



How to use the Online Learning Resources from NCCMT

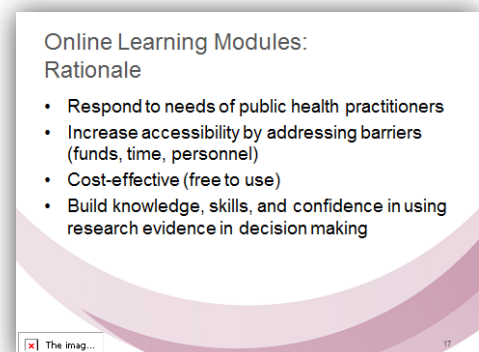
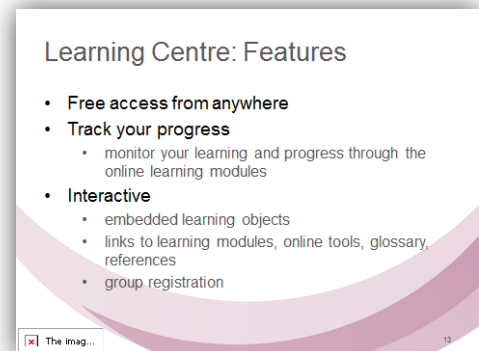
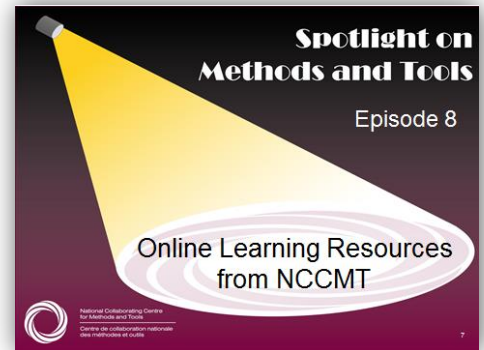
Introduction

Hello, and welcome to the companion for the eighth Spotlight on KT Methods & Tools webinar with the National Collaborating Centre for Methods and Tools and CHNET-Works!. This session features Jennifer Yost, Assistant Professor in the School of Nursing at McMaster University, and Jeannie Mackintosh, Communications Coordinator at the NCCMT, who will be discussing the NCCMT's suite of online learning resources to support evidence-informed decision making (EIDM).

Since 2006, NCCMT has offered in-person training to support EIDM among public health professionals; the popularity of this training has led to more requests than could ever be fulfilled due to a lack of time and resources. To overcome this, NCCMT has developed educational modules, videos, and other products available online in the NCCMT Learning Centre. These products allow users to actively engage in their learning, collaborate with peers, and track their progress. The resources available in the Learning Centre are all free and available 24/7 from anywhere in the world.

Online Learning Modules – Creation and Use

NCCMT developed free online learning modules in response to the needs of public health professionals. Module content is developed by experts at NCCMT and McMaster University and pilot tested by public health professionals. Final content is then translated and English and French content formatted for online learning. Modules use interactive, problem-based learning and plain language to explore public health-relevant issues within the EIDM process. Best of all, modules can be completed at the learner's pace, and so do not need to be



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done all in one sitting; whether completion takes a week or a year, NCCMT's modules are available when the user is.

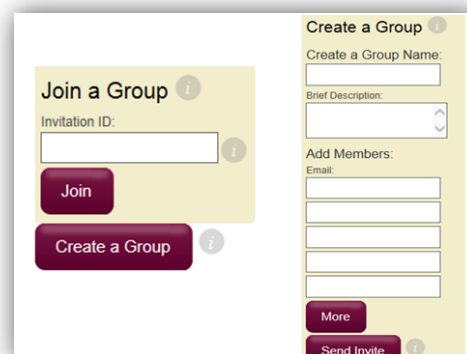
Current Modules in the Learning Centre

At the time of this webinar, the Learning Centre houses five modules: *Introduction to Evidence-Informed Decision Making* offers users a thorough overview of the EIDM process, from defining a question to evaluating a practice outcome. *Quantitative Research Designs 101* touches on the most common types of research designs used for public health evidence, while *Searching for Research Evidence in Public Health* gives users quick and efficient strategies for finding evidence to answer their question. Finally, two *Critical Appraisal* modules help users assess the quality of evidence in both systematic reviews and intervention studies. Additional modules are in development.



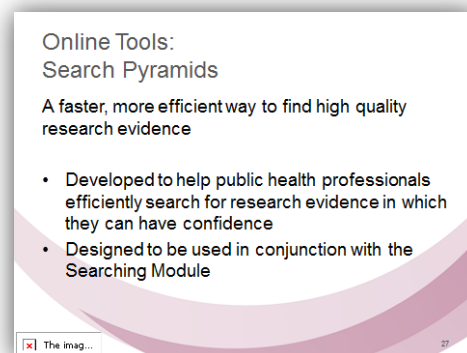
Group Registration

A new feature allows users to complete the modules either as an individual or as a member of a group. Development of the Group Registration option was inspired by a request from user in Manitoba who hoped her staff could work together on the modules. With Group Registration, users can learn with colleagues in the same unit or across the globe, sharing digital notes and individual perspectives throughout the learning process. To keep privacy intact, NCCMT ensures test scores remain private (are not shared within the group). If you decide to complete a module as part of a group, you still earn your own individual certificate.



Supporting the Search for Research Evidence

NCCMT realized that, in addition to skills developed in the online learning modules, public health professionals needed tools to support their searches for high-quality research evidence. As a result, NCCMT launched interactive Search Pyramids in May, 2013. The goal of the Search Pyramids is to help public health professionals find the best available research evidence in the shortest possible time.



The 6s Pyramid

The Search Pyramids are based on the 6S Pyramid, which is a model for structuring both the flow of research knowledge and the process for evidence searches. The 6S

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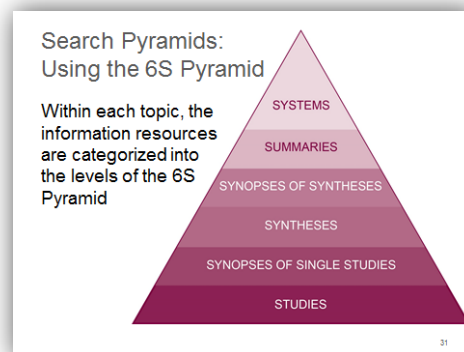
Pyramid starts with Single Studies at the bottom, which is where research knowledge enters the system. Above Single Studies are Synopses of Studies, which provide critical appraisal of Single Studies. In working up the pyramid, research knowledge becomes more synthesized, so the third level from the bottom would be Syntheses, which include systematic reviews, which provide rigorous summaries of available evidence. Above Syntheses are Synopses of Syntheses, which critically appraise the quality of Syntheses. Second from the top are Summaries, such as practice guidelines, which offer outlines of options for health issues. Finally, the 6S Pyramid is topped by Systems, which are electronic systems to help decision-makers at the point of care. While research knowledge flows from the bottom to the top of the 6S Pyramid, an effective search strategy will start at the top and work down.

Online Search Pyramids

NCCMT's interactive Search Pyramids are pre-populated with the best freely accessible sources of research evidence at each level of the 6S Pyramid. For example, the Summaries level features the National Guidelines Clearinghouse, and at the Synopses of Syntheses level, users will find www.HealthEvidence.org. At each level, resources are emphasized that have been pre-appraised, meaning they undergo filtering to identify studies of higher quality and are kept up-to-date with the most current research. In addition to a general Search Pyramid, topic-specific Pyramids cover six high priority issues for public health: Injury Prevention, Mental Health, Environmental Health, Health Communication, and Healthy Habits (for Adults and for Children). NCCMT hopes to further enhance the Search Pyramids by pre-filtering results at each resource listed in the pyramid so users don't have to enter their own keywords.

Additional Multimedia resources from NCCMT

A series of videos entitled *Understanding Research Evidence* explains some important terms that are commonly encountered when looking at research evidence. These short videos (available in the Multimedia section of www.nccmt.ca) explain each term in plain language using realistic public health examples and engaging visuals. As of



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this writing, videos on Odds Ratios, Confidence Intervals, Forest Plots, and Clinical Significance are already available, with more on the way, including P-Values, Number Needed to Treat, and Types of Reviews. Other helpful resources include videos highlighting the use of NCCMT resources in post-secondary education and public health associations, and summaries of workshops presented by NCCMT staff. A series of webcasts hosted by Dr. Donna Ciliska explores the seven steps of EIPH.

Conclusion

NCCMT's collection of resources includes free, self-paced, online learning modules, customizable search pyramids, and short, informative, and easily understandable videos, all available at www.nccmt.ca. The resources use interactive, problem-based learning to explore relevant concepts that support capacity building and skill development for professionals. The goal of these resources is to make resources for evidence-informed decision making easier and more accessible for hard-working public health professionals.



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