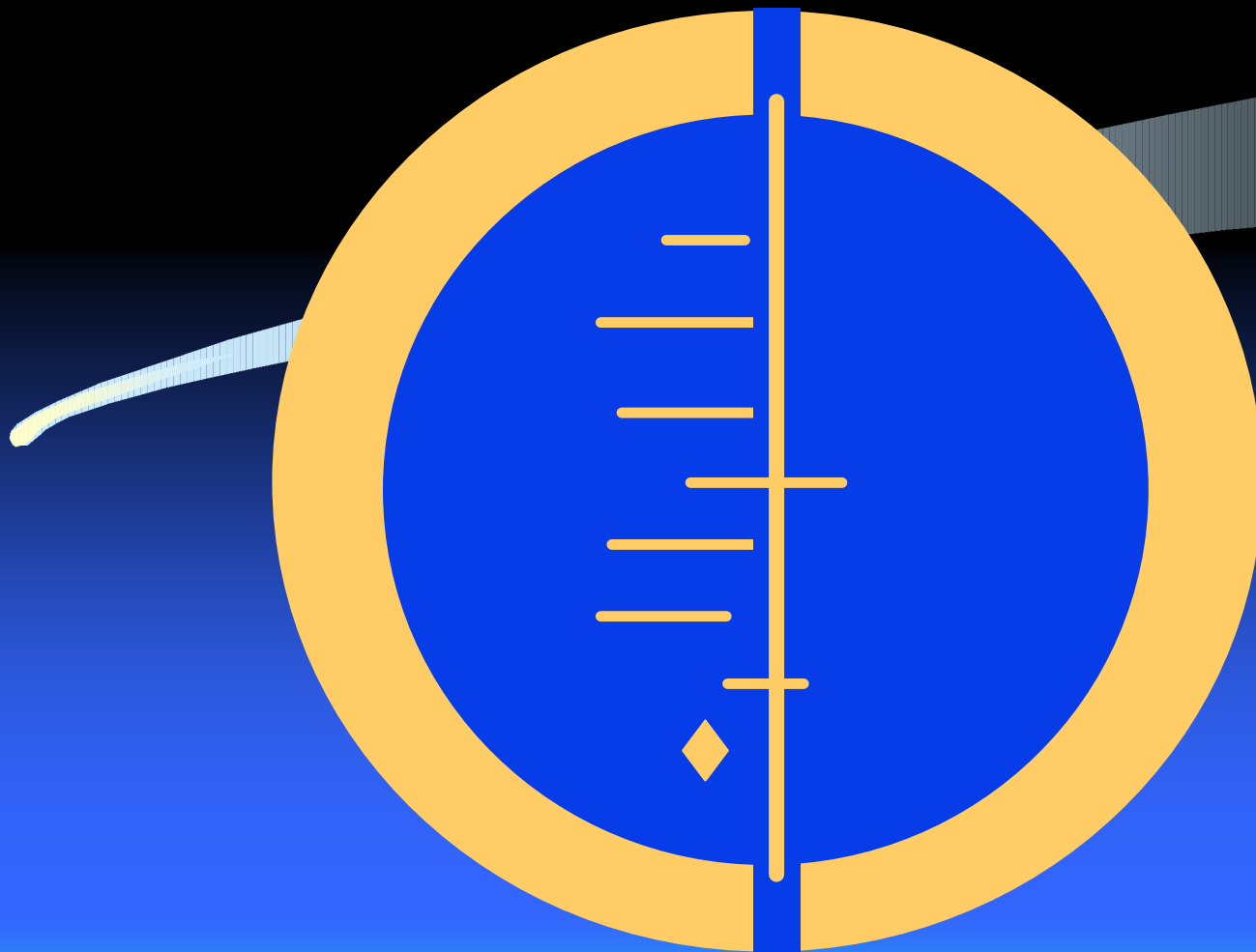


# Using reviews to inform decisions about health care – a patient perspective





# Using reviews to inform decisions about health care – a patient perspective

Gill Gyte

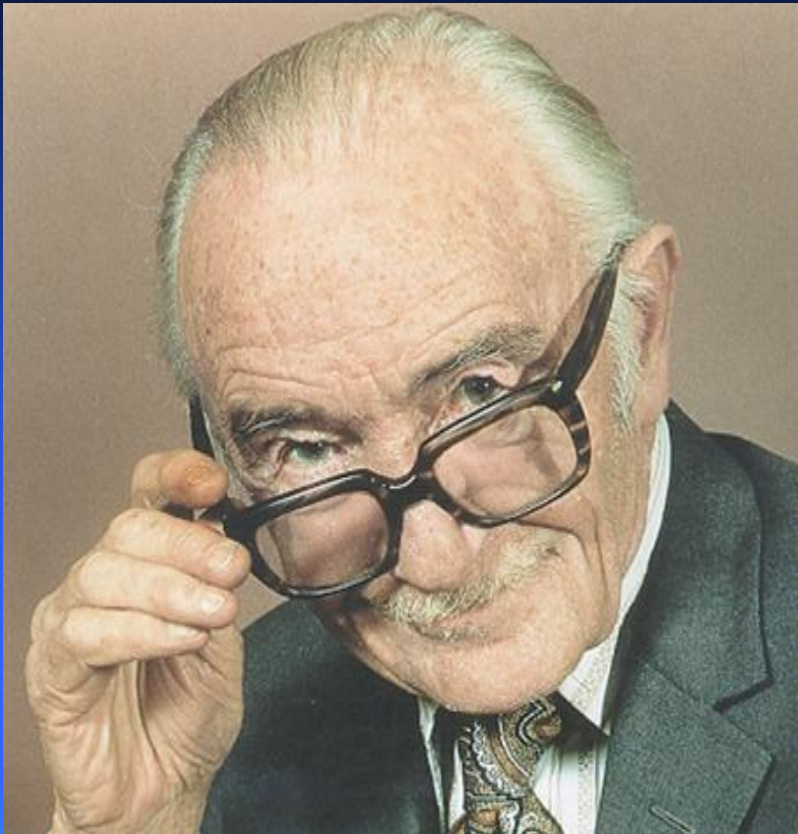
- Antenatal Teacher, National Childbirth Trust
- Consumer Panel Coordinator, Cochrane Pregnancy and Childbirth Group (PCG)
- Consumer Coordinator, Cochrane Infectious Diseases Group
- Cochrane Consumer Network



# A consumer perspective

- Background
- How consumers might use reviews, with personal examples from Pregnancy and Childbirth
- Other experiences of consumers using reviews
- A challenge for the Cochrane Collaboration

# Archie Cochrane



“I believe that cure is rare while the need for care is widespread, and that the pursuit of cure at all costs may restrict the supply of care...”

Archie L Cochrane, 1972, p7  
'Effectiveness and Efficiency:  
Random Reflections on Health  
Services'

# Iain Chalmers



Unless we get the findings of Cochrane reviews to patients and consumers, we (The Cochrane Collaboration) will have failed.

# Chris Silagy



“I am determined that no matter how much I trust my treating doctors, I want to be assured that the decisions we make together are based on as much evidence as is in existence at the time. I believe that is my fundamental right, and a right of others in a similar situation.”

