

Christopher Cates, UK

Using evidence to change practice

Short bio

Dr Christopher Cates has worked in primary care as a family doctor in England for 23 years, and has a particular interest in applying evidence in practice.

Dr Cates started as a systematic reviewer with Cochrane Airways at St George's in 1995 and has authored a number of systematic reviews summarising the risks and benefits of a variety of inhaled treatments and vaccinations for asthma and COPD. He has been Co-ordinating Editor of Cochrane Airways since 2003 and is now a senior fellow at Cochrane UK, where he has responsibility for oversight of Cochrane Training in the UK.

His [website](#) includes an online calculator which will create Cates plots. These are smiley face plots that visually communicate the risks and benefits of treatment. The plots help explain how the effects of treatment apply to high-risk and low-risk patients, and how benefits and risks of treatments can be compared. These plots have been adopted as part of the Patient Decision Aids initiative from the National Prescribing Centre (NPC) in Liverpool. These are available on the [NPC legacy website](#).

Lecture synopsis

In this session Dr Cates will describe the challenges that arose in his practice when they decided to implement evidence from a Cochrane review on antibiotics in children with acute ear infections. We will look at how the practice translated the evidence into a patient-friendly format, the barriers that the practice had to overcome, and the safety nets that were put into place. We will also look at some Cates plots and how they can be used in practice.