Time registration for the development of evidence-based first aid guidelines for Flanders (Belgium)

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INTRODUCTION & OBJECTIVES

In 2015, Belgian Red Cross-Flanders updated its evidence-based first aid guidelines. Effective time tracking is helpful for different reasons including a better project time/cost estimation and an increased production, engagement and performance. Therefore, we aimed to register the time necessary to perform the different steps in the development of evidence-based first aid guidelines.

METHODS

- Each research question was formulated/reviewed by 1 trained methodologist, and 3 methodologists in parallel worked on this guideline project.
- Time tracking by the 3 methodologists was executed for every step that was used in the systematic approach for literature search and the critical appraisal and interpretation of data (Figure 1). The mean amount of minutes (±SD) was calculated to express the time needed to complete each step.
- Additionally, the total amount of time (in hours) spent for discussions/feedback (including feedback on draft recommendations, internal meetings and expert meetings) was registered.
- Finally, the total amount of time (in hours) needed to complete the entire process was calculated.
- Time tracking was performed manually into a predefined Excel-file.

RESULTS

- Time registration for 288 research (PICO) questions, across 16 chapters, was carried out: injuries of the abdomen/back (n=38), animal bites and stings (n=38), injuries of the head and neck (n=34), injuries of the limbs (n=27), pregnancy and delivery (n=23), infections (n=20), injuries/problems of the chest (n=20), travel illnesses (n=17), burn wounds (n=16), bleeding (n=13), problems with heat and cold (n=12), poisoning (n=11), skin wounds (n=10), drowning (n=7), electrical and lightening injuries (n=1) and allergies (n=1).
- An overview of the time spent in the different steps of the guideline development is provided in Figure 2.

CONCLUSIONS

- Developing and updating evidence-based first aid guidelines is time-consuming but ensures recommendations with effective interventions.
- Further validation of this analysis to evidence-based guidelines in other fields is needed to increase its generalizability.

Figure 1: Stepwise systematic approach

1. Formulating research (PICO) questions
2. Developing search strategies in 3 databases (PubMed, Embase, Central)
3. Title and abstract screening
4. Full text assessment (based on predefined inclusion/exclusion criteria)
5. Data extraction
6. Quality appraisal (GRADE²)
7. Developing evidence conclusions

Figure 2: Time tracking of evidence-based first aid guidelines for Flanders (Belgium)

TOTAL AMOUNT OF TIME (ALL STEPS): 912 HOURS (OR 24 WORK WEEKS OF 38 HOURS)

References: