The Cochrane Systematic Review
A Consumer’s Perspective

Bernd WM Arents
Dutch Association for People with Atopic Dermatitis (VMCE)
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
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!

Vereniging voor Mensen met Constitutioneel Eczeem
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.

Vereniging voor Mensen met Constitutioneel Eczeem
Thank you for your attention

Maybe you have any questions?
Please feel free contact me.

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