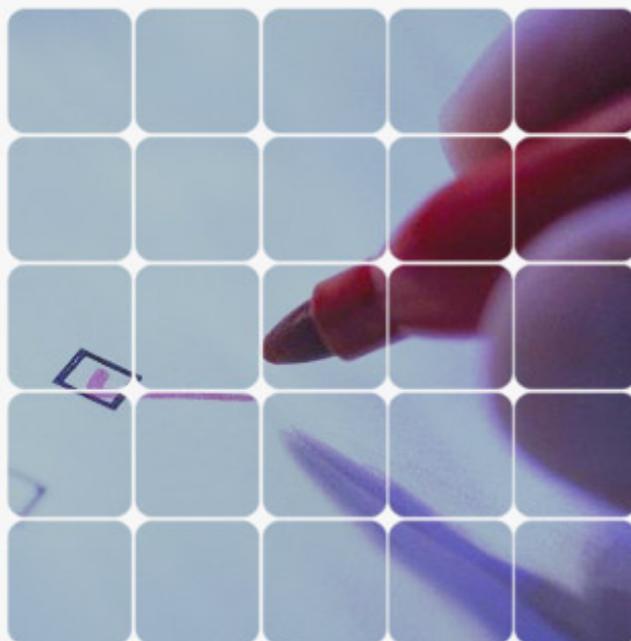
Keep me up to date

Courses

Course Diary

Contact

 **Sign In**



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Evidence Based Medicine Courses

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[>> Allied Health Practitioners](#)

(e.g. Dentists, Osteopaths)

[>> Complementary and Alternative Healthcare Professionals](#)

(e.g. Homeopaths)

[>> Medical Technology Companies](#)

(e.g. Manufacturers, Drug Company reps)



THE UNIVERSITY
OF BIRMINGHAM



Learning+Skills Council



EUROPEAN UNION
European Social Fund



West Midlands Deanery

- Region with over 1000 trainee doctors
- Duration: 24 months.
- Funding: £90,000
- 346 Trainees on one-day introductory workshop
- 74 Tutors on Teaching EBM Teachers workshop

Leonardo da Vinci Project



Leonardo da Vinci

- Project funded by Leonardo da Vinci national agency
- Duration: 24 months
- Funding: 396,434 euros
- Commenced: November 2005



Aims

- To develop a European qualification in EBM
- To improve the relevance and quality of medical training in Europe
- To enable doctors to easily integrate into the healthcare systems of other member states
- To improve mobility and effectiveness of doctors throughout Europe
- To improve care of European patients



Partners

- Seven partners:
 - The University Of Birmingham/ Birmingham Women's Hospital
 - Aquamed – Germany/Austria
 - Universita Callolica del Sacro Cuore - Italy
 - Centre Reproductive Medicie - Amsterdam
 - CASPi – University of Birmingham
 - CASP Poland
 - CASP Spain
 - CASP Hungary
 - Switzerland
- Steering Committee – Chair: Paul Glasziou



Objectives

- Evaluate teaching methods of EBM in each country
- Map current medical training at foundation level 2 in each country
- Develop core curriculum and adapt to each country
- Pilot and evaluate the EBM course in each country
- Accredite the course in each country
- Further grant applications for dissemination and evaluation of the courses developed

EBM Team

- Khalid Khan
(Professor of obstetrics, gynaecology and clinical epidemiology)
- Julie Hadley
(Project manager)

- Mary Publicover (information specialist)
- Arri Coomarasamy (SpR O&G)
- James Davis (Research fellow)
- Denise Hardy (Administrator)
- *Educational fellow (to be appointed)*

