

## Introducing Cochrane Sweden and Cochrane Work – Opportunities for conducting and implementing effectiveness research - a lunch seminar

How do you know if a treatment works? You can't try everything yourself. Even if you could  $N = 1$  is not very convincing proof. So you read a scientific study. But how can you trust the results of a study? We have all seen one study saying that coffee is good and another one saying it isn't. Cochrane is a global not-for-profit research organisation that says you should never trust a single scientific result if it hasn't been replicated. To get to the bottom of things, in Cochrane we do systematic reviews that bring together and summarize all relevant studies on a particular topic. We also make sure to ask very specific questions so that the answers we find are truly informative. For example, what do we actually mean by coffee being good? Should it lower the risk of a heart attack? Focused questions and reliable summary methods mean Cochrane reviews give answers that are meaningful and useable.

In this seminar we will discuss the activities of Cochrane as a whole and the groups we have in the Nordic countries. We will encourage participants to join our important work either by helping us disseminate our findings or by helping us create the findings in the first place. But of course the most important thing is to use the evidence regarding what really works and what doesn't. Healthcare in the 21<sup>st</sup> century begins with knowing what to do. Relying only on personal experience or authority figures is of the past. Evidence-based practice is today.

**Jani Ruotsalainen**, Managing Editor of Cochrane Work Review Group, which is housed at the Finnish Institute of Occupational Health in Kuopio, Finland. I manage the production of Cochrane systematic reviews about occupational safety and health topics. I also promote our review findings using a range of contemporary tools including newsletter, webinars, and social media. My talk will focus on two things: 1) reliable content and 2) optimising dissemination reach with minimal resources. Content in my case consists of Cochrane Work reviews that are relevant to clinical physiotherapists and researchers. In means of dissemination I will describe the efforts we have used in our group and in Cochrane at large.



**Matteo Bruschetti** obtained his MD degree at the University of Genova (Italy) in 2000, and PhD at the Maastricht University (Netherlands) in 2007. He's Senior Consultant in Neonatology, and in 2015 he started to work at SUS (Lund, Skåne University Hospital). Since 2017 he's the Director of Cochrane Sweden. His scientific area of interest is neonatology, with a special focus on brain development and impairment following preterm birth, and methodology research, including systematic reviews and meta-analysis (co-author in 13 Cochrane reviews).



**Charlotte Wåhlin**, PhD/RPT, works as an ergonomist and a researcher at the unit of Occupational and Environmental Medicine, County council of Östergötland. She is an associated researcher at Karolinska Institutet. Her main focus is patient- and workplace investigations, knowledge sharing, and conducting research. She has special interest in science communication. She is an editor of a Swedish blog focusing on occupational health, ergonomics, and environmental medicine. Charlotte is a board member of the Swedish Physiotherapy Association and the section for Ergonomics and, she is the chair of the profession's council. She will be moderator for this session.

