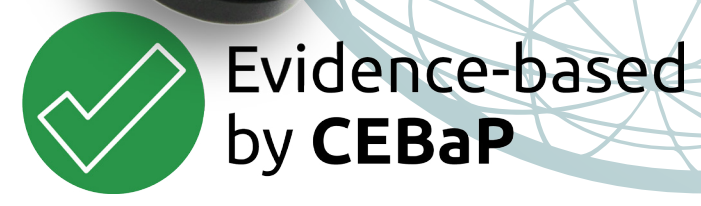


The use of Cochrane reviews in an African first aid and prevention guideline for laypeople

Vere Borra¹, Bert Avau^{1,2}, Hans Van Remoortel¹, Axel Vande veegaete¹, Jorien Laermans¹, Emmy De Buck^{1,3}, Philippe Vandekerckhove^{3,4,5}

¹ Centre for Evidence-Based Practice, Belgian Red Cross, Mechelen, Belgium, ² Cochrane Belgium, Centre for Evidence-Based Medicine (Cebam), Leuven, Belgium, ³ Department of Public Health and Primary Care, Faculty of Medicine, KU Leuven, Leuven, Belgium, ⁴ Belgian Red Cross, Mechelen, Belgium, ⁵ Faculty of Medicine and Health Sciences, Ghent University, Ghent, Belgium



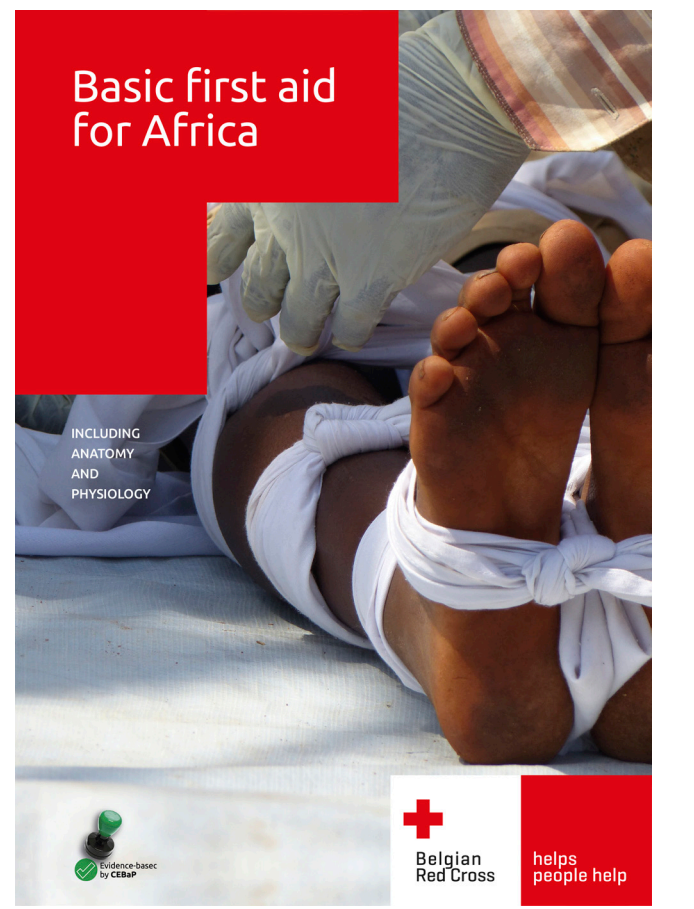
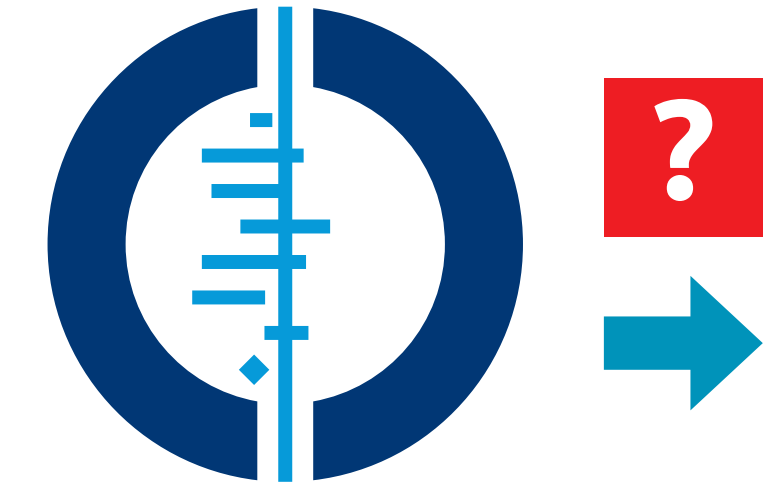
Background

