

Students 4 Best Evidence (S4BE)

Supported by Cochrane UK



www.students4bestevidence.net

What is Students 4 Best Evidence (S4BE)?

A free, growing network of students interested in learning more about evidence-based health care

1000+ students registered, from all over the world

5500+ followers on Twitter

6500+ followers on Facebook



*www.S4BE.org
[@Students4BE](https://www.instagram.com/Students4BE)*



STUDENTS 4
BEST EVIDENCE

What is Students 4 Best Evidence (S4BE)?

The website features:

- 1) Libraries of resources**
- 2) Blogs written by, and for, students**



*www.S4BE.org
[@Students4BE](https://twitter.com/Students4BE)*

Library



**ASKING
QUESTIONS**



**SEARCHING FOR
EVIDENCE**



**APPRAISING
RESEARCH**



**ACTING ON
THE EVIDENCE**



**EVALUATING
YOUR PRACTICE**

What do students blog about?

- **Explanatory blogs / tutorials (e.g. statistics tutorials)**
- **Blogs about the latest health research**
- **Informal reviews of learning resources**
- **Issues, debates or controversies in evidence-based practice (e.g. fraud in research)**



www.S4BE.org
[@Students4BE](https://www.instagram.com/Students4BE)

Examples of blogs



"In this corner! The man everyone's betting on."

Bias: the biggest enemy

This tutorial teaches you about one of the biggest enemies of strong evidence in clinical research – bias as well as measurements and outcomes in the clinical trial.

SIGNIFICANCE

Statistical significance vs. clinical significance

This blog discusses the issue of statistical significance (whether a difference, such as an improvement in symptoms, is unlikely to have occurred by chance) vs. clinical significance (whether a difference, such as an improvement in symptoms, is meaningful and patient to patients).



Critical Appraisal: A Checklist

You are sat down with an article or review. Now you want to critically appraise it. This blog features a checklist of 20 questions to allow you to do just that.

The most popular blog...



A beginners guide to interpreting odds ratios, confidence intervals and p values

The nuts and bolts 20 minute tutorial
from Tim.

**Viewed 900,000+ times since
publication in August 2013.**

A special blog series:

‘Key Concepts’ for thinking critically about treatment claims



“Drinking coffee reduces your liver cancer risk by 50%”
“Powerful new HIV drug... is hailed a success”
***“Eating plenty of salmon, mackerel and sardines
protects against Alzheimer’s”***



www.S4BE.org
[@Students4BE](https://www.instagram.com/Students4BE)

A special blog series:
**‘Key Concepts’ for thinking critically about
treatment claims**

**The Informed Health Choices Project have produced
a list of 36 ‘Key Concepts’.**

Examples of ‘Key Concepts’ include:

- **‘Treatments can harm’**
- **‘Peer-review and publication does not guarantee
reliable information’**
- **‘Are you very different from the people studied?’**



*www.S4BE.org
[@Students4BE](https://www.instagram.com/Students4BE)*

A special blog series:
**‘Key Concepts’ for thinking critically about
treatment claims**

1.1 Treatments can harm

Key concepts for assessing treatment claims



www.S4BE.org
[@Students4BE](https://www.instagram.com/Students4BE)

A special blog series:
**‘Key Concepts’ for thinking critically about
treatment claims**

**2.10 Peer review and
publication does not
guarantee reliable
information**

Key concepts for assessing treatment claims



www.S4BE.org
[@Students4BE](https://www.instagram.com/Students4BE)

A special blog series:
**‘Key Concepts’ for thinking critically about
treatment claims**

**3.2 Are you very different
from the people studied?**

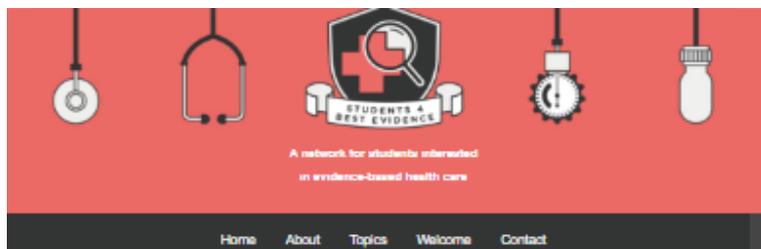
Key concepts for assessing treatment claims



*www.S4BE.org
[@Students4BE](https://www.instagram.com/Students4BE)*



www.S4BE.org
[@Students4BE](https://twitter.com/Students4BE)



Do the outcomes measured matter to you?

