Research into Practice

Evidence Based Medicine: Interpreting the Literature

Wednesday, 3rd July 2013
Brookfield Health Sciences Complex,
UCC, Room G01

CPD/CME Accreditation
CPD/CME: Approved for 6 external credits by the Royal College of Physicians Ireland.
The conference is kindly supported by an unrestricted educational grant, from Lundbeck Pharmaceuticals
Research into Practice
Evidence Based Medicine: Interpreting the Literature

Evidence Based Medicine (EBM) is defined as “the integration of best research evidence with clinical expertise and patient values”. The term was first used in the early 1990s by Professor Gordon Guyatt, now an internationally renowned medical researcher with over 800 peer-reviewed articles. EBM involves using clinical research findings to guide the delivery of optimum clinical care to patients. Optimal practice of EBM requires clinicians to efficiently access information, and to understand the implications of research findings.

This one-day conference will be suitable for anyone interested in evidence based practice and anyone considering or involved in clinical research; it is aimed at clinicians and clinical researchers at any stage of their development. The aim is to facilitate healthcare professionals in their evaluation and appraisal of the evidence that supports clinical decision making and future research.

The morning session will focus on current clinical research in Ireland presented by speakers from University College Cork and National University of Ireland, Galway.

The afternoon seminar, “How to avoid being misled by the medical literature”, will be conducted by Professor Gordon Guyatt. This is particularly relevant to front-line clinicians interested in using the medical literature optimally for patient care.

The seminar will highlight the importance of using a systematic approach to reading and applying the medical literature to individual patient care and will focus on three questions:

1. Whether new information is likely to be true
2. What the information says about patient care
3. How the information can be used.

The focus of the morning is to expand the delegate’s knowledge of clinical research in Ireland. The focus of the afternoon is to equip the clinician/researcher with the tools needed to avoid the pitfalls of misleading presentations of information in the medical literature.
CONFERENCE AGENDA

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Guest Speaker: Dr. Gordon Guyatt
3rd July, 2013
Brookfield Health Sciences Complex, UCC, Room G01.

Wednesday, July 3rd, 2013

8:00 am - 8:50 am Registration

9:00 am - 9:30 am Opening Ceremonies:

9:30 am - 10:00 am Speaker 1 - Dr. Paul O'Toole, Microbiology Dept. & Alimentary Pharmabiotic Centre, UCC
Title: Gut Microbiota in Health, Disease and Ageing

10:00 am - 10:30 am Speaker 2 - Prof. Ted Dinan, Dept. Of Psychiatry and Alimentary Pharmabiotic Centre, UCC
Title: Brain-Gut-Microbiota Axis: Implications for Brain Development and Dysfunction

10:30 am - 11:00 am Speaker 3 - Prof. David Kerins, Dept. of Pharmacology & Therapeutics, UCC
Title: Novel Oral Anticoagulant Compounds, from Evidence to Practice

11:00 am - 11:30 am Coffee Break

11:30 pm - 12:00 pm Speaker 4 - Prof. Joe Eustace, HRB Clinical Research Facility, UCC
Title: Clinical Research Facilities: Resuscitating the Clinician Researcher

12:00 pm - 12:30 pm Speaker 5 - Prof. Martin O'Donnell, HRB, Clinical Research Facility, NUI Galway
Title: Treatment Effects in Observational Studies

12:30 pm - 1:00 pm Speaker 6 - Prof. Ivan Perry, Dept. of Epidemiology & Public Health, UCC
Title: Diet and Health and the Challenges of Evidence Based Public Policy

1:00 pm - 2:00 pm Lunch

2:00 pm - 3:00 pm Seminar - Dr. Gordon Guyatt, Clinical Epidemiology & Biostatistics, McMaster University, Canada
Title: How to Avoid being Misled by the Medical Literature

3:00 pm - 3:15 pm Coffee Break

3:00 pm - 5:00 pm Seminar - Continues

5:00 pm - 5:30 pm Closing Ceremonies
Dr. Gordon Guyatt, MD, MSc, FRCPC,  
Professor in the Department of Clinical Epidemiology & Biostatistics,  
@ McMaster University, Canada

Dr. Gordon Guyatt

Gordon Guyatt, MD, MSc, FRCPC, is a general internist and a Distinguished Professor of Clinical Epidemiology & Biostatistics at McMaster University, Canada. He is an internationally renowned medical researcher who has published over 800 peer-reviewed articles and numerous books and his work has been cited more than 60,000 times. Dr. Guyatt has been a leading exponent of evidence-based approaches to clinical practice, having coined the term "evidence-based medicine" in 1990. His areas of interest include: the dissemination of concepts of evidence-based medicine to health workers and health-care consumers; the methodology of clinical practice guidelines and medical decision-making; systematic review methodology; and ascertaining patients’ values and preferences. Under his leadership, practitioners worldwide have learned how to access, critically appraise, and apply findings from the medical literature to their patients.