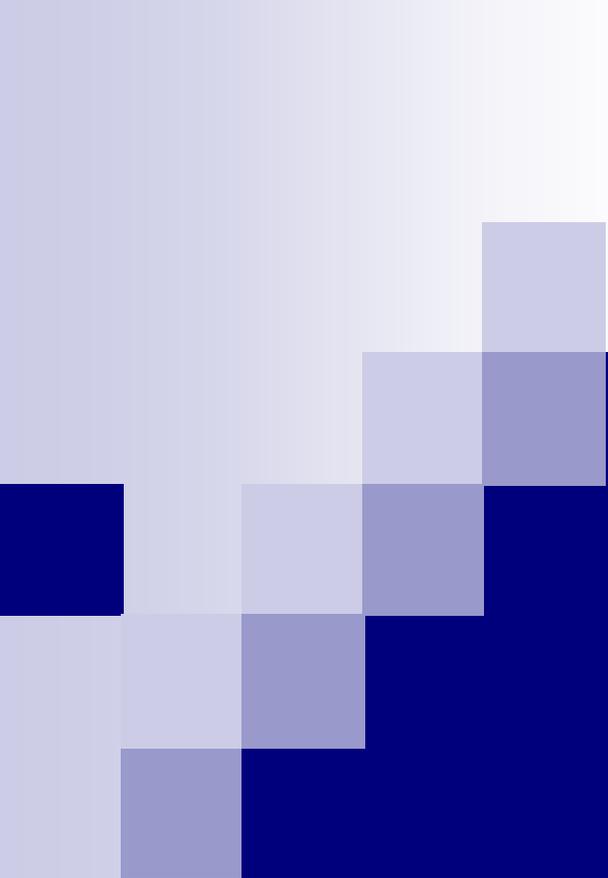
- **Collaborations**
- **Public Health: Amanda Burls, Catherine Meads, Chris Hyde**
- **Deanery: David Wall, Veronica Wilkie**

The University of Birmingham

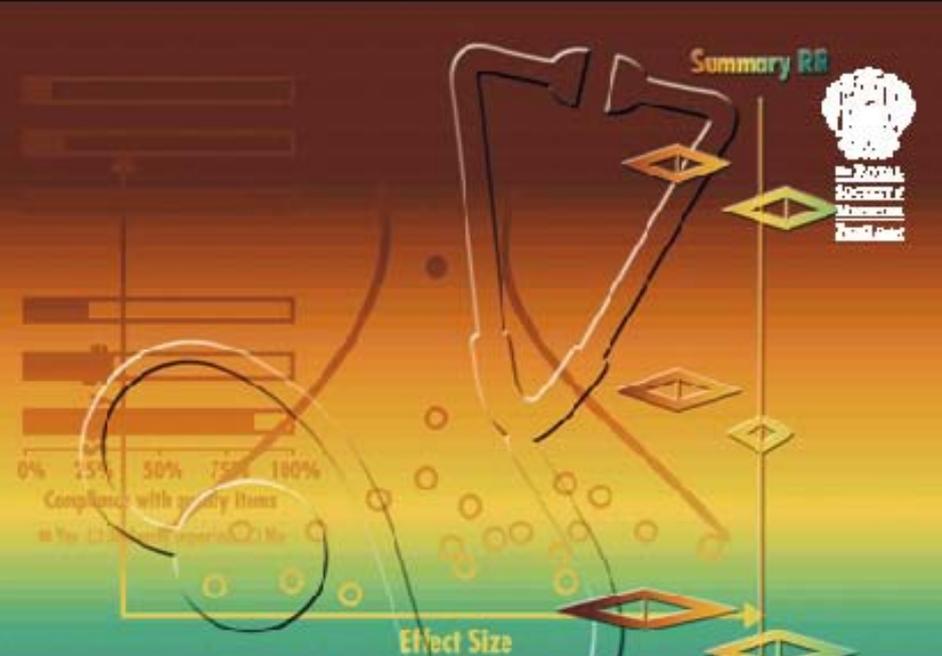


Birmingham Women's Hospital





Julie Hadley
Khalid Khan



Systematic Reviews to Support Evidence-based Medicine

HOW TO REVIEW AND APPLY FINDINGS OF HEALTHCARE RESEARCH

Khalid S Khan, Regina Kunz, Jos Kleijnen & Gerd Antes

2003 BMA Medical Book Competition

Commended
Basis of medicine

Presented to
Khalid S Khan, Regina Kunz, Jos Kleijnen,
Gerd Antes and RSM Press

For
Systematic Reviews to Support
Evidence-based Medicine: how to review
and apply findings of healthcare research

President 
Secretary 



Searching for evidence to inform clinical practice

Khalid S. Khan*, Aravinthan Coomarasamy

Education Resource Centre, Birmingham Women's Healthcare NHS Trust, Birmingham B15 2TG, UK

KEYWORDS

Literature search;
Evidence-based Medicine
(MESH);
Information Science
(MESH);
Review Literature (MESH);
Guidelines (MESH)

