

Evidence-Based Reproductive Health Care



By

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At

The Regional workshop on the Training of Core Group
of RH Experts and sharing of RH best practices.
Johannesburg, South Africa.

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Training of Core Group of RH Experts and sharing of RH best practices



General Objectives

- Accelerate and scale up the implementation of RH programmes in the African Region
- Promote the use of evidence based approach in RH care services

Training of Core Group of RH Experts and sharing of RH best practices

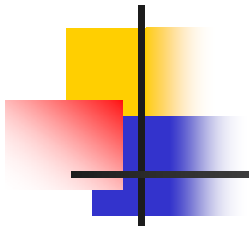


- Evidence based RH approach
 - Providing the evidence
 - Accessing information on the evidence
 - Translating evidence into practice
- Best practices



What is Evidence-based health Care?

Evidence Based Health Care refers to the policies and practices employed in the prevention and treatment of health care problems based on principles which have been proven through rigorous scientific methods



Evidence-based health Care (EBHC) is...

"...the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients."

Sackett et al, 1996



Principle of EBHC

In healthcare, the overall objective is to deliver interventions that:

'do more good than harm'



Evidence-Based Health Care

In the past traditional health care practices depended on:

- ❑ Trial and error
- ❑ Expert opinion
- ❑ Information from Textbooks or Journals ; or
- ❑ The results of limited Research that the practitioner is aware of



Evidence-Based Health Care

Why do we need to use evidence in
our clinical practice?



Evidence-Based Health Care

- ❑ Lack of reliable and valid research evidence or lack of access to such evidence may lead to the use of practices with unknown effectiveness or even those that have been demonstrated to be harmful
- ❑ There is, therefore, a need to generate, summarize and disseminate rigorous research evidence to guide clinical practice and to identify further research priorities



Why do we need objective evidence of effectiveness?

- ❑ Our understanding of human biology is full of gaps - we can't predict effectiveness
- ❑ Subjective clinical impressions are misleading (tend to overestimate the effectiveness of care - placebo effect)
- ❑ Adverse effects are often difficult to identify because they are unexpected



Evidence-Based Health Care

- ❑ It must be admitted that evidence about the effects of health care interventions is one of several inputs needed to make the right health care decisions
- ❑ In addition to such evidence, one needs information about the epidemiological and community setting, about the clinical condition one is dealing with, about the society (what it wants and can afford) and about the patient's values



