

# Annual report 2016

Cochrane Russia

Research and Education  
Centre for Evidence-Based  
Medicine

"Cochrane Russia"

The project "Cochrane  
Evidence for Informing  
Decisions in Health Care"



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## Executive summary

The Research and Education Centre for Evidence-Based Medicine "Cochrane Russia" (REC EBM Cochrane Russia, REC) was established at the Kazan Federal University in the framework of the SAE "Translational 7P Medicine" on July 1, 2016 as part of the Competitiveness Program (CP; the CP Directorate decision, KFU order N 01-06 / 663 of 11/07/2016).

The Acting Head of the REC EBM Cochrane Russia is the Head of the Department of Fundamental and Clinical Pharmacology of the Institute of Fundamental Medicine and Biology of the Kazan Federal University, the Director of the Coordination Hub of Cochrane Russia, Professor Liliya Eugenevna Ziganshina.

Employees of the REC EBM Cochrane Russia are the leading researchers in the field of evidence-based medicine, biostatistics and Cochrane activities, the leaders and lecturers in various medical disciplines (fundamental and clinical), practicing physicians, media technology specialists, young researchers, graduate, masters and PhD students - from the cities of Russia (Kazan, Yekaterinburg, Moscow, St. Petersburg, Ufa), Kyrgyzstan, and Vietnam.

The Research and Education Centre for Evidence-Based Medicine "Cochrane Russia" (REC EBM Cochrane Russia, REC) works in active cooperation with the Nordic Cochrane Centre, Cochrane Central Executive, Cochrane Review Groups and the leading Russian and foreign researchers in the field of evidence-based medicine.

This report outlines the main results of the work of REC EBM Cochrane Russia in 2016 in the following domains: research activities, educational activities, social and public activities, information technology development, publications and publishing activities, and international relations. The report presents the most important achievements of the REC EBM Cochrane Russia over the reporting period. The target key performance indicators (KPI) on the results of the Project implementation in accordance with the Competitiveness Program are reflected.

In conclusion, the main results of activities and research projects of the Research and Education Centre for Evidence-Based Medicine "Cochrane Russia" for 2017 are presented.

## Introduction

The Research and Education Centre for Evidence-Based Medicine Cochrane Russia (REC EBM DM Cochrane Russia) was established under the leadership of Professor Liliya Eugenevna Ziganshina at the Kazan Federal University as a component of the SAE "Translational 7P Medicine" on July 1, 2016 in the framework of the Competitiveness Program (CP) following the Decision of the Directorate of the CP, with the direct support of the rector of the Kazan Federal University Ilshat Rafkatovich Gafurov (order KFU №01-06 / 663 of 11.07.2016).

The preceding steps for development of Cochrane activities in the Republic of Tatarstan and in the Russian Federation were:

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- 2014 – Establishment of the Affiliated Centre of the Nordic Cochrane Centre in the Republic of Tatarstan on the basis of the Department of Fundamental and Clinical Pharmacology of the Kazan Federal University (Chair, Professor L.E. Ziganshina); and
- 2015 – Establishment of Cochrane Russia Coordination Hub as the Russian branch of the Nordic Cochrane Centre.

The International Conference "Evidence-Based Medicine: Achievements and Barriers (QiQUM 2015)", which was held on the basis of the Kazan Federal University under the patronage of the rector, Professor Ilshat Rafkatovich Gafurov, officially launched Cochrane Russia. The Conference was organised independently of any manufacturers of medicines, diagnostic tools, and medical devices and of other products intended for use in health care.

The establishment of the Research and Education Centre for Evidence-Based Medicine Cochrane Russia (REC EBM DM Cochrane Russia) at the Kazan Federal University became an important step in supporting Cochrane activities and development of evidence-based medicine in the Republic of Tatarstan and the Russian Federation, and the development and institutionalization of the Cochrane Russia Coordination Hub.

The establishment of this unique research and education centre in Russia is aimed at:

- furthering development of cooperation between KFU and Cochrane;
- providing access to trusted evidence for health professionals, researchers and academic faculties and the population;
- introducing Cochrane review findings in education, research and healthcare practice (Knowledge Translation);
- improving quality of training of research and professional personnel within medicine, biomedicine, pharmaceuticals and health systems;
- developing research in a totally new format – Cochrane systematic reviews – providing trusted evidence for informed decisions and better health worldwide.

Acting Head of the REC EBM Cochrane Russia is the Head of the Department of Fundamental and Clinical Pharmacology of the Institute of Fundamental Medicine and Biology of the Kazan Federal University, the Director of Cochrane Russia, Professor Liliya Eugenevna Ziganshina.