His contributions to quality of life research, randomized trials and meta-analysis have been considered groundbreaking. In 2007, the BMJ launched an international vote to determine the most important contributions to healthcare. Evidence-based medicine came 7th in the line-up, beating the computer. Dr. Guyatt is the co-editor of the Users’ Guides to the Medical Literature, a comprehensive set of journal articles and a textbook for clinicians that wish to incorporate Evidence-based medicine into their practices. Most recently, Dr. Guyatt has been named an Officer of the Order of Canada for his "contributions to the advancement of evidence-based medicine and its teaching".
Dr. Paul O’Toole

Dr. Paul O’Toole, BA (Mod), PhD, PG Cert, Microbiology Dept. and Alimentary Pharmabiotic Centre, UCC.

Following research and academic positions in Sweden, Canada, New Zealand and the US, Paul O’Toole is now Professor of Microbial Genomics at University College Cork, Ireland. His main research theme is the genomics and metagenomics of gastrointestinal bacteria with emphasis on human-associated species and host interaction, particularly commensal lactobacilli. His latest research examines the composition and function of the gut microbiota, its dependence on diet, and its relationship to health, ageing and well-being in humans and animals. The aim is to develop novel foods and food ingredients to programme the intestinal microbiota towards promoting health. Research in his lab is supported by Science Foundation Ireland, Dept. Agriculture Fisheries and Marine, the EU (FP7) and the US NIH.

Professor Ted Dinan

Professor Ted Dinan, MD, MA, PhD, DSc, Dept. Of Psychiatry and Alimentary Pharmabiotic Centre, UCC

Ted Dinan is Professor of Psychiatry and a Principal Investigator in the Alimentary Pharmabiotic Centre at University College Cork. He was previously Chair of Clinical Neurosciences and Professor of Psychological Medicine at St. Bartholomew’s Hospital, London. Prior to that, he was a Senior Lecturer in Psychiatry at Trinity College Dublin. He has worked in research laboratories on both sides of the Atlantic and has a PhD in Pharmacology from the University of London. He is a Fellow of the Royal Colleges of Physicians and Psychiatrists and a Fellow of the American College of Physicians. His main research interests are in the biology of depression and functional bowel disorders and in this context he has made significant contributions to the literature on the regulation of the hypothalamic-pituitary-adrenal axis and the brain-gut axis. In 1995 was awarded the Melvin Ramsey Prize for research into the biology of stress. His current research is funded by Science Foundation Ireland, the Health Research Board and Food for Health Ireland. He has published over 200 papers and numerous books on pharmacology and neurobiology. He is on the Editorial Boards of several journals including the Journal of Affective Disorders, Human Psychopharmacology, Psychoneuroendocrinology and World Journal of Gastroenterology.
Speaker

Professor David Kerins, MB, BAO, BCh, MD,
Professor of Therapeutics, UCC and Clinical Director, Mercy University Hospital.

David Kerins, is Professor Therapeutics at University College Cork, and Consultant Cardiologist and the Clinical Director at Mercy University Hospital. He received a BSc in Physiology in 1981, and an MB, BAO, BCh from University College Cork in 1984. He completed sequential fellowships in Clinical Pharmacology and in Clinical Cardiology at Vanderbilt University, Nashville TN. Following appointments as an Associate Professor of Medicine and Chief of the Cardiology Section at Nashville VA, he was appointed as Associate Professor of Therapeutics at University College Cork and Consultant Physician at Mercy University Hospital in 2006. He has served as Dean of the Medical School, UCC from 2007-2010. He has research interests in anti-platelet and anti-thrombotic therapy, vascular biology with a particular focus on the renin-angiotensin and fibrinolytic pathways, and in non-invasive cardiac imaging. Professor Kerins is a Fellow of the Royal College of Physicians of Ireland, the American Heart Association, the American College of Cardiology, the European Society of Cardiology and the American Society of Echocardiography.

