

## Finding and Implementing Scientific Evidence – a core element in OSH expertise

National and University Library of Iceland, Reykjavik, Iceland

10 – 12.4.2019

Wednesday, 10.04.2019

9.00-9.15 Course registration and coffee

9.15-9.45 Opening of the course:

- Course presentation of the participants and lecturers, Jani Ruotsalainen, Jos Verbeek, Jan L. Hoving and Charlotte Wåhlin
- Practical matters

**Jani Ruotsalainen, FI**

**Morten Jakobsen, NIVA**

9.45-10.30 Exercise: When called upon to act as an expert, what is it that participants do and how? How well do participants know and make use of various sources of information? Kahoot quiz and discussion.

**Jani Ruotsalainen, FI**

10.30-10.45 *Coffee, tea and refreshments*

10.45-11.15 Lecture: Influencing knowledge, attitudes and behavior – Different means used by experts within and outside the EBM framework to reach same ends, and the role of uncertainty (+Kahoot quiz about basic concepts of EBM: evidence, effect measures, risk of bias, etc.)

**Jani Ruotsalainen, FI**

11.15-12.00 Lecture + exercise: Formulating answerable questions using PICO: aetiology, diagnosis, intervention and prognosis.

**Jos Verbeek, FI**

12.00-13.00 *Lunch*

13.00-13.45 Lecture + Small group work: Defining questions relevant to occupational health practice using PICO – Participants develop cases throughout the course from questions to findings to answers to application and present them at the end. Here, participants are divided into small groups that each get a case to transform into a PICO question. Tutors help.

**Jan L. Hoving, NL**

13.45-14.30 Lecture: How to find relevant research (+Kahoot quiz about basic concepts of systematic searching: search terms, connecting them with Boolean operators, databases, etc.). What can you expect a search to yield?

**Jani Ruotsalainen, FI**

14.30-15.00	<i>Coffee, tea and refreshments</i>	
15.00-15.30	Lecture: Guidelines are a distilled form of expertise. What is the process from practice to research to guideline and back again? What is a good guideline?	<b>Charlotte Wåhlin, SE</b>
15.30-16.15	Small group work: Searching for answers to the questions from practice.	
19.00-	<i>Dinner at the hotel</i>	

**Thursday, 11.04.2019**

9.00-9.30	Discussion: What participants found or how did the research literature answer participants' questions from practice?	<b>Jos Verbeek, FI</b>
9.30-10.15	Lecture + exercise: Communicating research results to people who need it and communicating their needs to the research community	<b>Charlotte Wåhlin, SE</b>
10.15-11.00	Lecture + exercise: Setting up PubMed alerts to keep up-to-date on a given topic	<b>Jan L. Hoving, NL</b>
11.00-11.15	<i>Coffee, tea and refreshments</i>	
11.15-12.00	Lecture + exercise: How to read systematic reviews and their critical appraisal using AMSTAR II.	<b>Jani Ruotsalainen, FI</b>
12.00-13.00	<i>Lunch</i>	
13.00-13.45	Small group work + discussion: Dissecting a few Cochrane reviews.	<b>Jos Verbeek, FI</b>
13.45-14.30	Lecture + exercise: Point-of-care tools such as Dynamed Plus, Up-to-Date and Cochrane Clinical Answers.	<b>Jan L. Hoving, NL</b>
14.30-15.00	Small group work: Refining answers to example PICO questions based on a critical assessment of the evidence found.	<b>Jos Verbeek, FI</b>

**15.00-21.30 Social program: Visit to Blue Lagoon and dinner at Lava restaurant**  
 15.00 Break for collecting swimsuits and other necessary paraphernalia for the evening.  
 15.15 Bus leaves to the Blue Lagoon (trip will take around 50 minutes each way)  
 16.15 Arrival at Blue Lagoon geothermal spa (<https://www.bluelagoon.com/>)  
 18.30 Dinner at Lava restaurant (also at Blue Lagoon)  
 20.30 Bus leaves from Blue Lagoon  
 21.30 Arrival back at the hotel

Friday, 12.04.2019

9.00-10.00	Presentations of small group work results.	<b>Jan L. Hoving, NL</b>
10.00-10.45	Lecture + discussion: Applying what we have learned to practice: Balancing evidence with the other two pillars of EBM – clinical expertise AND client preferences/values. This means delivering the right information to the right recipients, using the right tools, and the right packaging. This is also called translating research to practice or simply evidence-based practice.	<b>Jos Verbeek, FI</b>
10.45-11.00	<i>Coffee, tea and refreshments</i>	
11.00-11.45	General discussion and feedback	<b>Jani Ruotsalainen, FI</b>
11.45-12.00	Certificates and closing of the course	<b>Morten Jakobsen, NIVA / Jani Ruotsalainen, FI</b>
12.00-13.00	<i>Lunch</i>	