Employees of the REC EBM Cochrane Russia are leading researchers in the field of evidence-based medicine, biostatistics and Cochrane activities, leaders and lecturers in various medical disciplines (fundamental and clinical), practicing physicians, media technology specialists, young researchers, masters and PhD students - from several cities of Russia (Kazan, Yekaterinburg, Moscow, St. Petersburg, Ufa), Kyrgyzstan, and Vietnam.

The Research and Education Centre for Evidence-Based Medicine "Cochrane Russia" (REC EBM Cochrane Russia, REC) works in active cooperation with the Nordic Cochrane Centre, Cochrane Review Groups and the leading Russian and foreign researchers in the field of evidence-based medicine.

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## Project team

Ziganshina Liliya Eugenevna, Cochrane Russia Director, Russian Translation Project coordinator; acting Head of the REC for Evidence-Based Medicine Cochrane Russia, MD, PhD, DSci, Professor; Chair of Fundamental and Clinical Pharmacology IFMiB KFU

Alexandrova Elvira Grigorievna, Senior Research Scientist, MD, PhD

Arslanov Gleb Maratovich, Research assistant

Verbitskaya Elena Vladimirovna, Senior Researcher, PhD., Associate Professor

Gabdrakhmanov Azat Iskhakovich, Research assistant

Gilyarevsky Sergey Rudzherovich, Lead Researcher, MD, PhD, DSci, Professor

Zastrozhin, Mikhail Sergeevich, MD, PhD, Research assistant

Ziganshin Airat Usmanovich, Chief researcher, MD, PhD, DSci, Professor

Kamalova Aelita Askhatovna, Senior Researcher, MD, PhD, DSci, Associate professor

Kong Hong Khan, Research assistant

Kurbatova Olga Gennadievna, Research assistant

Mullanurova Aliya Faritovna, laboratory assistant

Pavlov Chavdar Savovich, Lead Researcher, MD, PhD, DSci, Professor

Tashtanbekova Cholpon Bolotbekovna, Research assistant

Shakirzyanova Marina Valentinovna, laboratory assistant

Yudina Ekaterina Victorovna, Senior Researcher, MD, PhD.

# 1 Educational activity

## 1.1 Development of educational programs on evidence-based medicine with foreign partners (English-language masters):

Masters programs in English were developed and approved:

- Pharmacology (author - L.E. Ziganshina, adviser – director of the Nordic Cochrane Centre, Professor Peter Gøtzsche) <http://kpfu.ru/eng/academics/english-taught-programs>

- Evidence-based Pharmacology and Pharmacotherapy (author - L.E. Ziganshina, adviser – director of the Nordic Cochrane Centre, Professor Peter Gøtzsche) <http://kpfu.ru/eng/academics/english-taught-programmes>

## 1.2 Internship of foreign young researchers at REC EBM Cochrane Russia:

In 2016, on the basis of the REC EBM Cochrane Russia and Cochrane Russia Coordination Hub, internship programs for foreign young researchers, interested in evidence-based medicine and Cochrane activities have been successfully launched.

A young researcher from France, Ludivine Vernay, had four months internship at REC EBM Cochrane Russia in the spring-summer months of 2016.

During her internship, Ludivine Vernay participated in the update of the Cochrane systematic review "Cerebrolysin in acute ischaemic stroke" and became its co-author. Ludivine Vernay took an active part in the Priority Cochrane translation project (translation and recording of podcasts) and in the presentation of the REC EBM Cochrane Russia at the event "Night of Science" at the Kazan Federal University (July 20, 2016).

Five other students had their training sessions at Cochrane Russia on a shorter and longer term basis: Bota Myrzabek (Kazakhstan), Danya Serdaliyeva (Kazakhstan), Kong Hong Khan (Vietnam), Yesbatyrova Lyazzat (Kazakhstan) and Doskaliyeva Damira (Kazakhstan).

## 1.3 Organisation of International workshops for young researchers on Cochrane systematic reviews

The official launch of the Cochrane Russia Coordination Associate Centre - the Russian branch of the Nordic Cochrane Centre at the International Conference "Evidence-Based Medicine: Achievements and Barriers" (QiQUM2015) marked the establishment of a tradition of regular international youth schools / workshops on Cochrane systematic reviews. The first ever in the history of Russia Cochrane event (Cochrane workshop) was held on December 8, 2015 in the framework of the International QiQUM 2015 Conference.

