

# Cochrane Rehabilitation ebook: an instrument to transfer knowledge to different stakeholders

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## Background

A main task of Cochrane Rehabilitation is to improve the application of evidence-based clinical practice by all rehabilitation professionals, and to facilitate policy-makers in decision-making. In this context, synthetic and easy-to-use high-quality information of Cochrane Systematic Reviews (CSR) for rehabilitation stakeholders is advisable. More than 800 CSR of Rehabilitation interest have been recently tagged by the Cochrane Rehabilitation Reviews Committee. Cochrane Rehabilitation has recently engaged in the production of an ebook aiming to summarise CSR evidence for 4 different audiences: clinicians, students, health managers and policy makers, and consumers.

## Methods

The production of Cochrane Rehabilitation ebook follows 4 steps (see figure 1): 1. the production of the first draft of the summaries by the Residents in Physical and Rehabilitation Medicine (PRM) of the University of Campania "Luigi Vanvitelli"; 2. a first revision of the summaries by Cochrane Rehabilitation editors; 3. a second revision by Representatives of European PRM bodies; 4. a final language and content check before the approval of the final text European PRM bodies and their publication on a dedicated website.



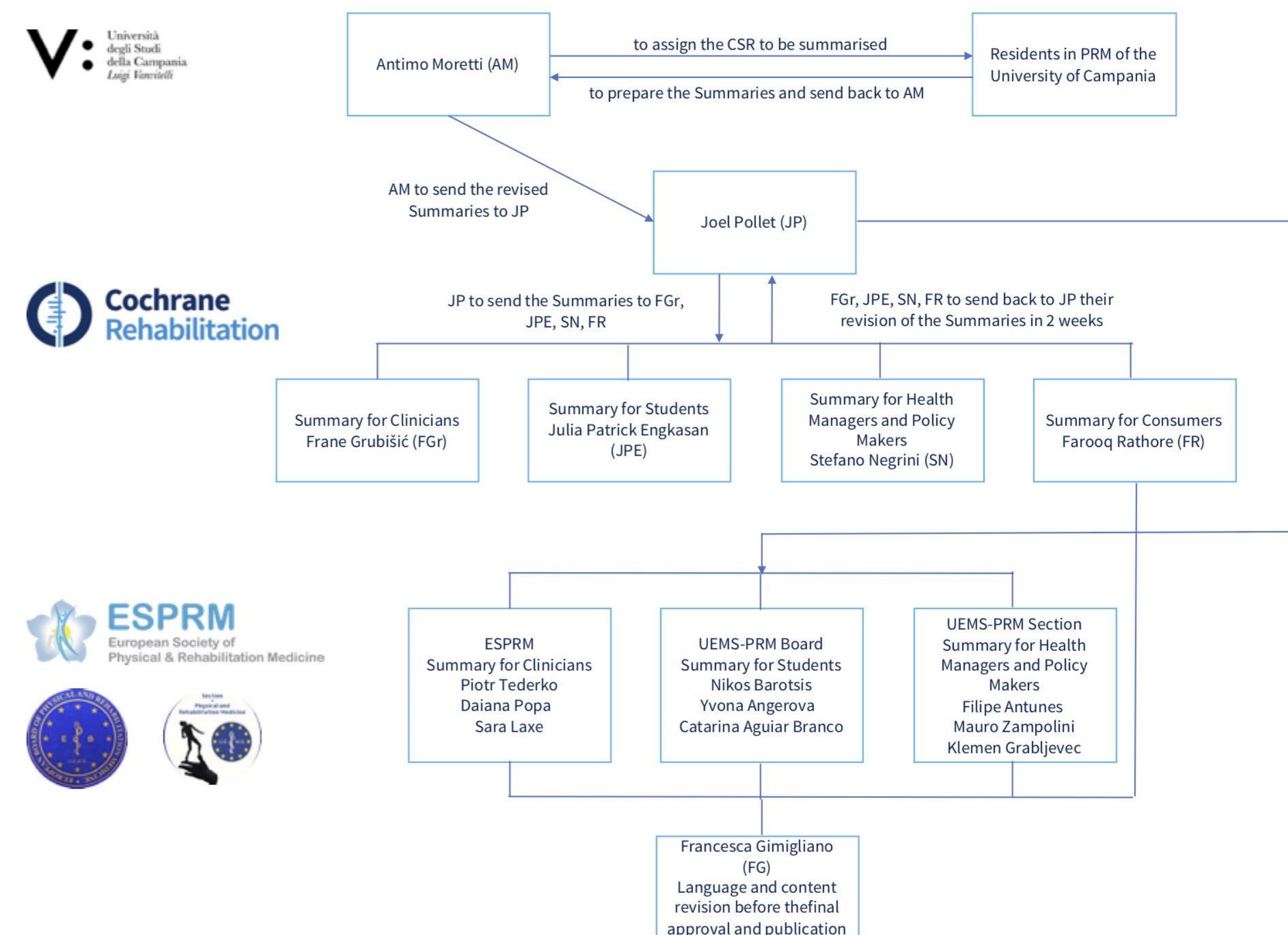
## Results

A pilot group of 52 CSR have already been summarised, approved and published. By September 2019 150 more should be published and the website opened to the public. All different summaries follow a predetermined structure (see table 1).

The Cochrane Rehabilitation ebook:

- collect all the Cochrane Systematic Reviews according to a validated index ;
- provides summaries specifically adapted for the different audiences:
  - Clinicians
  - Students
  - Health managers
  - Consumers

Audience	Contents
<b>Rehabilitation Clinicians</b>  <i>(approved by the European Society of PRM)</i>	<ul style="list-style-type: none"> <li>•evidence need &amp; objective of the Cochrane Review</li> <li>•population, relevant outcomes with measurement tools</li> <li>•detailed description of intervention &amp; control group</li> <li>•description of the selected studies</li> <li>•main findings for each relevant outcome,</li> <li>•quality of the evidence according to GRADE</li> <li>•brief conclusion based on the standardized statements about effect according to Cochrane Norway language guidelines.</li> </ul>
<b>Medical and Allied Health Professional Students</b>  <i>(approved by the PRM Board of the European Union of Medical Specialists)</i>	Simple and easy to understand, based on the enhancement of basic concepts including: <ul style="list-style-type: none"> <li>•description of the disease &amp; investigated treatment (including mechanisms of action and practical application)</li> <li>•brief summary of findings</li> <li>•final comment on how and if the evidence could change in the future.</li> </ul>
<b>Policy decision makers and rehabilitation healthcare managers</b>  <i>(approved by the PRM Section of the European Union of Medical Specialists)</i>	Concise and straightforward to attract the attention to what is reported including: <ul style="list-style-type: none"> <li>•epidemiological and economic numerical data of the disease</li> <li>•actual standard treatment and how the investigated intervention is part of it (according to International guidelines, if available and appropriate)</li> <li>•current evidence according to this Cochrane Review.</li> </ul>
<b>Rehabilitation Patients and Caregivers</b>	Summary of the Cochrane Review using the plain language summary, written in a clear and simple language to explain <ul style="list-style-type: none"> <li>•Pathology</li> <li>•Functioning</li> <li>•Possible treatments with a rehabilitation perspective.</li> </ul>



## Conclusion

The Cochrane Rehabilitation ebook will provide an effective and powerful dissemination of evidence-based practice and will be a viable tool to enhance education and knowledge, as well as political decisions for both effective organization and resource allocation.