Speaker

Professor Joe Eustace, MB, BAO, BCh, MHS
(Clin Epi) FRCPI
Dept. of Nephrology, Cardiac-Renal Centre, CUH and Director of the HRB Clinical Research Facility, UCC

Joe Eustace, Professor of Medicine, Consultant Nephrologist and the Director of the Clinical Research Facility, Cork. Professor Eustace graduated from University College Dublin in 1990, undertook postgraduate training in General Internal Medicine and Nephrology in Dublin and from 1996-1999 he undertook a Clinical Nephrology Fellowship in Johns Hopkins University Hospital, Baltimore; and a NIH Fellowship in Clinical Epidemiology at the Bloomberg School of Public Health as part of which he completed a MHS degree. He was subsequently appointed to the Johns Hopkins Faculty of Medicine and Clinical Epidemiology as an Assistant Professor and while at Hopkins served as Director of Ambulatory Dialysis Services and as State Commissioner in the Maryland Kidney Commission. He returned to Ireland to take up the position of Consultant Nephrologist at Cork University Hospital in 2005 and was appointed Professor and Director of the HRB Clinical Research Facility at UCC in 2011. His research has been funded by the NIH (NIDDK), National Kidney Foundation, Johns Hopkins Clinical Scientist Award and the Health Research Board. He has authored or co-authored over 45 peer reviewed original scientific papers, and written 8 book chapters. His current research focus is on Vascular and Bone Health in Renal Transplant Recipients.
Professor Martin O’Donnell, MB, PhD, MRCPI, Associate Professor of Translation Medicine @ NUI Galway and Associate Director of the HRB Clinical Research Facility, NUI Galway.

Martin O’Donnell, MB, PhD, MRCPI, Associate Professor of Translational Medicine, NUI Galway and Associate Director, Clinical Research Facility, Galway. He completed a medical degree in 1994 (University College Cork). Following initial clinical training in Internal and Geriatric medicine in Ireland, he moved to McMaster University in 2000 to complete Fellowships in Geriatric and Thrombosis medicine (2000-’03), followed by a Stroke Fellowship at Stanford University (2004). He holds a PhD from the Dept of Clinical Epidemiology and Biostatistics, McMaster University. He returned to Ireland in 2010, to take-up a joint-position between University Hospital Galway (Stroke Geriatrician) and NUI Galway.

Vascular medicine, particularly Stroke prevention, is the focus of his research and he is Principal Investigator of numerous research projects, including INTERSTROKE, a large international epidemiological study of risk factors for stroke (over 20,000 participants recruited from 32 countries) which will be completed in August 2013.

Professor Ivan Perry, MD, MSc, PhD(Lond), FRCP, FRCPI, FFPHM, MFPH, Department of Epidemiology & Public Health, UCC

Ivan Perry is Professor of Public Health at University College Cork. He has over twenty years experience of population health research including the design and analysis of major national studies, including the Cork and Kerry Diabetes and Heart Disease Study, the Cork Coronary Care Community based Case Control Study, the SLAN 2007 National Health and Lifestyle study and the 2010 Mitchelstown Cohort Study. He is the Principal Investigator on the HRB Centre for Health and Diet Research which was established in 2008. He is also the founding Director of Ireland’s National Self-Harm Registry which was established in 2000 and is funded by the National Office for Suicide Prevention. The major focus of his work over the past two decades has been on the development and the refinement of field survey methods appropriate for use in population health research in Ireland. He has an extensive publication record with over 200 publications and over 8000 citations to-date.
Guidelines for registering for the conference

To attend the one-day conference you must register on-line to secure a place. Click on the following link and select your registration option. The fee is €65 for delegates and €10 for students (i.e. medical students and Post Graduate Researchers). Catering is included in the fee (i.e. tea/coffee breaks and lunch). Registration is open until 23rd June, 2013.

Registration Link


Payment Options

- Conference fees should be paid by credit card.
- For queries please contact cgr@ucc.ie
Please direct any questions to the conference email address: cgr@ucc.ie

Contact Person:

Catherine Deenihan
Centre for Gerontology and Rehabilitation
021 462 7347

CPD/CME Accreditation

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