In 2016, on the basis of the Kazan Federal University, the second International School / Workshop for young researchers «**Cochrane systematic reviews: first steps from registering the title to the protocol drafting**» – two training days (September 8-9, 2016) - was organized with the leading role of Karsten Juhl Jørgensen, MD, PhD, DrMedSci, Deputy Director, The Nordic Cochrane Centre, Chief Physician, Rigshospitalet, Copenhagen, Denmark. Leading Russian researchers, Chavdar S. Pavlov, Sechenov Moscow Medical University, Cochrane Hepatobiliary Group, and Elena V. Verbitskaya, St. Petersburg State Medical University named after Pavlov, took part in facilitating the workshop. The workshop was targeted at health professionals, researchers, and teachers who wished to get involved in developing and **Trusted evidence.**  
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reviewing Cochrane systematic reviews, and in furthering Cochrane in Russia. This event, organized by the staff of the REC EBM Cochrane Russia and the Department of Fundamental and Clinical Pharmacology of the IFMiB KFU, was a great success, with 15 graduates of a two-day course and received considerable coverage in the media. Several news portals and television stations covered the event, helping to raise awareness of Cochrane in Russia and of the importance of evidence-based medicine.

#### **1.4 Organization of symposia, seminars, and round tables**

In 2016, the staff of the REC EBM Cochrane Russia and the Department of Fundamental and Clinical Pharmacology of the IFMiB KFU organized the following events:

##### **1.4.1 Seminar "Working with Cochrane Collection Plus" (Kazan, KFU, February 12, 2016)**

On the 12th of February, 2016, at the Kazan Federal University, its Scientific Library named after N.I. Lobachevsky, the seminar "Working with Cochrane Collection Plus" was held. The organizers of the event were Kazan Federal University (N.I. Lobachevsky Scientific Library, Director E.N. Strukov), Cochrane Russia (Russian branch of the Nordic Cochrane Centre), and EBSCO Information Services. Presentations that were delivered at the seminar:

"Review of the Cochrane Library databases" (AV Sokolov, EBSCO representative in Russia, Belarus, Moldova),

"Cochrane systematic review: how to read and how to use" (L.E. Ziganshina, Cochrane Russia, Director),

"Searching in the databases of the Cochrane Library on the EBSCOhost platform" (TR Mirkamalova, EBSCO expert on working with clients in CIS countries),

"Cochrane Translation Project for Russia and Russian-speaking Countries" (EV Yudina, associate professor of the Department of fundamental and clinical pharmacology, manager of Russian translation project).

The seminar was attended by undergraduate and graduate students, lecturers and researchers of the Kazan Federal University, employees of the Scientific Library named after N.I. Lobachevsky of the Kazan Federal University; clinical residents, graduate students and teachers of the Kazan State Medical University, lecturers of the Kazan State Medical Academy, practicing physicians of Kazan health institutions, representatives of the Medical and Health Insurance Fund of the Republic of Tatarstan and the Ministry of Health of the Republic of Tatarstan, a researcher of the Federal State Budget Institution Dmitry Rogachev National Research Centre of Paediatric Hematology, Oncology and Immunology, Moscow. The workshop participants discussed the issues of reading and using Cochrane systematic reviews, searching the Cochrane Library (on the EBSCO platform), using other applications and software products of the Cochrane Library and databases on evidence-based medicine, participation in the Cochrane Translation Project and prospects for further Development.

##### **1.4.2 Round Table "Evidence-Based Medicine for the Health of the Nation" (Kazan, March 23, 2016, National Cultural Centre Kazan)**

The round table "Evidence-based medicine for the health of the nation", was organized by the Social Movement "Tatarstan - New Century" in the framework of the Earth Charter project in conjunction with the Committee of the State Council of the Republic of Tatarstan on social policy, Cochrane Russia and the Department of Fundamental and Clinical Pharmacology of the Institute of Fundamental Medicine and Biology of KFU on the 23rd of March, 2016. The event was held at the National Cultural Centre "Kazan". The meeting participants discussed the issues of evidence-based medicine and improving the quality of medical care. The meeting was attended by deputies of the State Council of the Republic of Tatarstan, representatives of the federal services for supervision in the field of health and social development, as

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well as supervision of consumer rights and human well-being of the Republic of Tatarstan on RT, the Human Rights Commissioner in Tatarstan, leading experts of Russia and the international community in the field of evidence-based medicine, representatives of the Ministry of Health of the Republic of Tatarstan, medical and educational institutions, science, as well as practising physicians, environmentalists, and representatives of the media. Cochrane Russia Director Professor Liliya E. Ziganshina and Associate Professor of the Department of Fundamental and Clinical Pharmacology A.A. Korableva presented reports "Cochrane Russia providing accessible, trusted information to support informed decisions, including community education" and "Causes and clinical consequences of polypharmacy".

#### 1.4.3 Cochrane Russia symposium at the All-Russian Conference with International Participation "Ensuring Epidemiological Safety and Prevention of Infections in Surgery" (**Kazan, September 21, 2016**)

On the 21st of September, 2016, in the framework of the All-Russian Conference with international participation "Ensuring epidemiological security and preventing infections in surgery" with the support of the organizers of the conference and academician of the Russian Academy of Sciences N.I. Brico, Cochrane Russia organized the Symposium "Improving Quality and Safety of Health Care: Role and Contribution of Cochrane".

