

Annual report 2017

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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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).

On the 31st of August 2017 the official agreement between Cochrane and the Kazan Federal University was signed for sustainable establishment and development of Cochrane Russia as an Associate Centre of the Nordic Cochrane Centre at the Kazan Federal University.

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 (IFMiB) 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.

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 main activities of REC EBM Cochrane Russia: the development and peer-reviewing of Cochrane systematic reviews; study and analysis of Russian clinical guidelines, systematic reviews and reports on clinical trials; a major priority project of the Cochrane for Knowledge Translation: the development of educational programs and educational courses on evidence-based medicine and Cochrane systematic reviews; the development and implementation of innovative educational technologies, the organization and conducting of international youth schools on the Cochrane systematic reviews; co-ordinating of the Cochrane translation project (Russian translations); internships of foreign researchers at Cochrane Russia; dissemination and implementation of Cochrane evidence into Russian health policy and clinical practice; development of brief reviews for health policy (in cooperation with the WHO European Office); development / adaptation and implementation of methods for assessing the effectiveness of knowledge translation into health practice, such as analysis of drug use and consumption, pharmacoepidemiological and pharmaco-economic studies; search, evaluation and extraction of data from publications of clinical trials in Russian (TaskExchange); screening studies to maintain the Cochrane Central Register of Clinical Trials (Cochrane Crowd).

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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

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

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 are developed, approved and ready for implementation:

- 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 Development and implementation of educational programs on evidence-based medicine for students and health practitioner's

The educational programs "Evidence-Based Medicine" (for medical students) and "Evidence-based medicine for pharmacists" (for students – pharmacists) have been developed and accredited at the Kazan Federal University.

Lectures on evidence-based medicine (with the section «Cochrane» and «Cochrane Russia») are included in educational cycles for physicians and meetings of student scientific circles at St. Petersburg State Medical University named after ac. I.P. Pavlov.

The methods of Groningen University on problem teaching of pharmacology, clinical pharmacology and evidence-based medicine are adapted and implemented.

1.3 Internship of foreign young researchers at REC EBM Cochrane Russia:

Young researchers, two graduate students, Jenilee Cueto and Xuan Xu, from Columbia University's Mailman School of Public Health from USA, had 2- months internship at REC EBM Cochrane Russia during summer months of 2017.

They have been working with Professor Liliya Eugenevna Ziganshina on evidence of medicine consumption, with a focus on medicines for chronic disease management. In addition to their research experience, they contributed to Russian Translation project for Cochrane and Newsletter production.

1.4 Organisation of International workshops for young researchers on Cochrane systematic reviews

In 2017, on the basis of the Kazan Federal University, the third International School / Workshop for young researchers « *Cochrane systematic reviews: from protocol to review - logistics and challenges*» – two training days (October 27-28, 2017) - was organized by Cochrane Russia, Cochrane Austria and Cochrane Sweden with support from Nordic Cochrane Centre.

The workshop was targeted at health professionals, researchers, and teachers who wished to get involved in developing and reviewing Cochrane systematic reviews, and in furthering Cochrane in Russia. This event became a continuation of a series of training workshops on the development of the Cochrane systematic reviews launched in 2015 and intended for health professionals, researchers, academics, teachers and others, willing to become actively involved in the work of Cochrane, willing to commit to development of Cochrane systematic reviews as authors or peer reviewers, and to Cochrane activities in Russia.

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Workshop participants had the opportunity to learn and actively interact with tutors on the most important issues of systematic literature search, selecting studies, data extraction, risk of bias assessment, meta-analysis, assessment of heterogeneity and quality of evidence, and use of supporting software (Covidence and RevMan).

We warmly thank tutors of the workshop: Dr Gerald Gartlehner, Director of Cochrane Austria, Department for Evidence-Based Medicine and Clinical Epidemiology, Danube University Krems (Krems, Austria); Barbara Nussbaumer-Streit, Associate Director of Cochrane Austria, Department for Evidence-Based Medicine and Clinical Epidemiology, Danube University Krems (Krems, Austria); Dr Matteo Bruschetti, Director of Cochrane Sweden, Senior Consultant Neonatologist, Department of Paediatrics, Lund University, Skåne University Hospital (Lund, Sweden).

