

THE ECOSYSTEM OF EVIDENCE

Navigating the future of the ecosystem of evidence

Artificial intelligence and digital transformation in research and healthcare

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International Society for Evidence-Based Health Care

Western Norway University of Applied Sciences

Cochrane Norway

Briefly summarised

Presenting research evidence in plain language for local audiences

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Background and aim

Why?

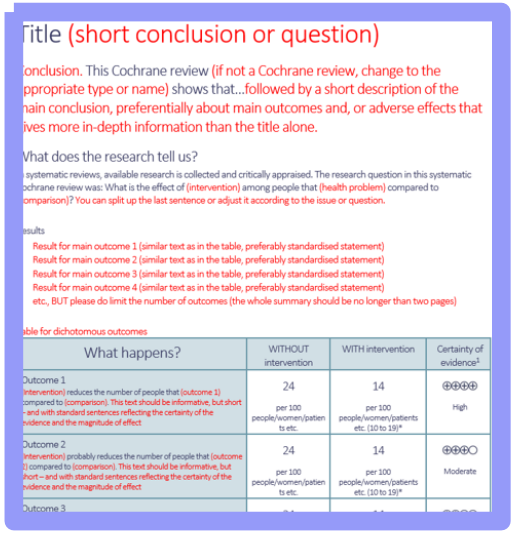
- Cochrane reviews are rigorous but often difficult to use
- Need for accessible evidence for local audiences
- Plain language can support evidence-informed decisions

Aim

To describe the development and use of the **briefly summarised** format

Methods

- Use template and checklist
- Identify locally relevant Cochrane review
- Translate findings into plain language
- Adapt to Norwegian context
- Include certainty of evidence
- Add visuals and key messages
- Publish in local journals


Title (short conclusion or question)

conclusion. This Cochrane review (if not a Cochrane review, change to the appropriate type or name) shows that...followed by a short description of the main conclusion, preferentially about main outcomes and, or adverse effects that gives more in-depth information than the title alone.

What does the research tell us?

systematic reviews, available research is collected and critically appraised. The research question in this systematic Cochrane review was: What is the effect of (intervention) among people that (health problem) compared to (comparison)? You can split up the last sentence or adjust it according to the issue or question.

Results

Result for main outcome 1 (similar text as in the table, preferably standardised statement)
Result for main outcome 2 (similar text as in the table, preferably standardised statement)
Result for main outcome 3 (similar text as in the table, preferably standardised statement)
Result for main outcome 4 (similar text as in the table, preferably standardised statement)
etc., BUT please do limit the number of outcomes (the whole summary should be no longer than two pages)

Table for dichotomous outcomes

What happens?	WITHOUT intervention	WITH intervention	Certainty of evidence[1]
Outcome 1 (intervention) reduces the number of people that (outcome 1) compared to (comparison). This text should be informative, but short – and with standard sentences reflecting the certainty of the evidence and the magnitude of effect	24 per 100 people/women/patients etc.	14 per 100 people/women/patients etc. (10 to 19)*	⊕⊕⊕⊕ High
Outcome 2 (intervention) probably reduces the number of people that (outcome 2) compared to (comparison). This text should be informative, but short – and with standard sentences reflecting the certainty of the evidence and the magnitude of effect	24 per 100 people/women/patients etc.	14 per 100 people/women/patients etc. (10 to 19)*	⊕⊕⊕◯ Moderate
Outcome 3			

"Briefly summarised"- Guidance and template




The dissemination checklist: 1-page overview

1. Have you **involved your target audience** or sought their feedback?
2. Have you used **plain language**?
3. Have you used words in your **title** that your target audience is likely to search for, recognize, and find relevant?
4. Have you communicated to your target audience that this product is **relevant for them**?
5. Have you **structured the content** so people can find key messages, then access more detail if they want?
6. Have you made the content easy for people to **quickly scan and read**?
7. Have you shown that the evidence involves **real people**?
8. Have you specified the **populations**, **interventions**, **comparisons,** and **outcomes**?
9. Have you stated that this information is from a **systematic review**?
10. Have you specified how **up to date** the review is?
11. Have you avoided misleading presentations and interpretations of the effects?
12. If you have used numbers to present the findings, have you used **absolute numbers** and **labelled numbers** clearly?
13. Have you described the **certainty** of the evidence?
14. Have you presented the findings in **more than one way**?
15. Where the topic or findings may be upsetting, controversial, or disappointing: have you handled this sensitively?
16. Have you made it clear (a) that the review was prepared by **Cochrane** and (b) **who prepared** the dissemination product?
17. Is it easy for people to find information about who the **review authors** are, how they were **funded,** and any **conflicts of interest**?
18. Have you avoided giving recommendations?

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Dissemination checklist



Results

Brief, plain-language summary **tailored to Norwegian readers**, highlighting **key findings** and their **practical implications** for the **Norwegian context**.

Target audiences

- Healthcare professionals
- Decision-makers
- Patients, service users, public

Dissemination channels

- The Norwegian Health Library and The Care Services Library
- Norwegian journals for nurses, midwives, and



From a 'Briefly Summarised' product describing a Cochrane Review on music-based therapeutic interventions for people with dementia (Dahm & Fønhus, 2017). Illustration: Lene Ask for Sykepleien (Norwegian Journal of Nursing).

Limits and conclusions

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Challenges

- Balancing simplicity and accuracy
- Retaining important nuances
- Resource-intensive production: Editorial process with at least two authors and an editor serving as peer reviewer

Conclusions

- Makes evidence more accessible
- Bridges research and practice

Take-home message

- Establish a robust editorial process
- Select locally relevant reviews
- Use the Brief Summary template
- Follow Cochrane's dissemination checklist
- Contact relevant local journals