First aid: "Immediate help provided to a sick or injured person until professional help arrives. First aid interventions seek to preserve life, alleviate suffering, prevent further illness or injury and promote recovery." (IFRC)

The Belgian Red Cross develops evidence-based first aid and prevention guidelines for laypeople, not only for the Belgian context, but also for other countries, such as India, Nepal and Sub-Saharan Africa. A first aid and prevention manual for Sub-Saharan Africa was developed in 2011 and updated in 2016.

Objectives

To investigate whether Cochrane reviews are useful for the development of African first aid and prevention guidelines for laypeople.



Methods

114 PICO questions were composed for 20 topics (e.g. 'Injuries to muscles, joints or limbs'). Search strategies were developed for each PICO question (e.g. In humans (P), are stretching exercises (I) effective for the treatment or prevention of muscle cramps (O) compared to no stretching exercises (C)?) to collect, analyze and synthesize relevant systematic reviews and individual studies.



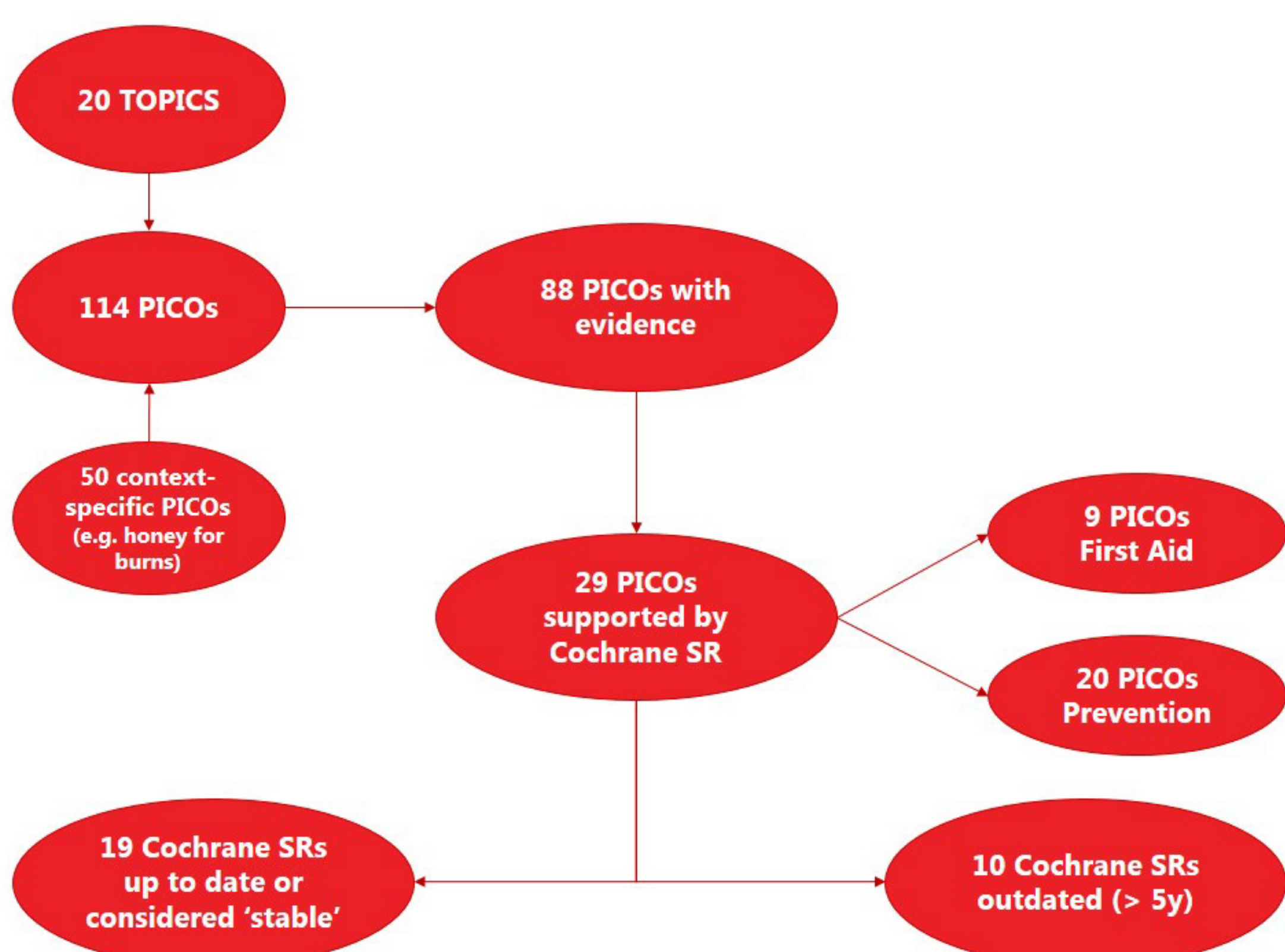
BEST AVAILABLE SCIENTIFIC EVIDENCE



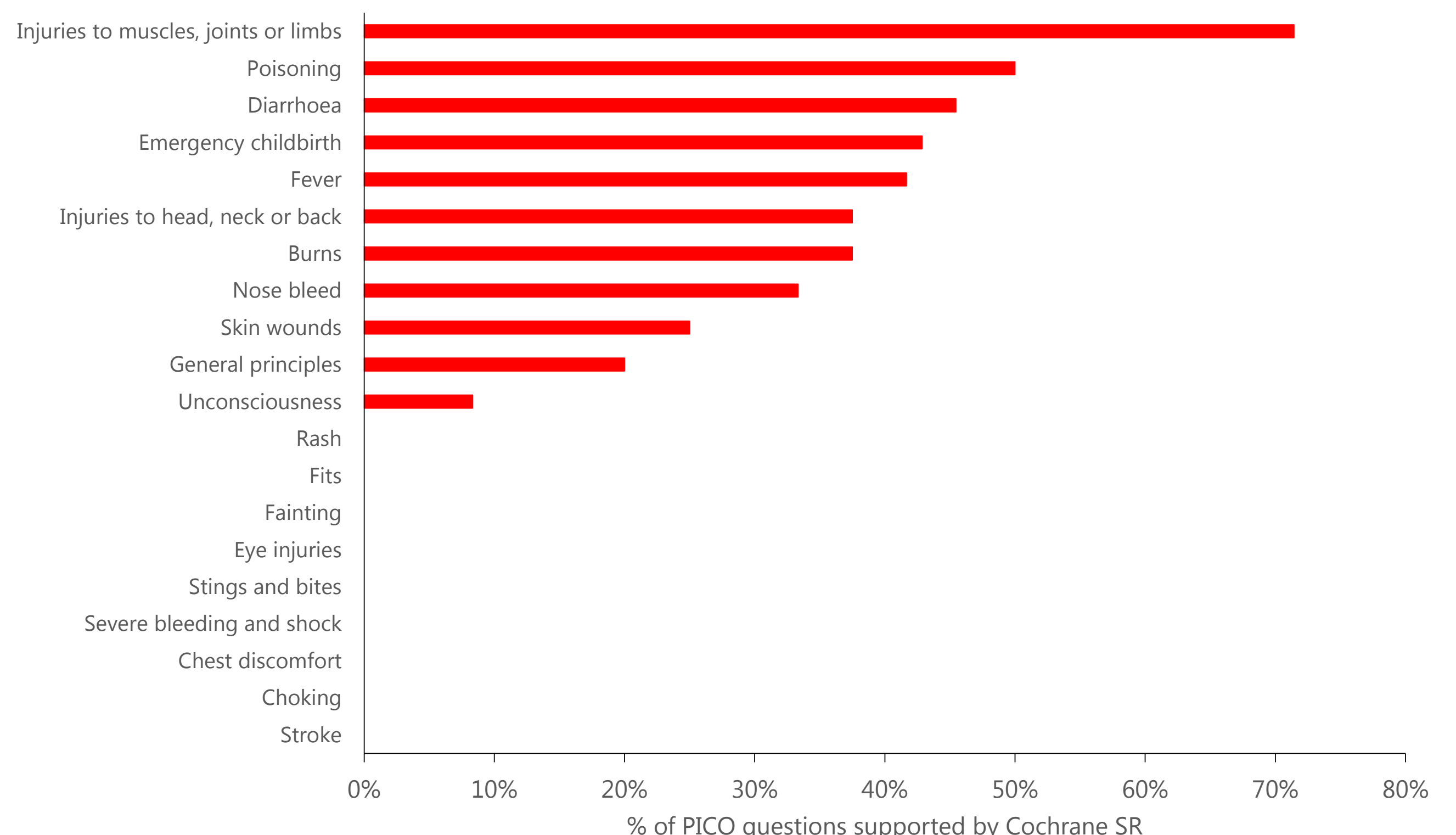
PREFERENCES AND AVAILABLE RESOURCES OF THE TARGET GROUP

PRACTICAL EXPERIENCE AND EXPERTISE OF EXPERTS IN THE FIELD

Results

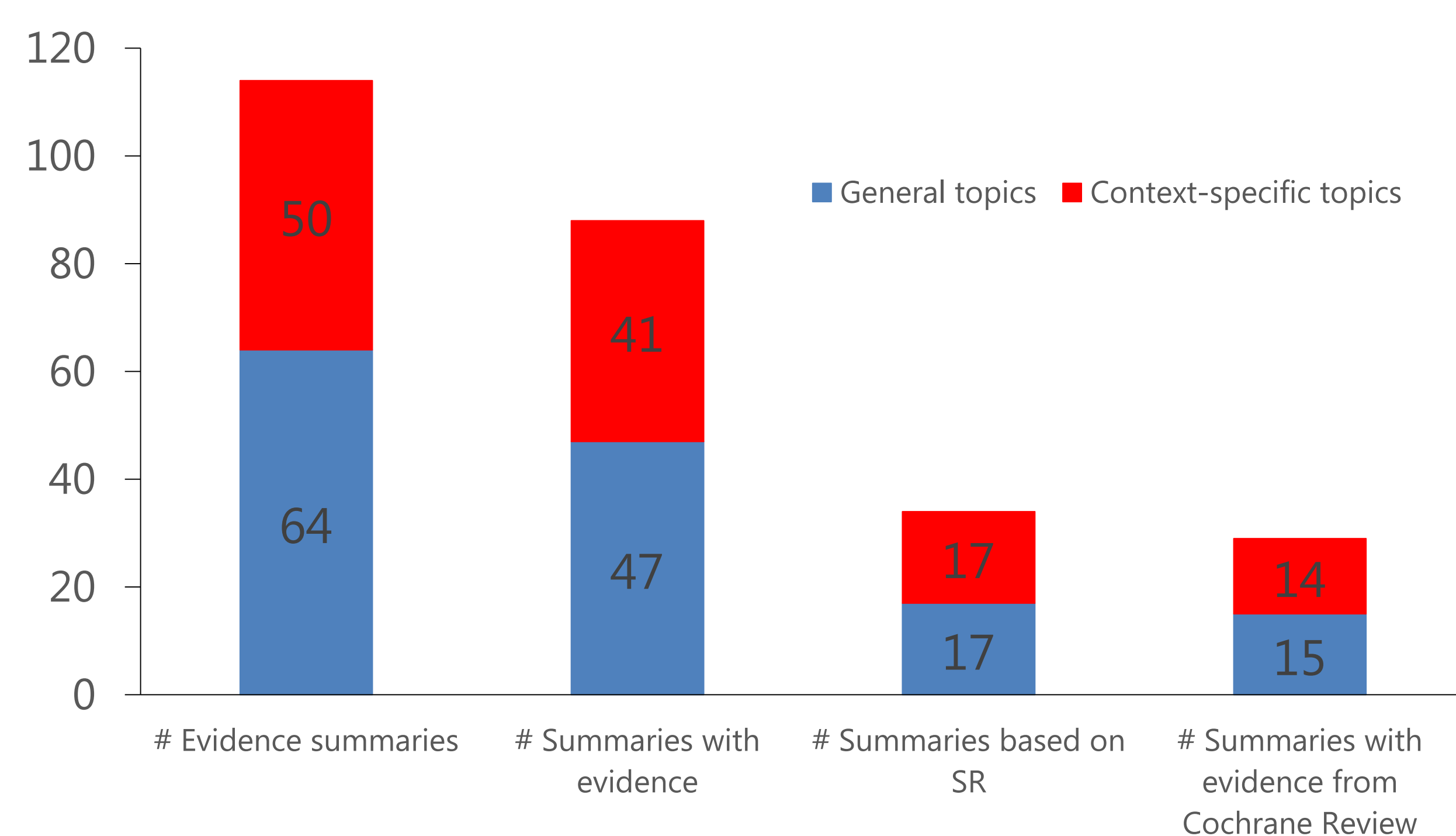


Topics best supported by Cochrane SRs were 'Injuries to muscles, joints or limbs' (71%), 'Poisoning' (50%), 'Diarrhoea' (45%) and 'Emergency childbirth' (43%).