Evidence-Based Health Care

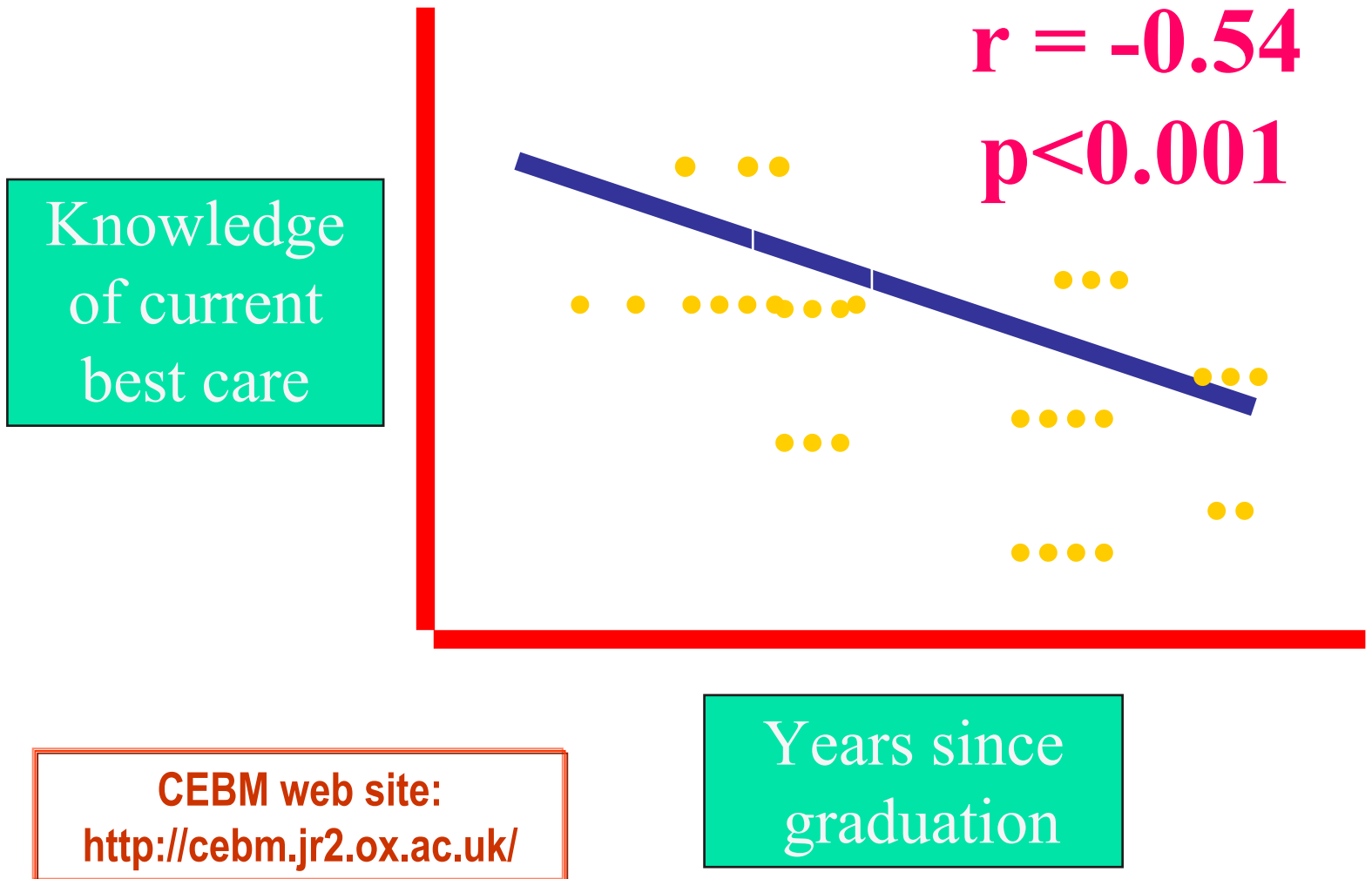
- ❑ Moreover, health care providers and policy makers are confronted with increasing amounts of information that they are unable to access due to lack of time or resources
- ❑ As a result their knowledge of current best care lags far behind existing evidence derived from health care research
- ❑ Patients are therefore often denied effective treatments while treatments that are ineffective or even harmful may be used leading to unnecessary suffering and even death



Evidence-Based Health Care

One major problem is that
knowledge and performance
deteriorate

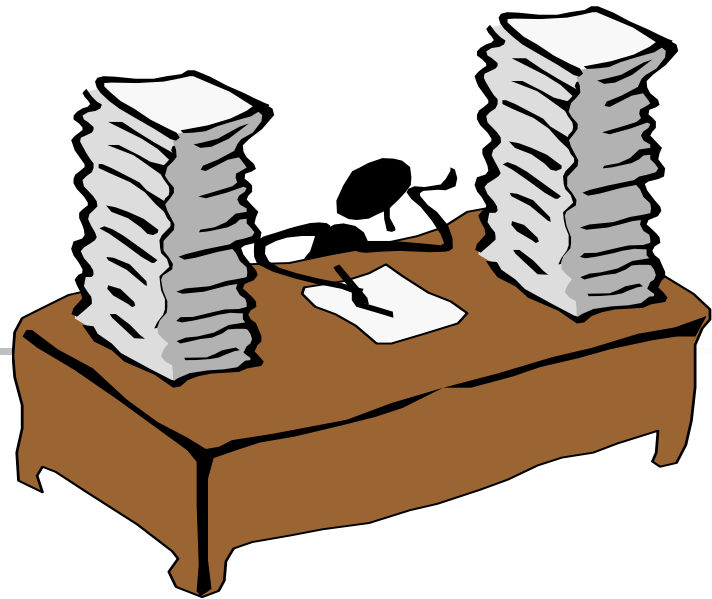
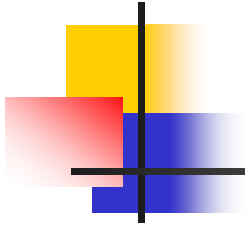
The Slippery Slope