Liliya E. Ziganshina delivered a plenary report "The Role of Cochrane in Improving Quality and Safety of Care".

Other presentations at the Cochrane Russia Symposium:

"Cochrane Russia: Achievements and Perspectives for Development", Ziganshina LE;

"Accessibility of Evidence in Medicine: What Does Cochrane Do?", Yudina EV;

"Cochrane Systematic Reviews - gold standard of objective and reliable information on effects of interventions in medicine", Abakumova TR;

"Cochrane Evidence for development of clinical guidelines", Khaziakhmetova VN.

### **1.5 Introduction of modern educational technologies:**


The priority project of Cochrane Russia is the Russian Translation Project - translation of Cochrane evidence into Russian. Cochrane Russia coordinates the Russian Translation project. The team of translators includes staff, undergraduate and graduate students of the Kazan Federal University, doctors, researchers and staff at scientific and educational institutions in Kazan and other cities of Russia, Armenia, Kazakhstan, Kyrgyzstan, Uzbekistan, Ukraine, Germany, Britain and the USA.

We translate:

- Cochrane Plain Language Summaries (PLS), which are concise and present clear-cut summaries of existing evidence on a particular health question. These summaries are written in simple language and are intended for a wide range of readers, not just health professionals;
- Podcasts, concise summaries of Cochrane Reviews, which you can listen to here: <http://www.cochrane.org/en/multimedia/podcasts/>;
- Blogshots, short and concise statements about evidence from Cochrane reviews in a form of appealing image / picture;

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- Press releases and Cochrane news;
- Weekly digests of Cochrane Communications Network;



The image shows two screenshots of the Russian-language Cochrane website. The top screenshot displays the homepage with a search bar, navigation menu, and a section titled 'Доказательства' (Evidence). Below this, there are several evidence summaries, including one about the effectiveness of acupuncture for chronic pain. The bottom screenshot shows a podcast player for 'Нестероидные противовоспалительные средства при дисменорее' (Non-steroidal anti-inflammatory drugs for dysmenorrhoea). The player includes a video thumbnail, a description of the podcast, and a list of credits for the translation and editing team.

"Cochrane Evidence " (Russian-language Web Site Cochrane.org with published plain language summaries of Cochrane systematic reviews)

Podcast "Non-steroidal anti-inflammatory drugs for dysmenorrhoea" (<http://www.cochrane.org/en/podcasts/10.1002/14651858.CD001751.pub3>)

Blogshot "Paracetamol for low back pain"

## Achievements of the Russian translation project and dissemination by the end of 2016:

- 1000 translations of Cochrane PLS published** (<http://www.cochrane.org/ru/evidence>);
- 48 podcasts published** (<http://www.cochrane.org/en/multimedia/podcasts/>);
- 63 blogshots prepared and published;**

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**26 translations of press releases and other information materials published** (<http://russia.cochrane.org/>);

**50 weekly news digests of (Cochrane CommsNetwork Digest) translated and sent to the electronic mailing list;**

**translations of PLS, blogshots, podcasts and news are disseminated via social networks:**

- **more than 600 posts in Facebook and tweets in Twitter,**
- **about 200 posts on Vkontakte network,**
- **more than 2200 subscribers,**
- **Vkontakte: over 1500 views per month;**

**translation of other Cochrane materials (infographics, support and updating of the content (translation) of the Russian-language version of the site [cochrane.org](http://cochrane.org));**

**translation and recording of videos on clinical research, development of systematic reviews, etc. (3 videos);**

**to inform the medical community about Cochrane evidence, cooperation with the scientific and practical journal for specialists in the field of medicine "The Diary of the Kazan Medical School" was established (1 article published and 1 article accepted for publication);**

**involvement of students in the Cochrane Translation Project (Higher School of Foreign Languages and Translation, students of the "Linguistics" direction, participation in translation project in the framework of their language practice).**

## 2 Research work

### 2.1 Development of Cochrane systematic reviews

Development of Cochrane systematic reviews on topics relevant to Russian public health is one of the main research directions of the REC EBM Cochrane Russia and the Department of Fundamental and Clinical Pharmacology of IFMiB KFU.

