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# Cochrane New Zealand

**Trusted evidence. Informed decisions. Better health.**

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## December 2015

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Season Greetings from Cochrane NZ. Another year has passed and it is time to reflect on some of Cochrane's successes and innovations.

As you can see Cochrane has re-branded this year with all affiliated Cochrane groups updating their webpages. We hope you like the new look.

Cochrane reviews can provide you with some timely guidance for the holiday season with a highly cited review on food and non-alcoholic portions and another set of reviews that have answered questions on the evidence behind when, where and how to brush your teeth!

Cochrane has also been working over the last 12 months on improving the way we engage with people writing Cochrane reviews. Two of these innovative projects, Covidence and Task Exchange, are mentioned below. Read below for a review of this year's Cochrane colloquium in Vienna. We also wish to highlight the New Zealanders who have registered titles, protocols and reviews within the last 6 months. Congratulations to all the many published authors.

We wish you well for the holiday season and hope you have a safe and relaxing Christmas.

From the team at Cochrane NZ

Dr Vanessa Jordan (Cochrane Fellow), Dr Mark Jeffery (Co-director) and Prof Cindy Farquhar (Co-director) .

## News



**Cochrane  
Library**

## Rebranding

You may have noticed over that over 2015 Cochrane has re-branded. Our Cochrane home page and Library have embraced the colour purple with an enhanced purple logo. We have also dropped “the” from The Cochrane Library to become more simply “Cochrane Library.” Cochrane New Zealand has also had a refresh we have officially changed our name from the lengthy “New Zealand Branch of the Australasian Cochrane Centre” to be simply “Cochrane New Zealand”. With the input from others we decided on the colour green to represent our centre. If you have some time over the summer period take the chance to look at all of the updated websites from our parent site [www.cochrane.org](http://www.cochrane.org), to the library [www.cochranelibrary.com](http://www.cochranelibrary.com), to our own [www.nz.cochrane.org](http://www.nz.cochrane.org) and let us know what you think.

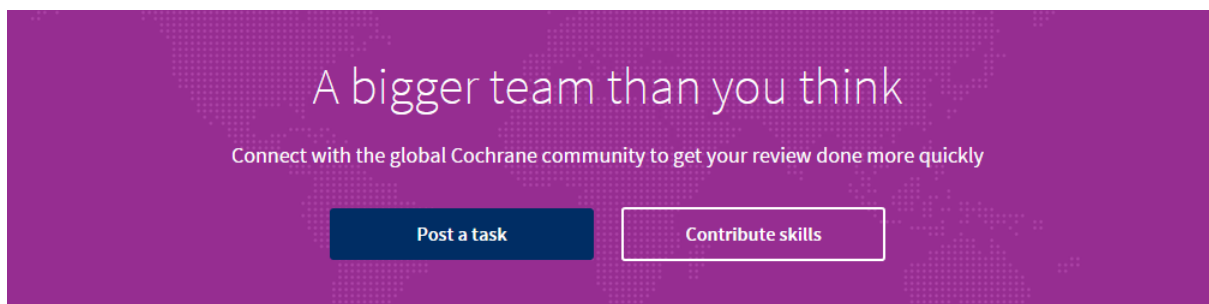
## News



### **Cochrane New Zealand funded for three more years**

Cochrane New Zealand is pleased to announce that it has secured funding from the Ministry of Health until 2017. This means New Zealanders involved with Cochrane will be able to continue to attend training and receiving assistance from the staff at Cochrane New Zealand. This renewal of funding also encompasses funding for the production of primary healthcare summaries, known as PEARLS, (visit our [website](#) to view) and for the activities of Cochrane Gynaecology and Fertility (visit their [website](#)). These Cochrane groups are also based in New Zealand and play an integral part in providing Cochrane evidence for all.

## News



## Project transform

Project transform is a three year project aiming to work with the wider Cochrane community to improve the way people, processes, and technologies come together to produce Cochrane content. Project transform has four key areas of activity

- Evidence Pipeline - finding relevant research in a timely and reliable way
- Getting Involved - developing pathways for potential new contributors
- Task Exchange - increasing the efficiency of working collaboratively
- Production Models - ensuring our content is relevant and up to date

The third of these is already active and if you wish to you can sign up now.

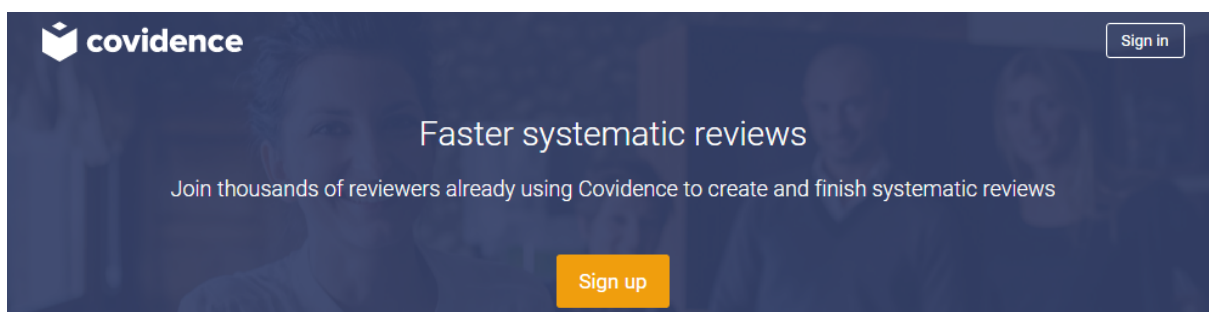
### Cochrane Task Exchange [taskexchange.cochrane.org](http://taskexchange.cochrane.org)

