

## RESOURCE BULLETIN

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### Summary of this bulletin

This bulletin features two new online resources from The Cochrane Collaboration promoting access to, and learning about, evidence-based information:

- **Podcasts of reviews on The Cochrane Library** *audio summaries by authors*
- **Online course for consumer advocates** *from the US Cochrane Center, learning for successful navigation of the world of medical information*

#### Podcasts of systematic reviews on The Cochrane Library *Gain access via The Cochrane Collaboration website*

The Cochrane Library houses systematic reviews of the effectiveness of interventions in healthcare online, and in the effort of making evidence-based information more accessible it now offers podcasts. Four minute podcasts of reviews enable you to hear authors talk about major aspects of their review. The Cochrane Library web page for podcasts is at: [www.Cochrane.org/podcasts/index.htm](http://www.Cochrane.org/podcasts/index.htm)

*Five current review topics/titles available on podcast are:*

- House dust mite control measures for reducing asthma;
- Interventions for assisting patients with medication adherence;
- Non-pharmacological, non-invasive, interventions for breathlessness in advanced disease;
- Aerobic physical exercise for improving mental fitness in older people; and,
- Lumbar support for prevention and treatment of low back pain.

Listen via your computer or download the recording to an external device such as an iPod. You can also subscribe to future audio summaries. In order to gain access to podcasts your computer will need the capacity to play MP3 format sound eg. Windows Media Player.

#### Understanding Evidence-based Healthcare: A Foundation for Action *Online course from the US Cochrane Center for consumer advocates*

This course was created by the US Cochrane Center as part of a project undertaken by Consumers United for Evidence-Informed Healthcare (CUE). Although designed for consumer advocates the course will be of great interest to anyone who wants to understand evidence-based healthcare. Registration for the course is now open and it is free of charge.

*The six modules in the course illustrate key concepts with real world examples:*

- **Introduction** What is evidence-based healthcare, and why is it important?;
- **ASK** The importance of research questions in evidence-based healthcare;
- **ALIGN** Research design, bias and levels of evidence;
- **ACQUIRE** Searching for healthcare information; assessing harms and benefits;
- **APPRAISE** Behind the numbers: understanding healthcare statistics; science, speed and the search for best evidence; and,
- **APPLY** Critical appraisal: making better decisions for evidence-based healthcare.

Participants are encouraged to complete the course within three months of registering. This link takes you to the front page of the US Cochrane Center: <http://apps1.jhsph.edu/cochrane/> (NB: at present there is a small website glitch—if you enter a 6 digit zip/postal code, however, registration will proceed)

Bulletins are available on the Health Knowledge Network website:

[www.latrobe.edu.au/cochrane/HKN/HKNBulletins.html](http://www.latrobe.edu.au/cochrane/HKN/HKNBulletins.html)

Contact HKN: [hkn@latrobe.edu.au](mailto:hkn@latrobe.edu.au)

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