Evidence-Based Health Care

- ❑ Health Care Personnel need continuous updated information
- ❑ But, there is:
 - ❑ Time constraint
 - ❑ Textbooks are out of date; and
 - ❑ Journals are disorganized and limited



The biomedical literature is vast:

- ❑ Over **2 million** articles are published annually in over **20,000** journals
- ❑ 500 metres of literature



Evidence-Based Health Care

- ❑ In an attempt to keep abreast of the evidence many people rely on the summaries provided by experts



Evidence-Based Health Care

- ❑ However, there is increasing evidence that expert reviews may be biased.
- ❑ Experts often:
 - ❑ Do not use reliable methods for identifying and selecting research for inclusion in reviews;
 - ❑ Do not pay attention to methodological quality of studies
 - ❑ Do not use appropriate methods for synthesizing data from primary studies
 - ❑ Consequently, expert reviews may be misleading



Evidence-Based Health Care: Systematic review

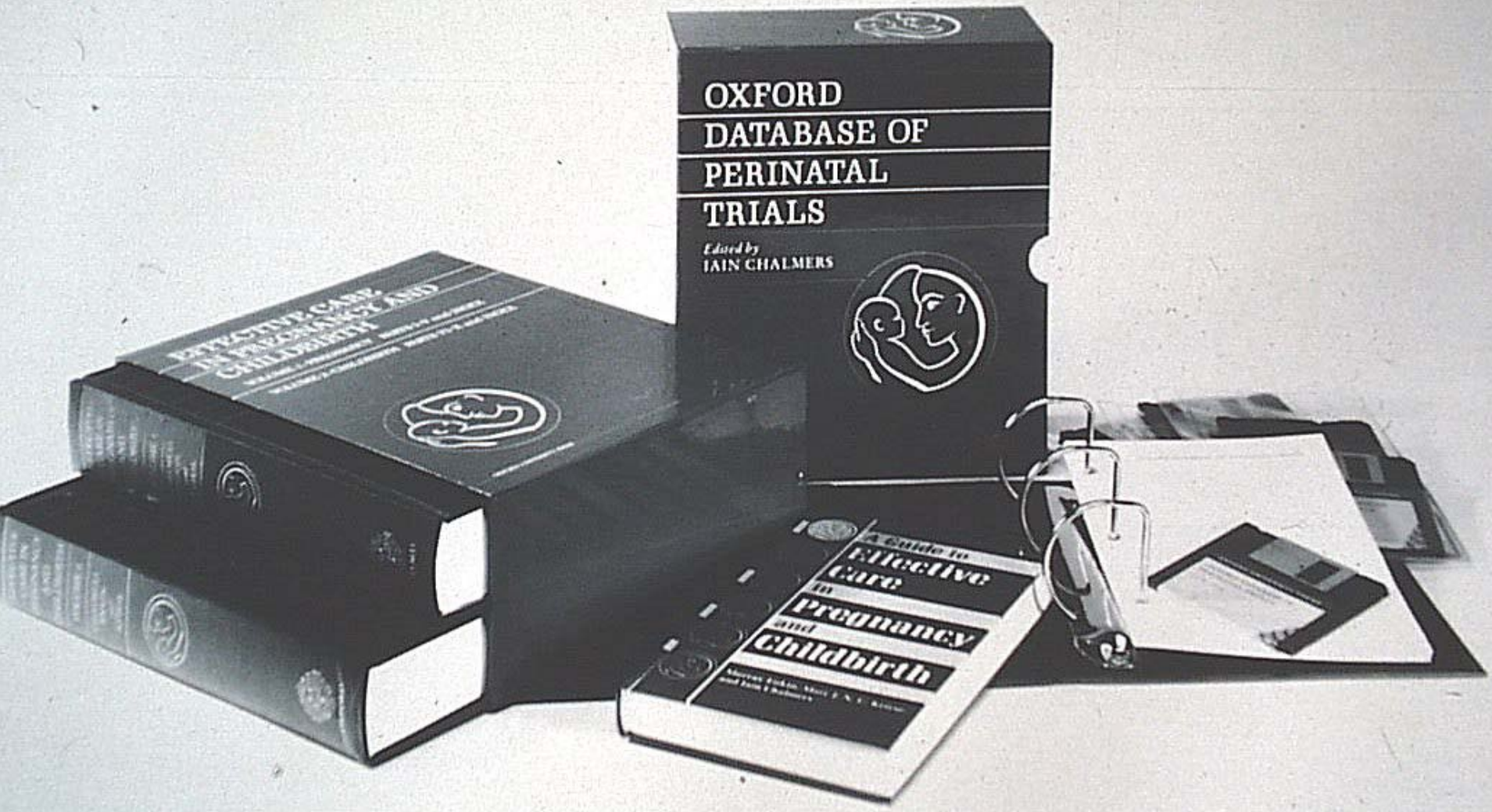
- ❑ Systematic review is a method that has been developed over the past decade to address the above shortcomings
- ❑ Unlike traditional expert reviews, systematic reviews involve transparent methods that are defined *a priori* and are included in the review protocol