Cochrane reviews were available in 33% of the evidence summaries for which evidence was identified.

Of 34 summaries based on a SR, 29 were supported by Cochrane reviews (85%).



Overview of evidence identified from Cochrane SR for the topic 'Injuries to muscles, joints or limbs':

Intervention	Cochrane SRs used (Title, first author, publication year)
Interventions to prevent fractures	Interventions for preventing falls in older people living in the community. Gillespie, 2012
Use of stairgate / windowguard / balcony / non-slip mats	Home safety education and provision of safety equipment for injury prevention. Kendrick, 2012
Warm up before sporting by stretching	Non-drug therapies for lower limb muscle cramps. Blyton, 2012 Stretching to prevent or reduce muscle soreness after exercise. Herbert, 2011
Decrease intensity of exercise when feeling exhausted	Interventions for preventing lower limb soft-tissue running injuries. Yeung, 2011
Lifting technique	Manual material handling advice and assistive devices for preventing and treating back pain in workers. Verbeek, 2011

Conclusions

- Some topics ('Injuries to muscles, joints or limbs', 'Poisoning', 'Diarrhoea' and 'Emergency childbirth') are fairly covered by Cochrane SRs.
- For first aid and prevention guidelines aimed at laypeople: still a large gap for which no Cochrane SRs are available, or Cochrane SRs are out-of-date.
- Closer collaboration between Cochrane review groups and guideline developers would be relevant to enhance uptake of Cochrane SRs into practice.