Summary Literature search and retrieval are essential steps in evidence-based practice. However, locating the relevant research to answer a specific clinical question can be daunting due to the volume and scattering of published literature. For clinicians, this necessitates the acquisition of basic skills to make literature searching effective and efficient. The first step is to take a hierarchic approach to searching: begin by looking for well-developed guidelines and evidence summaries; these may be found on the websites of various professional bodies. If guidelines and evidence summaries do not exist, searches for well-conducted systematic reviews are likely to give more precise and accurate answers than single studies. Such reviews may be found within databases such as the Cochrane Library or the Reproductive Health Library. If systematic reviews do not exist, a carefully planned search, with appropriate input from a clinical librarian, will need to be carried out in primary bibliographic databases such as MEDLINE and EMBASE. If all else fails, the final port of call will be contacting experts, Internet discussion forums or manufacturers. Once evidence has been obtained, following assessment of its quality, importance and relevance, it may be adopted in practice.

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Critical appraisal in clinical practice: sometimes irrelevant, occasionally invalid

Aravinthan Coomarasamy MRCOG Pallavi Latthe MRCOG Spyros Papaioannou MRCOG
Mary Publicover Harry Gee FRCOG Khalid S Khan MRCOG

J R Soc Med 2001;**94**:573–577

SUMMARY

A core activity of evidence-based practice is the search for and appraisal of evidence on specific clinical issues. Clinicians vary in their competence in this process; we therefore developed a 16-item checklist for quality of content (relevance and validity) and presentation (useability, attribution, currency and contact details). This was applied to a set of 55 consecutive appraisals conducted by clinicians and posted at a web-based medical journal club site.

Questions were well formulated in 51/55 (92%) of the appraisals. However, 22% of appraisals missed the most relevant articles to answer the clinical question. Validity of articles was well appraised, with methodological information and data accurately extracted in 84% and accurate conversion to clinically meaningful summary statistics in 87%. The appraisals were presented in a useable way with appropriate and clear bottom-lines stated in 95%.

The weakest link in production of good-quality critical appraisals was identification of relevant articles. This should be a focus for evidence-based medicine and critical appraisal skills.

Medical journals and effective dissemination of health research

Aravinthan Coomarasamy,* Harry Gee,† Mary Publicover§ and Khalid S. Khan†, *Research Fellow in Evidence-based Medicine, †Consultant, and §Medical Librarian, Education Resource Centre, Birmingham Women's Hospital, Birmingham, UK

Abstract

Clinical medical journals have not been effective in meeting the information needs of practitioners and bridging the gap between clinical research and practice. The slow adoption of results of clinical research is at least partly due to the failure of clinical journals to disseminate information in a way that would motivate practitioners to change practice. Although implementation is primarily a local process, medical journals are in a unique position to advance implementation by modifying their focus and adjusting their contents. Strategies that may be useful include publication of pre-appraised evidence summaries and 'clinical bottom-lines' and giving importance to systematic reviews and large evaluative research articles as they represent higher levels of evidence and have greater potential to change practice. Clinical journals should encourage researchers to consider how and by whom the findings will be used and provide information on implications for implementation.

Development and validation of a questionnaire to evaluate the effectiveness of evidence-based practice teaching

Rod Taylor,¹ Barnaby Reeves,² Rebecca Mears,³ John Keast,⁴ Sarah Binns,⁵ Paul Ewings⁶
& Khalid Khan⁷

Aim The aim of this study was to develop and validate a questionnaire to evaluate the effectiveness of evidence-based practice (EBP) teaching.

Methods The 152 questionnaires completed by health care professionals with a range of EBP experience were used in this study. Cronbach's alpha for the knowledge and attitude questions indicated a satisfactory level of internal consistency (i.e. >0.60).

Results The discriminative validity was evidenced by a statistically significant difference in the knowledge and attitude scores of 'novices' (i.e. little or no prior EBP education) compared with 'experts' (i.e. health care professionals and academics currently teaching EBP). Moderate to good (≥ 0.4) sensitivity index scores were

observed for both knowledge and attitude scores as the result of comparing individuals before and after an EBP intervention.

Conclusions The results of this validation study indicate that the developed questionnaire is a satisfactory tool with which to evaluate the effectiveness of EBP teaching interventions.

Keywords Education, medical, *methods; educational measurement; evidence based medicine; *questionnaires, reliability and validity of results; teaching, methods.