Chris Silagy, 1960-2001

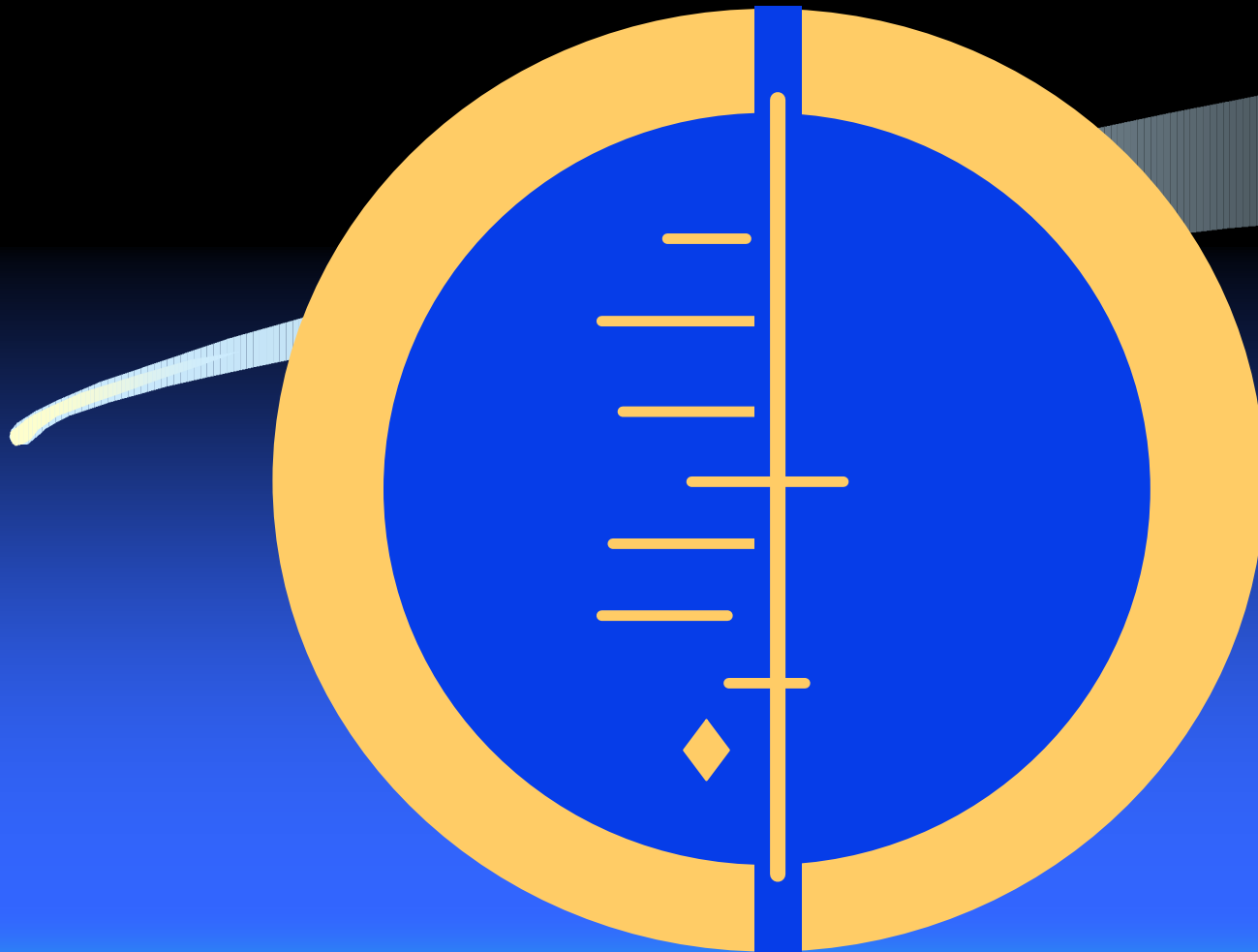
# Chris Silagy



“I also believe it is my right to determine the value that I place on different outcomes, to express my own treatment preferences (and have these taken into account), and to feel that my treating doctors are prepared to respect my experiences as a valid and important input when we come to make decisions”

Chris Silagy, 1960-2001

# Cochrane Systematic Reviews





# Consumers using Cochrane reviews

- Consumers using Cochrane reviews in making decisions or shared decision making
- Consumers in voluntary organisations/support groups disseminating information from Cochrane reviews to their consumers
- Consumers on national panels/committees helping to make national guidelines and policies

# At an individual level



- Routine iron tablets
- Routine shaving the pubic hair in labour
- Routine enema in labour
- Routine 1 hour time limit for giving birth
- Routine episiotomy
- etc.

# At an individual level



- Brazil
- Mexico
- Other low-income countries

# National Childbirth Trust



- Information Sheets
- Booklets
- Evidence-based briefings
  
- Antenatal classes
- Breastfeeding support
- Postnatal discussions

# National Childbirth Trust



- Support in labour
- Antenatal perineal massage
- Duration of breastfeeding
- etc.

# At a national policy level



- National Institute of Clinical Excellence (NICE) guidelines:  
e.g. EFM, IOL, CS, ANC,  
PNC, IPC
- Government policies:  
'Maternity Matters'

# Evidence based obstetrics and women's rights

- Brazilian Social Movements for the Humanization of Birth
- Parto do Principio's Work – A Women's Network for Active Maternity
- The view of obstetric nurses from Brazil
- Doulas and their activities in Brazil
- Pregnancy and childbirth in Mexico'
- Obstetric training, EBM and women's rights

# Brazil



- In 2005, Brazil passed a national law (11.108/05) to guarantee a companion of woman's choice for every women in labor and delivery, based on the Cochrane systematic review on 'Support in labour'.



# Mexico



- Routine interventions in labour
- Training of traditional birth attendants

# Many challenges



- Reviews relevant to consumers - PCGCP
- Information needs to be in an accessible form
- Consumers need to trust the source
- Cochrane reviews need to get to consumers

# Many challenges



- Can the Cochrane Collaboration find a way for people to reach the evidence in Cochrane reviews through a Goggle search



**obrigada**