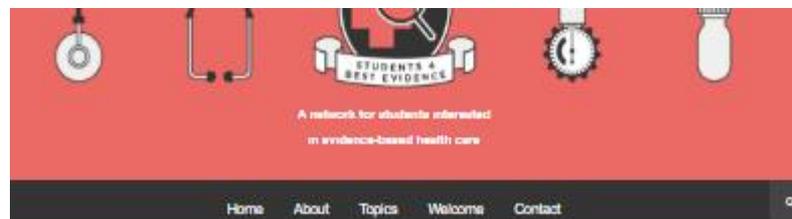
Posted on May 8, 2018 by John Cafferkey

Tutorials and Fundamentals

3.1 Do the outcomes measured matter to you?

This is the thirty-first blog in a series of 36 blogs based on a list of 'Key Concepts'. Each blog will explain one Key Concept that we need to understand to be able to assess treatment claims.

When assessing a clinical trial, we know we should pore over the insightful and comprehensive introduction and background, underline the key objectives and squint a bit at the dense search methodology. If you're adventurous, you may even have a go at pronouncing aloud some of the statistical tools the authors used. But all you're doing is delaying



Associação não é o mesmo que causalidade

Posted on March 8, 2018 by Isabel Oliveira

Tutorials and Fundamentals

1.3 Associação não é o mesmo que Association is not the same as causation

This blog is a Portuguese translation of the third in a series of 36 blogs, based on a list of 'Key Concepts' developed by an [Informed Health Choices project team](#). Read the English version [here](#). With thanks to Isabel Oliveira and Cochrane Brazil for the translation.

se um resultado é diretamente causado por um tratamento ou ocorre por coincidência é um problema antigo.



www.S4BE.org
[@Students4BE](https://twitter.com/Students4BE)



Get involved



www.S4BE.org
[@Students4BE](https://www.instagram.com/Students4BE)

Why get involved with S4BE?

- Learn more about, & discuss, evidence-based practice with fellow students

Students who blog for S4BE can...

- Gain valuable writing experience
- Add any blogs they write to their CV
- Receive a certificate signed by the director of Cochrane UK (for students who blog for several consecutive months)
- Get free access to Trip Pro



www.S4BE.org
[@Students4BE](https://www.instagram.com/Students4BE)

What if you're unsure about blogging?

- **We're at hand to answer any questions and can provide support and feedback**
- **All blogs are proof read before going out**
- **We can offer guides on how to use the website and blogging tips**



www.S4BE.org
[@Students4BE](https://www.instagram.com/Students4BE)

What if you are new to evidence-based healthcare?

We have 4 key pages to help newcomers and introduce them to S4BE, they are...

- **What is Evidence Based Medicine (EBM)?**
- **What are the key steps in EBM?**
- **Who are S4BE?**
- **What's the aim of S4BE?**



www.S4BE.org
[@Students4BE](https://twitter.com/Students4BE)

Thank you



www.students4bestevidence.net



Twitter: @Students4BE



facebook.com/Students4BE

general@students4bestevidence.net

www.testingtreatments.org/

An event for students and trainees interested in evidence-based healthcare

Saturday 15th September 2018

Edinburgh, UK.

Students: £45; Trainees: £90

**Workshops and talks from renowned speakers
on key issues in evidence-based health care**

***e.g. shared-decision making
patient and carer involvement in research
applying evidence in everyday practice***

uk.cochrane.org