Systematic review

- ❑ Scientific methodology for **synthesising** the results of trials
- ❑ A **reliable** and **less biased** summary of data that address focussed clinical questions
- ❑ Continually **updated** as new trials become available

History



The Cochrane Collaboration



- ❑ The Cochrane Collaboration is an international organisation dedicated to producing systematic reviews and making them available to health workers and consumers.
- ❑ This information is published electronically every 3 months in the Cochrane Library



The Cochrane Collaboration

- ❑ 1970's: Archie Cochrane, British epidemiologist, recognised that health professionals lacked access to reliable reviews of medical evidence
- ❑ 1980's: the Oxford database of Perinatal Trials was developed
- ❑ 1993: Cochrane Collaboration has extended this process to other fields of health care.

Where is the Current best evidence in Reproductive Health Care?



- Cochrane Library
- WHO Reproductive Health Library



RHL is

- ❑ a specialist database of reproductive health
- ❑ focuses on high-priority problems in developing countries
- ❑ aims to ensure access through:
 - ❑ affordability
 - ❑ efficient, systematic, large-scale dissemination
- ❑ updated annually

Reproductive Health Library

The screenshot shows the WHO Reproductive Health Library website. At the top, the title "WHO Reproductive Health Library Number 5, 2002" is displayed. Below this is a navigation bar with icons for "CLEAR", "RECORDS", "MeSH", "HISTORY", "HELP", "BACK", "FORWARD", "OUTLINE", "FEEDBACK", "PRINT", and "FIND". The main content area features the HRP logo and the text "UNDP/UNFPA/WHO/World Bank Special Programme of Research, Development and Research Training in Human Reproduction". A large blue banner reads "The WHO Reproductive Health Library No. 5". The left sidebar contains a search box and a list of categories: "Reproductive health in developing countries (4)", "Effectiveness summaries for decision-making (6)", "Reproductive health database (220)", "RHL implementation aids (4)", and "Useful information (82)". The main content area includes a "Welcome to RHL No 5!" section, an "Editor's corner" with a link to read the editorial, and a "New in this issue" section highlighting "Antiretroviral therapy" and "Educational videos on external cephalic version and companionship during labour". A right sidebar lists various links: "Editors", "What's New", "How to subscribe", "Acknowledgements", "Technical Support", "Comments & Feedback", and "Copyright & Disclaimer".

WHO Reproductive Health Library Number 5, 2002

Reproductive Health Library
Evidence for Better Practice

CLEAR RECORDS MeSH HISTORY HELP BACK FORWARD OUTLINE FEEDBACK PRINT FIND

Search phrase:

Refine your search

HRP UNDP/UNFPA/WHO/World Bank Special Programme of Research, Development and Research Training in Human Reproduction

The WHO Reproductive Health Library No. 5

Welcome to RHL No 5!
As before, this issue supersedes the previous ones. We now have substantial coverage of the most important reproductive health topics with 70 Cochrane Reviews and their commentaries.

Don't forget to check out our new section "RHL Implementation Aids" which includes documents related to specific evidence-based practices.

Enjoy RHL and let us know if you have any [comments or criticisms](#).

