#Patients included

A consumer’s perspective on the Cochrane Colloquium Edinburgh 2018

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#Patientsincluded
Cochrane colloquium 2018

- Edinburgh 15 – 18 September 2018
- 1275 delegates, **55 consumer representatives**
- 4 keynote sessions, 14 special sessions, 58 workshops, 42 oral sessions
- All proposals peer and **consumer reviewed** – direct relevance to patients
- #beyondtheroom – live streaming and twitter feeds of plenaries, taking questions for speakers by twitter
#Patientsincluded – Key messages

Why the emphasis on patients? (1)

- Patients/carers/consumers are end beneficiaries of health care research
- Better health care based on systematic research
- Integration of best research evidence with clinical expertise and patient values
- Need for patient input from first base – “what your patient needs to know”
#Patientsincluded – Key messages
Why the emphasis on patients? (2)

- A voice to influence research
- Helping the clinician to see a patient differently
- Sharing of power – includes all skills and perspectives of equal importance
#Patientsincluded – Key messages

An element of controversy!

• Government advice/policy that is not founded on systematic research
• Can new tech really replace interpersonal aspects of health care (eg babylonGP.com, private VR app)
• Improve death rates or improve quality of life?
#Patientsincluded – Key messages

Challenging existing practices

• Growing demand for patient engagement – a constructive activity, but can slow down research
• Contributes to service changes, transformation
• Need for skill building, issues of diversity
• Activism – potential axes to grind
• Might compromise results of research
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Patient engagement in the least likely of places

• Canadian prison
• Project to improve health, diet and living conditions
• Inspired by the prison governor
• Taken up by the whole community
• Improvements in prison and beyond
#Patientsincluded – Key messages
Patient engagement in the least likely of places

- Shanty towns of Nairobi
- Providing support to mothers of premature babies
- Lack of ‘sleep in’ accommodation in hospitals
- Training mothers to be mentors to new mothers
#Patientsincluded – Key messages
‘Realistic’ and ‘precision’ medicine (Scotland)

• Multi-morbidities: >65 age group
• Developing guidelines/treatments for people not diseases
• Listen to patients
• Address costs over-treatment
• Clinical judgement/patient values and preferences/relevant scientific evidence
#Patientsincluded – Key messages

Patients as a member of the research team
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Patients as a member of the research team
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It was hard work, but not all work!
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Credits

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