Medical Education 2001;35:544-547

A systematic review of postgraduate teaching in evidence-based medicine and critical appraisal

ARAVINTHAN COOMARASAMY¹, ROD TAYLOR² & KHALID S KHAN¹

¹Education Resource Centre, Birmingham Women's Hospital, Birmingham, UK;

²Public Health & Epidemiology Department, University of Birmingham, UK

SUMMARY *The knowledge and skills needed for critical literature appraisal and evidence-based practice have not been covered in undergraduate education until recently. These educational needs are, therefore, often met through postgraduate education via courses, workshops and journal clubs. Previous reviews have generally considered postgraduates and undergraduates together. However, there is evidence that the effectiveness of educational interventions varies between postgraduates and undergraduates. In this study the authors therefore examine the effectiveness of evidence-based medicine and critical appraisal teaching at postgraduate level. A comprehensive search was conducted in MEDLINE, EMBASE, ERIC, CCTR, CDSR, DARE, HTA, Best Evidence and SCI. Seventeen studies were identified: two randomized trials, six controlled trials without randomization and nine before-and-after studies. The studies showed a significant improvement in knowledge, but not in attitude, skills or behaviour. However,*

Methods

Identification of literature

An electronic search of relevant databases and the Internet was conducted, supplemented by manual searching and contact with experts directly and through mailing lists (Table 1).

The search for relevant articles consisted of online scanning of MEDLINE, EMBASE, ERIC, Cochrane Controlled Trials Register (CCTR), Cochrane Database of Systematic Reviews (CDSR), Database of Abstracts of Reviews of Effectiveness (DARE), Health Technology Assessment Database (HTA), Best Evidence and Science Citation Index (SCI). The following search terms and their word variants were used: 'evidence', 'critical', 'appraisal', 'journal club' and

A new approach to teaching and learning in journal club

KHALID S. KHAN & HARRY GEE

Department of Obstetrics and Gynaecology, Birmingham Women's Hospital NHS Trust, Birmingham, UK

SUMMARY—*In order to develop the capacity to adapt to changing circumstances, trainee doctors need to equip themselves with skills in acquisition, appraisal and application of new knowledge. The journal club traditionally provides a forum where these skills can be fostered. A newly introduced journal club format is described, which has a careful selection of learning experiences to enhance deep learning of these skills. The journal club is placed in the context of clinical care problems that require use of information from the medical literature. These problems are converted into focused, answerable clinical questions. Based on the clinical question, systematic literature searches are conducted and the identified articles are appraised using structured methodological guidelines. Clinical problem-solving skills are acquired through use of teaching methods that are associated with learning-for-understanding.*

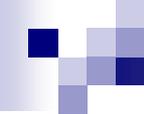
However, learning activities in journal club have generally remained unstructured, diminishing the educational value of the journal club.

The recent trends in medical education are rooted in the realization that the aim of teaching is to facilitate learning. In particular, educational programmes should inculcate deep learning. This is because in contrast with surface learning which circles around memorizing and reproducing (and forgetting soon after examinations), the deep approach helps trainees make sense out of the subject-matter (Brown & Atkins, 1988; Gibbs, 1992). The deep approach is fostered when the process of learning builds on activation of trainees' existing knowledge; construction of new knowledge over and above what exists; and refinement of the newly acquired knowledge. To achieve this objective in the journal club, a clinical context is required that motivates trainees to take an



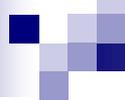
Aims of the presentation

- Who we are
- What we are doing
- What we have done
- **What we are going to do**



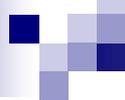
Objectives

- To develop one-day EBM Introductory Workshop
- To develop Teaching EBM Teachers courses for one-day introductory workshop
- To run 20 region and speciality wide Teaching EBM teachers courses and train approx 50 consultants
- To train approx 400 trainees in hospital based specialties.



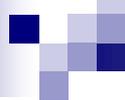
Where we are

- Eight specialties incl: O&G, Paediatrics, Surgery, Medicine, Geriatrics, Anaesthetics, Psychiatric, Radiology, A&E
- 14 Teaching EBM Teachers workshops
- 16 One-day introductory workshops
- 346 Trainees on one-day introductory workshop
- 74 Tutors on Teaching EBM Teachers workshop



Objectives

- To identify the training needs of medical technology companies and non-NHS staff
- To develop and run one-day EBM introductory workshop
- To develop and run 60 hour longer EBM course (Step-up course)



Where we are

- 209 employees have undertaken training on one-day EBM introductory workshop
- 69 employees signed up to start 'Step-up' course
- Website developed (e-learning)
- Regional conference 30th November 2005