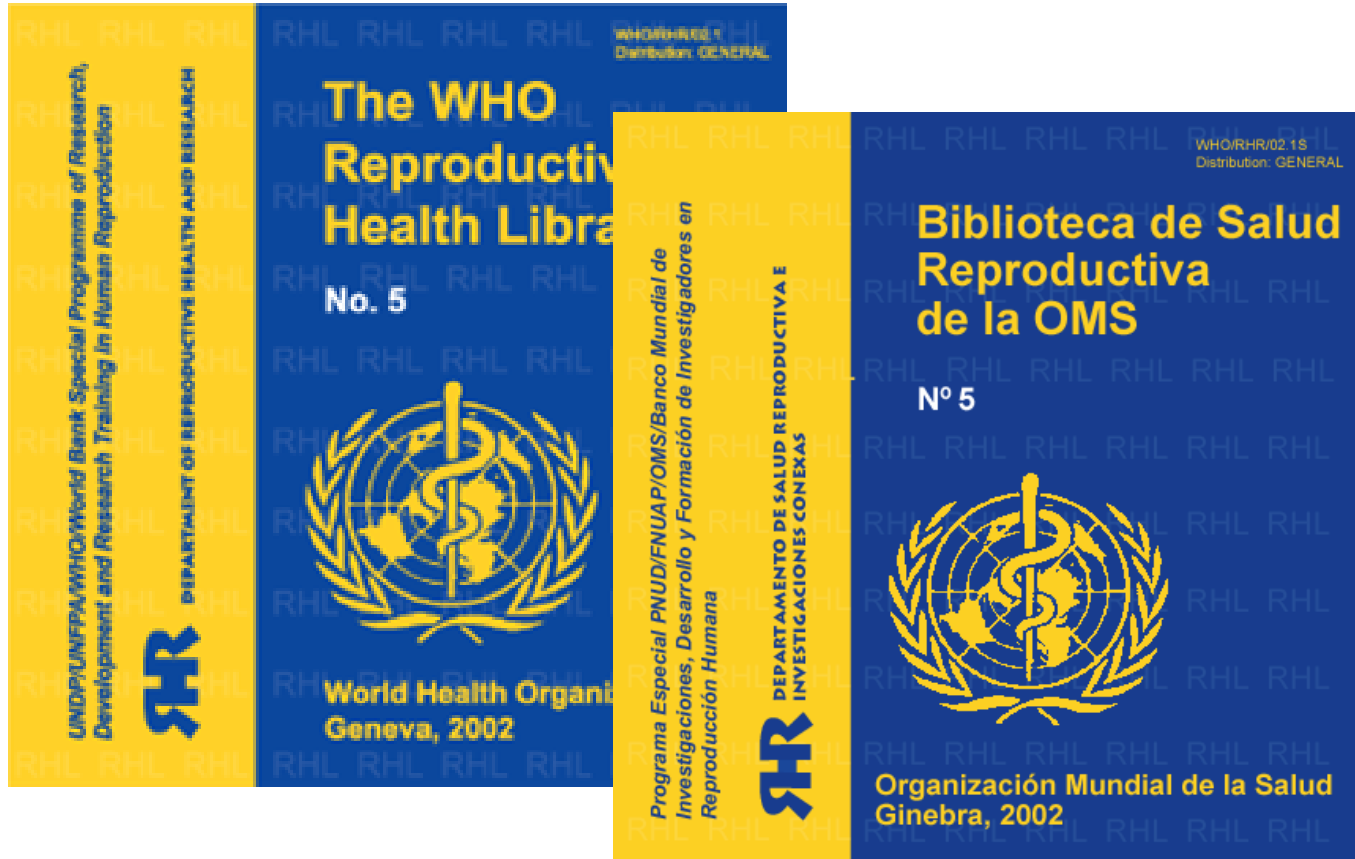
Editor's corner
[Click here](#) to read this year's editorial: Is it time to do away with conclusions in systematic reviews?

New in this issue
Antiretroviral therapy for reducing the risk of mother-to-child transmission of HIV infection.

Educational videos on [external cephalic version](#) and [companionship during labour](#).