In 2016:

- Updated Cochrane systematic review "Cerebrolysin for acute ischaemic stroke" published on December 5, 2016: Ziganshina LE, Abakumova T, Vernay L. Cerebrolysin for acute ischemic stroke. Cochrane Database of Systematic Reviews 2016, Issue 12. Art. No.: CD007026. DOI: 10.1002 / 14651858.CD007026.pub4.  
[Http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD007026.pub4/abstract](http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD007026.pub4/abstract)

- Protocol for Cochrane systematic review "Gabapentin monotherapy for epilepsy" prepared for publication: Ziganshina LE, Gamirova RG, Abakumova TR Gabapentin monotherapy for epilepsy (protocol) Cochrane Database of Systematic Reviews 2016, Issue X. Art. No.: tbd;
- The following titles were registered and are currently at various stages of protocol development: "SNRIs for adults with ADHD", "SSRIs for adults with ADHD", "Modafinil for adults with ADHD"; "Essential phospholipids for non-alcoholic fatty liver disease in adults".

## **2.2 Helping authors of Cochrane reviews with searching, translating, appraisal and data extraction from Russian-language publications:**

In 2016, Cochrane Russia helped with 12 requests, including translation, evaluation and data extraction from Russian-language publications of Russian studies for foreign authors of the Cochrane review "Cyclamen europaeum extract for acute sinusitis" (Cochrane Acute Respiratory Infections Group).

## **2.3 Reviewing Cochrane systematic reviews and their protocols:**

In 2016, Ekaterina V. Yudina and Liliya E. Ziganshina participated in reviewing the full text of the Cochrane systematic review "Antiviral agents for infectious mononucleosis (glandular fever)" (reviewed December 8, 2016)

<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD011487.pub2/abstract;jsessionid=344B03CDD7E07DDC1EC2A8ED4FD5A6C5.f04t02>

## **2.4 Presentation of Cochrane materials, Cochrane and Cochrane Russia at scientific events in 2016:**

- Final Annual conference of Kazan University for 2015 (Kazan, 3.02.2016);
- Scientific and educational seminar "Working with Cochrane Collection Plus" (Kazan, KFU, 12.02.2016);
- Round Table "Evidence-Based Medicine for the Health of the Nation" (Kazan, March 23, 2013);
- Scientific and Practical Conference "HRT Days in Russia" (Kazan, 23-24.04.2016);
- All-Russian meeting: Clinical pharmacology and drug supply. (Pyatigorsk, 12-13.05.16);
- IV International Conference on Organisation of Healthcare 2016. Effective management of a medical organization (Moscow, 26-27.05.2016). "Cochrane Systematic Reviews for effective procurement";
- Kazan School of Therapists. Following and furthering traditions of Russian medicine (Kazan, 2-3.07.2016);
- "Night of Science" (Kazan, KFU, July 20, 2016). Lectures: "The science of being healthy", "IT-innovations for health". Interactive sessions: "IT-innovations for health" and "Game experiment in pharmacology";
- All-Russian scientific-practical conference with international participation "Ensuring epidemiological safety and prevention of infections in surgery" (Kazan, 21.09.2016). Plenary

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report "The role of Cochrane in improving quality and safety of care" and the Cochrane Russia Symposium;

- International Conference "Independent Medical Expertise as an Instrument for Pre-Trial Settlement of Disputes between a Doctor and a Patient" (Moscow, 27-28.09.2016);
- International Conference "The Role and Place of Pharmacology in Training of Health Professionals: Challenges of Time and Solutions" (Almaty, 30.09-1.10.2016). "Development of master's programs in the field of pharmacology: the role and place of Cochrane evidence";
- International Conference on Translational Medicine 2016 (Kazan, KFU, 13-14.10.2016). Report on the activities of REC EBM Russia Cochrane Russia in 2016;
- Cochrane Colloquium (South Korea, Seoul, 23-27.10.2016). Oral reports: "Cochrane Russia: establishment, activities and development of a Russian speaking Cochrane community", "Russian translations of Cochrane plain language summaries: quality assurance with continued feedback from an online survey". The poster "The Russian translation project and dissemination of Cochrane evidence: achievements and barriers as feedback from volunteer translators";
- Lecture cycle of the Youth Scientific Society of the Bashkir State Medical University: lecture "Basics of Evidence-Based Medicine" (Ufa, October 27, 16);
- Scientific conference "Management of balanced joint activities in the field of health protection of economically active population". (Kazan, 11.18.2016). "Cochrane Russia: official launch and development";
- Republican project within the framework of continuing medical education (CME) for paediatricians "Kazan Paediatric School" (Kazan, 19.11.16). "Prevention and treatment of acute respiratory infections: evidence-based principles";
- XIII Russian Congress "Paediatrics and Children's Surgery in the Volga Federal Region" (Kazan, December 5-6, 2016).