The aim of Task Exchange is to allow people to contribute to Cochrane work without having to commit to the completion of an entire review. Task Exchange provides a platform where those with tasks that they need to get completed can ask for help and give a reward in return such as acknowledgement or for large tasks authorship.

Sign up today and see what tasks have already been posted or if you need help with your current review sign up and post a task.

Please provide stories of success & feedback to Tari Turner ([tari.turner@monash.edu](mailto:tari.turner@monash.edu)) who is leading development of Task Exchange. <http://taskexchange.cochrane.org/>

## News



## Introducing Covidence

Covidence is a web-based software platform that streamlines the production of systematic reviews, including Cochrane Reviews. Covidence has been selected by

Cochrane to support authors conducting standard Cochrane intervention reviews. It has been designed to support more efficient production of systematic reviews. Once you have completed your data extraction in Covidence you can export your data directly into RevMan to complete your review. Anyone can start using Covidence now for free at [www.covidence.org](http://www.covidence.org)

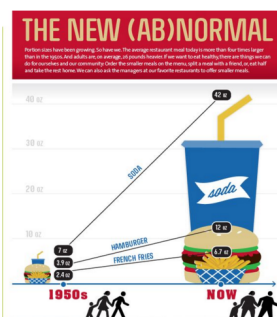
The steps in Cochrane Reviews supported by Covidence are

- Citation screening
- Full text review
- Risk of Bias assessment
- Extraction of study characteristics and other study data
- Export of data into RevMan

Key features of Covidence are

- Support for duplicated, independent processes, including at citation screening, full text review, risk of bias and data extraction
- Resolution of discrepancies and agreement on final consensus data
- Import of citations from a range of reference management software products and de-duplication of study citations with manual override
- Storage of full text study reports
- Automatic population of risk of bias tables with text selected in full text reports
- Simple export of data into relevant RevMan tables or spreadsheets

## Cochrane reviews



### Portion size and policy

A recent Cochrane review looking at the effect of portion size on consumption of food has attracted a lot of media interest [click here](#). This review demonstrated that people will consume more food or non-alcoholic drinks when offered larger sized portions. In a recent analysis in the BMJ [click here](#) the authors consider the policy implications of the Cochrane review's findings.



### Everything you ever wanted to know about teeth (but were afraid to ask the dentist)

Here is a great article from the UK Guardian newspaper with information provided by Cochrane Oral Health Group that you

may be interested in.

<http://www.theguardian.com/lifeandstyle/2015/nov/01/health-advice-teeth-dentist-checkup>

## Cochrane New Zealand Activities



### **23<sup>rd</sup> Cochrane Colloquium – Vienna, Austria**

Seven New Zealanders attended the 23rd Cochrane Colloquium in Vienna along with over 1300 participants from around the world. The plenaries were outstanding and began with Professor Ida Sims of UCSF discussing the future of evidence-based medicine and how it will fit with big data. She highlighted Dr Watson which is a new initiative by IBM using a cognitive computing system. I was able to attend a presentation by IBM later in the colloquium and although still a long way off the mark, Dr Watson raised some very interesting futuristic possibilities of patient diagnosis by computer. Another of the plenaries included Professor John Ioannidis of Stanford, Hilda Bastian from the National Library of Medicine and Dr Ben Goldacre of Oxford University discussing the use of evidence and the potential evidence overload. All five plenaries are available to view as videos on Cochrane's YouTube channel [click here](#).

Workshops, oral presentations and posters packed the five day conference making this a very busy but valuable colloquium. As well as all the hard work we also enjoyed the chance to do a Viennese waltz in the Vienna town hall! Next year the annual Cochrane Colloquium will be in South Korea which will provide a different experience but looks to be just as inspirational. I hope some of you may have the opportunity to attend a Cochrane Colloquium as without a doubt it is one of the most informative conferences I have been lucky enough to be able to attend.

Vanessa Jordan

### **Workshops**

This year Cochrane New Zealand held two workshops, one in Dunedin and the other in Auckland, with 51 people attending both. The feedback from participants was very positive about the information they gained as well as the opportunity provided to meet others authoring Cochrane reviews. At the workshop, attendees present the topic for their Cochrane review and then receive feedback from the facilitators as well as the other

attendees. These sessions help to clarify the exact research question that is being pursued and is seen as a very valuable session by all who attended. If you are interested in attending one of these two day sessions please feel free to contact Cochrane NZ and register your interest.

In addition to the standard Cochrane authoring workshops this year Cindy Farquhar and Vanessa Jordan were invited to travel to China to help prospective Chinese authors to prepare Cochrane reviews. This workshop was challenging as well as very rewarding to teach. Participants were very positive in their feedback and hopefully we have strengthened ties between our two countries.



## New Zealand Contribution to the Cochrane Library

Currently there are 547 New Zealanders with a registered interest in the Cochrane Collaboration. Between them, this group are currently authoring 19 titles, 46 protocols and 369 reviews. There continues to be growth in the numbers of New Zealanders becoming involved in the collaboration but we would still like to see more New Zealanders involved so don't forget to encourage you colleagues to consider joining Cochrane.

## New Cochrane reviews with New Zealand authors

Dehydroepiandrosterone for women in the peri- or postmenopausal phase  
NZ authors: Sarah Armstrong, Cindy Farquhar and Vanessa Jordan

Time-lapse systems for embryo incubation and assessment in assisted reproduction  
NZ authors: Sarah Armstrong, Nicola Arroll, Lynsey Cree, Vanessa Jordan and Cindy Farquhar

Timed intercourse for couples trying to conceive  
NZ authors: Cindy Farquhar

Diet and exercise interventions for preventing gestational diabetes mellitus  
NZ Authors: Caroline Crowther

Mind and body therapy for fibromyalgia  
NZ Authors: Alice Theadom, Valery Feigin and Kathryn McPherson

Reiki for depression and anxiety  
NZ Authors: Janine Joyce and Peter Herbison

Interventions for replacing missing teeth: alveolar ridge preservation techniques for dental implant site development  
NZ Authors: Momen Atieh, NAlan Payne Warwick Duncan

## New Cochrane protocols with New Zealand authors

Altered radiation fractionation schedules for clinically localised and locally advanced prostate cancer  
NZ author: Melissa James, Feng-Yi Soh and Mark Jeffery

Consumer-delivered training in intimate examination skills for healthcare students and professionals  
NZ author: Marian Showell

Myo-inositol for treating gestational diabetes  
NZ author: Julie Brown, Tineke Crawford, Jane Alsweiler and Caroline Crowther

Different intensities of glycaemic control for women with gestational diabetes mellitus  
NZ author: Julie Brown, Tineke Crawford, Jane Alsweiler, Ruth Martis and Caroline Crowther

Early pregnancy screening for identification of undiagnosed pre-existing diabetes to

improve maternal and infant health

NZ author: Julie Brown

Regimens of fetal surveillance of suspected large-for-gestational-age fetuses for improving health outcomes

NZ author: Caroline Crowther, Julie Brown, Graham Parry and Katherine Culliney

## New Cochrane titles with New Zealand authors

Alpha-2-delta ligands for generalized anxiety disorder (GAD) in adults

NZ author: Paul Glue, Christopher Gale and Peter Herbison

Antenatal interventions for preventing cerebral palsy: an overview of Cochrane systematic reviews

NZ author: Caroline Crowther

Insulin for the treatment of women with gestational diabetes for improving maternal and fetal health and well-being

NZ author: Julie Brown, Caroline Crowther and Kathryn Williamson

Lifestyle interventions for the treatment of women with gestational diabetes mellitus for improving maternal and fetal health and well-being

NZ author: Julie Brown, Stephen Brown, Christopher McKinlay and Caroline Crowther

Myo-inositol for treating gestational diabetes

NZ author: Julie Brown, Tineke Crawford, Jane Alswailer and Caroline Crowther

Oral anti-diabetic agents for the treatment of women with gestational diabetes for improving maternal and fetal health and well-being

NZ author: Julie Brown, Ruth Martis, Brenda Hughes, Caroline Crowther and Janet Rowan

Probiotics for treating women with gestational diabetes for improving maternal and foetal health and well-being

NZ author: Julie Brown, Karaponi Okesene-Gafa, Lesley McCowan and Caroline Crowther

Provision of respiratory support prior to cord clamping for preterm infants

NZ author: Michael Meyer, Elizabeth Nevill and Maisie Wong

Taxation of processed and packaged food with high saturated fat content for preventing obesity or other adverse health outcomes



NZ author: Frank Pega

Taxation of sugar-sweetened beverages for preventing obesity or other adverse health outcomes

NZ author: Frank Pega

Taxation of unprocessed sugar or sugar-added foods for preventing obesity or other adverse health outcomes

NZ author: Frank Pega

Treatments for women with gestational diabetes mellitus: an overview of Cochrane systematic reviews

NZ author: Ruth Martis, Caroline Crowther and Julie Brown

Vaginal swabbing versus no vaginal swabbing postoperatively for preventing maternal infection following caesarean section

NZ author: Caroline Crowther, Julie Brown, Graham Parry and Sarah Peters

Withdrawal of antihypertensive drugs in older people

NZ author: Zaheer Babar, Vanessa Jordan, and Todd Gammie

## Events



Save the Date for the 24th Cochrane Colloquium



Website



@cochrane\_nz

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