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Dissemination

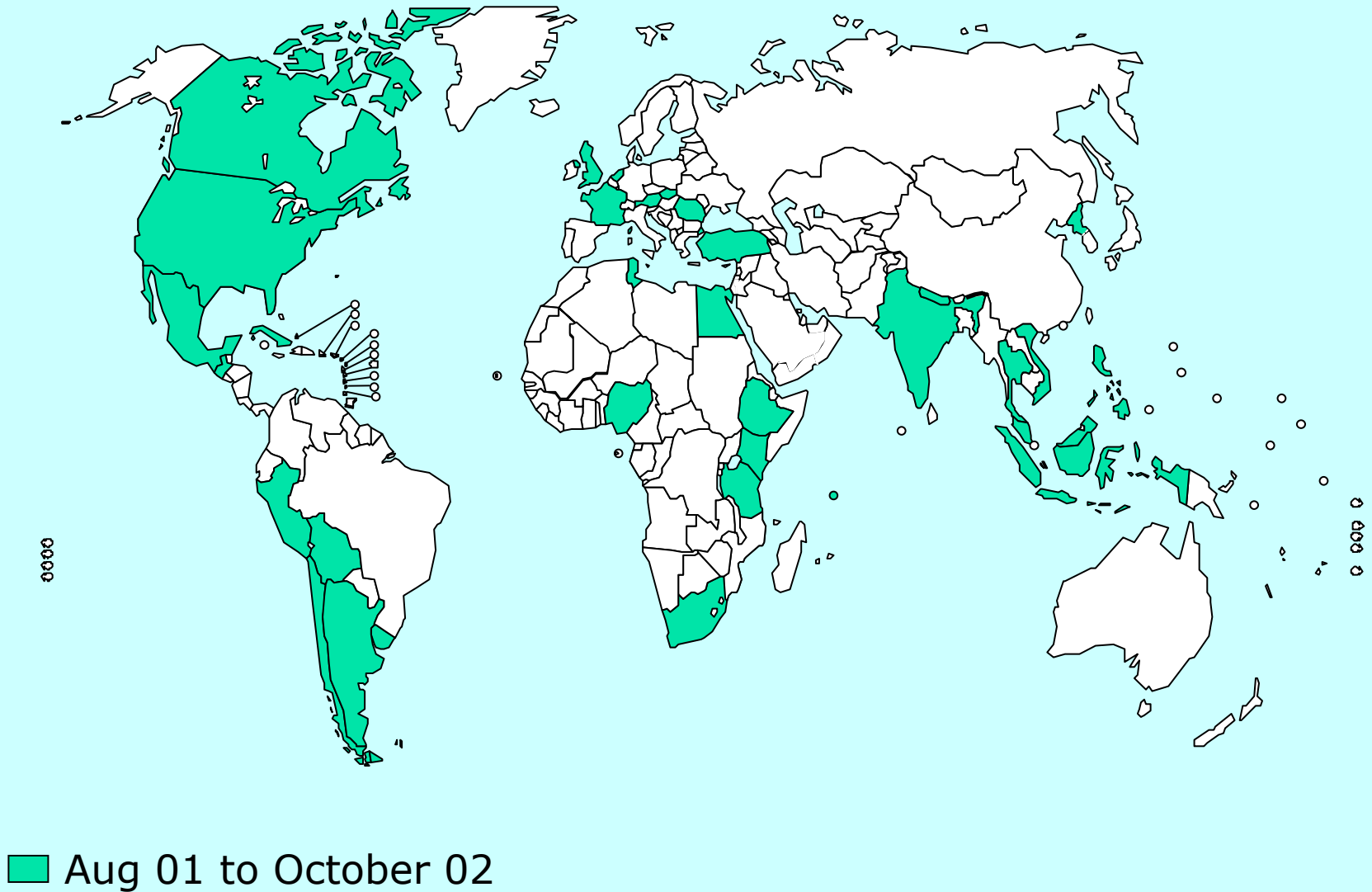




Subscribers (October 2002)

■ Western Pacific	912
■ South-East Asia	1573
■ Europe	1250
■ Eastern Mediterranean	710
■ Americas	3200
■ Africa	2300
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■ Total	10245

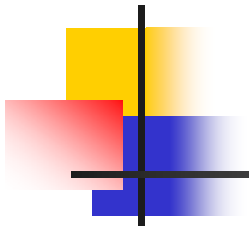
Dissemination and Training Activities





The WHO Evidence-Based Health Care Training Initiative

*I wish all of us a pleasant
Workshop*



Thank you!