## 3 Social work

### 3.1 Interaction with the media

- A big talk of "Real Time" with the director of "Cochrane Russia"
  - Part 1 <https://realnoevremya.ru/articles/56216-skolko-tratyat-na-sozdanie-i-vyvod-narynok-lekarstv>
  - Part 2 <https://realnoevremya.ru/articles/56216-skolko-tratyat-na-sozdanie-i-vyvod-narynok-lekarstv> )
- <http://www.press-release.ru/branches/medicine/0960115a8b921> (Press release.ru)
- <http://pressuha.ru/release/511663-v-kfu-proshla-unikalnaya-dlya-rossii-shkola-dokazatelnoy-mediciny-kokreyn.html> ("Press Media Service")
- <http://kpfu.ru/news/v-kfu-proshla-unikalnaya-dlya-rossii-shkola-245385.html> (Department of Press Service and Information of KFU)

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- <http://tv.kpfu.ru/index.php/novosti/obzory-novostey/novosti-kfu-ot-08-09-2016.html> (KFU news as of September 8, 2016)
- <https://www.youtube.com/watch?v=vjLbmrN5XC8&feature=youtu.be&t=1m48s> (UniverSmotri, 09/08/2016)

#### Round Table "Evidence-Based Medicine for the Health of the Nation"

- <http://rt-online.ru/zolotoj-standart-dokazatelnoj-meditsiny/> ("The Golden Standard of Evidence-Based Medicine", the socio-political newspaper "Respublika Tatarstan", 01.04.2016, issue No. 45 (28039))
- <http://trt-tv.ru/news/medicina-dolzha-byt-dokazatelnoj/> ("Medicine should be evidence-based," Russia 1 television channel, Tatarstan)

#### Media Coverage of Cochrane and Cochrane Russia

- Cochrane collaboration in Kazan (<https://www.youtube.com/watch?v=Y0tKd-Bd2Vk>, Jan 12, 2013)
- What is Cochrane? (<https://www.youtube.com/watch?v=3MW-cHQc2nA>, 01/26/2016)

#### International Conference to launch Cochrane Russia: Cochrane QiQUM 2015 (Quality information for quality Use of Medicines - QiQUM):

- Врачи Казани будут участвовать в работе координационного центра Кокрейн Россия, который открылся на базе КФУ (<http://uniclinic.kpfu.ru/news/vrachi-kazani-budut-uchastvovat-v-rabote-koordinacionnogo-centra-kokreyn-rossiya-kotoryy>)
- Our Conference on the Russia 24 channel (!) within the report on Parliament news is here, starting at 7 min 10 sec (<http://trt-tv.ru/parlamentskie-vesti/parlamentskie-vesti-14-12-15/>)
- TV-on-line translation of plenaries at the University website (<http://tv.kpfu.ru/index.php/teleproekty/programmy/lektcii/mezhdunarodnaya-konferentsiya-dokazatel'naya-meditsina-dostizheniya-ya-i-barery-QiQUM-2015-chast-1.html>)
- A short film about the Conference with interviews (<https://www.youtube.com/watch?v=7kGLs3lfoOw>)
- Publication on the official website of the Council of State of the Republic of Tatarstan: (<http://www.gossov.tatarstan.ru/news/show/3517?print=1>)
- International Conference "Evidence-Based Medicine: Achievements and Barriers" (QIUM 2015) December 7-8 at KFU will be the official launch of Cochrane Russia ([http://kpfu.ru/news/mezhdunarodnaya-konferenciya-39dokazatel'naya\\_175444.html](http://kpfu.ru/news/mezhdunarodnaya-konferenciya-39dokazatel'naya_175444.html))
- Evidence-based medicine - the future of global health (<http://kpfu.ru/news/novosti-i-obyavleniya/dokazatel'naya-medicina-budushee-mirovogo-181313.html>)
- What do doctors of Kazan University want to prove? ([http://kpfu.ru/news/novosti-i-obyavleniya/mezhdunarodnaya-konferenciya-39dokazatel'naya\\_179512.html](http://kpfu.ru/news/novosti-i-obyavleniya/mezhdunarodnaya-konferenciya-39dokazatel'naya_179512.html))



- Saratov State Medical University. VI Razumovsky Ministry of Health and Social Development of Russia: International Conference Cochrane: "Evidence-Based Medicine: Achievements and Barriers" (<http://farmdept.sgmru.ru/node/28>)
- TFOMS: The International Conference "Evidence-Based Medicine: Achievements and Barriers" (QIQUM 2015) has been held at the Institute of Fundamental Medicine and Biology of the Kazan (Volga) Federal University. ([http://www.fomsrt.ru/press\\_center/press\\_relizes/index.php?ELEMENT\\_ID=3252](http://www.fomsrt.ru/press_center/press_relizes/index.php?ELEMENT_ID=3252))
- Stavropol State Medical University: Evidence-Based Medicine: Achievements and Barriers ([http://stgmru.ru/news/09-12-2015/Dokazatel'naya\\_meditcina\\_dostizheniya\\_i\\_barery-4637.html](http://stgmru.ru/news/09-12-2015/Dokazatel'naya_meditcina_dostizheniya_i_barery-4637.html))
- Expert Tatarstan: "Evidence-Based Medicine: Achievements and Barriers" - the opening of the first international conference "Cochrane" in Russia (<http://expertrt.ru/news/item/1254-dokazatel'naya-meditcina-dostizheniya-i-barery-otkrytie-pervoj-v-rossii-mezhdunarodnoj-konferentsii-kokrejn.html>)
- RT - Public and Political Newspaper: Centre for Evidence-Based Medicine Opens in Kazan (<http://rt-online.ru/p-rubr-zdrav-10125374/>)
- Higher School of Health Management Organization and Management: The First Cochrane Event in Russia ([http://www.vshouz.ru/news/19.html?SSr=4101337bb417ffffff27c\\_\\_07df0c14112903-10d6](http://www.vshouz.ru/news/19.html?SSr=4101337bb417ffffff27c__07df0c14112903-10d6))

