

**‘Emollients and Moisturisers in Eczema’**

# **The Cochrane Systematic Review A Consumer’s Perspective**

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Vereniging voor Mensen met Constitutioneel Eczeem



# Bernd Arents

- 52 years old and 52 years of severe eczema
- 20+ years VMCE-volunteer (e.g.):
  - Secretary (3 y.) and President (7 y.) on the board
  - Advocacy health care: e.g. reimbursement (government/insurers), guideline committees and many research projects
  - Patient-member Authorisation committee guidelines of the Dutch Society of Dermatology
  - Patient-reviewer BMJ, Br.J.Derm, JEBM and EMA
  - Local organising committee ISAD 2018

# Emollients and Moisturisers in Eczema

**Welcome to my world!**

# Questions, questions, questions...

- How does this review work?
- Where do I fit in?
- Do I really understand it all?
- What is this good for?
- What can I possibly contribute...?
  - ... and where?
  - ... and how?
  - ... and when?

The answer to all those questions:

## The Lead Authors!

They:

- Respected me
- Involved me
- Communicated clearly with me
- Educated me
- Motivated me

*RICEM - You will have noticed that this is the reversed MECIR acronym!*

## *The 'Aha moment...'*

**Emollients and moisturisers are *my* world.**

So... then...

**This review is also (a representation  
of) my world.**

So... then...

**This review is about me!**

# Contributions made as a consumer

- **Protocol:**  
Background, objectives, outcomes, etc...
- **Review:**  
Defining meaningful sub-analyses, interpreting results and drawing conclusions, implications for practise and research, abstract and plain language summary.
- **Peer review:**  
Help answering the comments and questions raised

## All in all...

- It was one of the most impressive and satisfying projects I have ever done.
- It opened my world to reviews, their meaning, and scientific writing in general.
- It taught me what **reviews can mean to patients** *and* what **patients can mean to doing reviews**.

**Plain and simple: I enjoyed it very much! Why?**



Answer: the lead authors

## Esther van Zuuren & Zbys Fedorowicz

They Respected me, Involved me,  
Communicated clearly with me, Educated me  
and Motivated me.

They led the way...

In doing so, they helped me to **get the best out of me** *and* therefore to **get the best out of the patient's perspective and experience.**

Thank you for your attention

Maybe you have any questions?

Please feel free contact me.

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