



#Patients included

**A consumer's perspective on
the Cochrane Colloquium Edinburgh 2018**

PETER SMART

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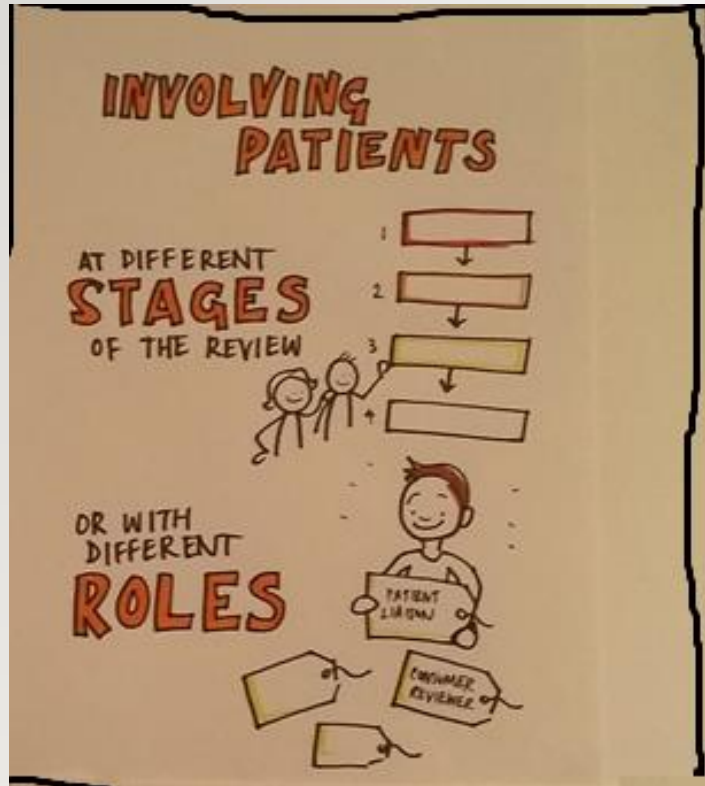


#Patientsincluded Cochrane colloquium 2018

- 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

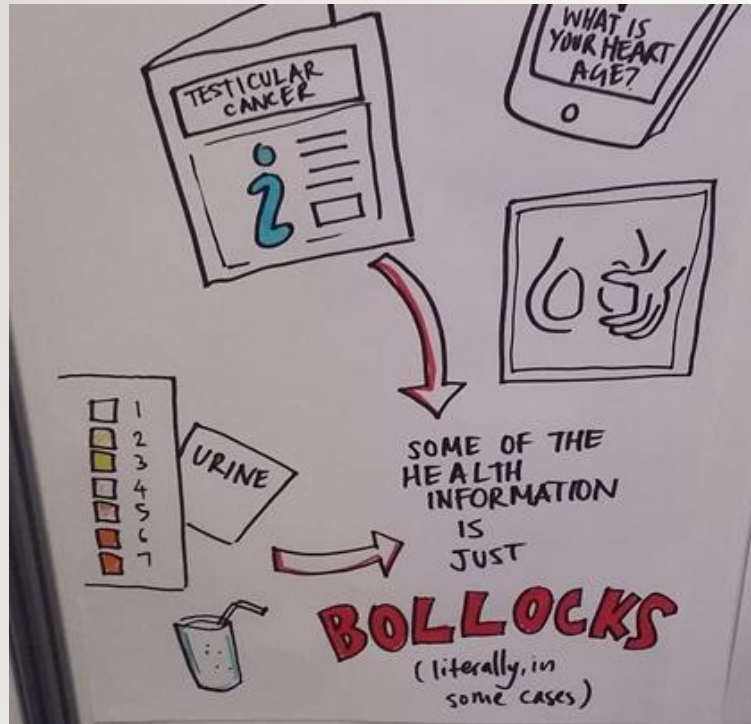
Why the emphasis on patients? (2)



- 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

#Patientsincluded – Key messages

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

PATIENTS & CONSUMERS
HAVE **UNIQUE**
KNOWLEDGE



#Patientsincluded – Key messages

Patients as a member of the research team



#Patientsincluded – Key messages
Patients as a member of the research team



#Patientsincluded – Key messages

Patients as a member of the research team



#Patientsincluded
It was hard work, but not all work!





#Patientsincluded Credits

- Thanks to Cochrane for award of Consumer Stipend to attend
- Thanks to individual members of Cochrane UK staff
- Acknowledgement to Tom Bailey, Artist-in-Residence, who drew the cartoons used in this presentation, and many many more over the 3 days