### 3.2 Interaction with research, educational and medical organizations, health authorities

REC EBM Cochrane Russia actively and regularly interacts with research, educational and medical organizations in the Russian Federation and the post-soviet countries, health authorities of the Russian Federation on improving research and educational activities, expanding Cochrane and developing evidence-based medicine in the Russian Federation.

### 3.3 International cooperation

Cochrane Russia actively cooperates with Cochrane Centres and Cochrane Groups: the Nordic Cochrane Centre, Cochrane Central Executive, and other Cochrane entities.

Within the framework of the Cochrane translation project, we interact with Cochrane Translation Coordinators from the Cochrane Central Executive; participate in webinars, virtual meetings and other events.

## 4 Development of information technology

### 4.1 Full translation and support of the Russian version of the site [cochrane.org](http://cochrane.org)

### 4.2 Regular updating and maintenance of the Cochrane Russia website (<http://russia.cochrane.org/>)

### 4.3 Development of innovative educational technologies for the delivery of information to health professionals and the general population (Cochrane translation project: translations into Russian and dissemination of translations, new forms of development and delivery - blogshots, podcasts).

## 5 Publications and Publishing Activities

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- 5.1 Periodical edition of the Information Bulletin (Newsletter) "Evidence-Based Medicine: News and Developments of Cochrane" since the REC EBM Cochrane Russia was established - (2 issues were prepared in 2016).
- 5.2 Materials on evidence-based medicine, activities of Cochrane and Cochrane Russia, results of research have been published in specialized medical journals and popular science publications (a list of publications is attached).

## 6 International cooperation

The Cochrane Colloquium is an annual event for all Cochrane centres and groups, which sums up the activities, presents science, identifies important achievements, discusses priority issues and set priorities and goals for the future.

Liliya E. Ziganshina took part in the colloquium in Seoul in 2016, in its working meetings: directors of centres/associates, coordinators of the translation project, Cochrane training, and workshops, and presented oral and poster reports.

## 7 The list of target key performance indicators (KPIs) for the results of the Project in accordance with the Competitiveness Program of KFU:

- Publications indexed in the Web of Science database (in the list of publications).
- Creation of a full-fledged profile semester educational course and its placement on open access platforms (edX, Coursera) - in the process of development;
- Students (students / undergraduates / graduate students) who perform research at Cochrane Russia:
  - 3 post-graduate students, 20 undergraduates (1st and 2nd year masters students), 40 students (directions "Linguistics")
- Foreign students (students / undergraduates / graduate students) who perform research work at Cochrane Russia:
  - 1 post-graduate student (Kong Hong Khan, Vietnam), 4 master students (Tashtanbekova Cholpon, Jumaliev Elnura, Masalbekova Aida, Kyrgyzstan; Daniyarov Jomart, Kazakhstan)
- Students, undergraduates, graduate students, young scientists who have been trained at Cochrane Russia with official registration in UNID (Department of Research activities) or DIR (Department of International Relations):



- 10 people (Luduvine Vernay (France), Bota Myrzabek (Kazakhstan), Daniya Serdaliyeva (Kazakhstan), Kong Hong Khan (Vietnam), Yesbatyrova Lyazzat (Kazakhstan), Doskalieva Damira (Kazakhstan); Tashtanbekova Cholpon, Jumalieva Elnura, Masalbekova Aida, Kyrgyzstan; Daniyarov Jomart, Kazakhstan)
- Seminars conducted within the framework of student circles, laboratory seminars, etc:
  - 26 seminars in the framework of the Students' Cochrane Journal Club;
- Publications with co-authorship of students (students / undergraduates / graduate students): 4 (in the list of publications)
- Students, undergraduates, graduate students participating in research at Cochrane Russia, employed with an employment contract:
  - 3 postgraduate students (Gabbrakhmanov AI, Kong Hong Khan, Mullanurova AF), 2 masters students (Tashtanbekova CB, Kurbatova OG)
- Development and implementation of joint educational programs with foreign partners - leading universities, English-language educational programs:
  - Pharmacology (Master's program) <http://kpfu.ru/eng/academics/english-taught-programmes>
  - Evidence-based Pharmacology and Pharmacotherapy (Master's program) <http://kpfu.ru/eng/academics/english-taught-programmes>
- Regular conduct of international scientific youth schools / conferences on promising areas of research at KFU:
  - International workshop "Cochrane Systematic Reviews: First Steps from Title Registration to Protocol Drafting" (September 8-9, 2016)
- Number of published translations of the Cochrane PLS (on-line): - 1000 published since 2014 - <http://www.cochrane.org/en/>
- Number of publications within the project of Dissemination of Cochrane Evidence and other information / educational materials on evidence-based medicine:
  - Scientific and practical journal for specialists in the field of medicine "Diary of the Kazan Medical School" (1 article published, 1 article accepted for publication);
  - 2 issues of the Cochrane Information Bulletin Russia;

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## CONCLUSION

Establishment of Research and Education Centre for Evidence-Based Medicine Cochrane Russia at the Kazan Federal University, the unique Centre in the Russian Federation, became an important step in the institutionalization of Cochrane Russia activities, established on the basis of the Kazan Federal University in 2015, and a great achievement in supporting Cochrane work and development of evidence-based medicine in Russia.

We achieved in 2016 the main planned indicators in all areas of work: research and educational activities, priority projects, social and public activities, publications and publishing activities, international cooperation, development of information technologies.

Joint educational programs on evidence-based medicine with foreign partners (English-language masters) "Pharmacology" and "Evidence-based Pharmacology and Pharmacotherapy" were developed.

The update of Cochrane systematic review "Cerebrolysin for acute ischaemic Stroke" was published; the Protocol of Cochrane systematic review "Gabapentin monotherapy for epilepsy" prepared for publication;

a series of new Cochrane systematic reviews – titles registered, protocol drafted – are in progress.

The International workshop "Cochrane systematic reviews: first steps from title registration to protocol drafting" was held.

We took part with oral and poster presentations at International and Russian conferences, organized symposia, roundtables and seminars on pertinent issues of evidence-based medicine and Cochrane activities.

Great progress was achieved in the priority Cochrane Translation project: PLS, podcasts, blogshots, press releases, weekly news digests and video materials. Collaboration with the Institute of International Relations, History and Oriental Studies of the KFU was established: Cochrane Russia provides practical sessions for the students and undergraduates of the direction "Linguistics" (participation in the Cochrane translation project).

2 issues of Cochrane Russia Newsletter were prepared and published. Work-in-progress continues on the development of information technologies and new ways of delivering Cochrane evidence, expanding cooperation with scientific, educational and health organizations, health authorities, public organizations, and the media.

Cochrane Russia is the base for internships for young Russian and foreign researchers interested in Cochrane, evidence-based medicine and furthering Cochrane in the Russian Federation.

## Prospects for research and activities for 2017

- Development of Cochrane systematic reviews
- Implementation of joint educational programs with foreign partners (in the field of evidence-based medicine)
- International young researchers workshops

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- Translation project
- Dissemination of Cochrane evidence (expansion of interaction with scientific and educational institutions, medical organizations, health authorities, media, etc.)
- Translation of evidence into practice (interaction with the KFU clinic)
- Publications (scientific, Cochrane newsletter)
- Studying the impact of Cochrane evidence on health decision-making practices and their impact
- To study the quality of domestic clinical trials and systematic reviews with recommendations for their improvement
- Organization of cycles of professional development in evidence-based medicine
- Development of educational courses and electronic educational resources on evidence-based medicine
- Interaction with the media (TV, radio, print and online publications)
- Participation in Russian and foreign scientific events, internships

## List of resources

1. *Cochrane Website* - <http://www.cochrane.org/>
2. *Russian page of the Cochrane website* - <http://www.cochrane.org/en>
3. *Cochrane Russia Website* - <http://russia.cochrane.org/en>
4. *Cochrane Community Website* - <http://community.cochrane.org/>
5. *Cochrane Library* - <http://www.cochranelibrary.com/>
6. *The site of the Republican social movement "Tatarstan - a new century"* - <http://www.tnvrod.ru>
7. *Department of Fundamental and Clinical Pharmacology IFMiB KFU* - <http://kpfu.ru/biology-medicine/struktura-instituta/kafedry/kfikf>

# Annual report 2016

Cochrane Russia

Research and Education  
Centre for Evidence-  
Based Medicine  
"Cochrane Russia"

The project "Cochrane  
Evidence for Informing  
Decisions in Health Care"

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