Workshop participants represented 9 regions of the Russian Federation (Kazan, Kalinigrad, Moscow, Nizhniy Novgorod, Perm, Samara, St Petersburg, Uliyanovsk, and Ufa), Kazakhstan, Kyrgyzstan and Columbia.

1.5 Organization and conducting of other scientific events

- Organization of the visit of Cochrane CEO Mark Wilson (signing of the agreement on collaboration between KFU and Cochrane; and Mark Wilson's lecture "Managing and Sustaining a Global, Knowledge-creating Organization" - 29.08 - 1.09 2017);

- Conducting of the master-class "Cochrane evidence for the rational use of medicines" and plenary report "Evidence-Based Medicine. Ethical promotion of medicines" at the international conference on clinical pharmacology and pharmacy "Rational use of medicines" (Kazakhstan, Astana, September 8-9, 2017) (Prof. Liliya E. Ziganshina, Director of Cochrane Russia, the Head of the REC EBM Cochrane Russia, the Head of the Department of Basic and Clinical Pharmacology of the Kazan Federal University);

- Organization of the visit of Professor Hans V. Hogerzeil (Professor of Global Health and the Right to Health, University Medical Centre, University of Groningen, the Netherlands; Co-Chair, Lancet Commission on Essential Medicines Policies; formerly - Director for Essential Medicines and Pharmaceutical Policies, WHO, Geneva; Honorary foreign fellow of the Tatarstan Academy of Sciences) and his public lecture "'Access to expensive essential medicines as part of Universal Health Coverage' in the Tatarstan Academy of Sciences and Kazan Federal University, and the meeting with the leadership and students of Kazan Federal University (November 16-17, 2017);

- Participation in the implementation of the project of the Finnish Society of Physicians - Duodecim on the adaptation of clinical guidelines based on Cochrane evidence for Russia.

1.6 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/>;

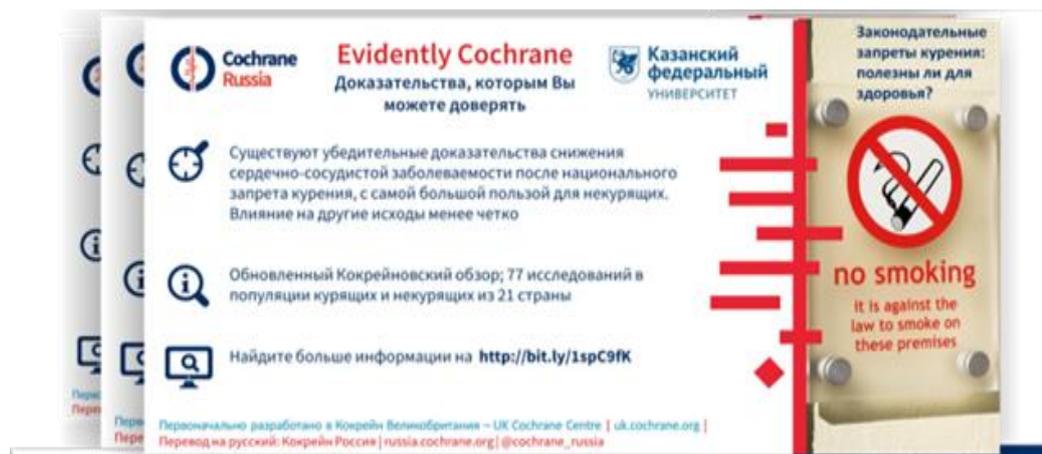
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- Blogshots, short and concise statements about evidence from Cochrane reviews in a form of appealing image / picture;
- Press releases and Cochrane news;
- Weekly digests of Cochrane Communications Network;

Achievements of the Russian translation project and dissemination by the end of 2017:



>500 Russian translations of Cochrane PLS published (>1600 in total)
(<http://www.cochrane.org/ru/evidence>);

27 podcasts published (75 in total)
(<http://www.cochrane.org/en/multimedia/podcasts/>);

63 blogshots prepared and published (149 in total);

20 Russian translations of press releases and other information materials published (46 in total) (<http://russia.cochrane.org/>);

50 Russian translations of weekly news digests of (Cochrane CommsNetwork Digest) translated and sent to the electronic mailing list (100 in total);

Russian translations of PLS, blogshots, podcasts and news are disseminated via social networks (Facebook, Twitter, Вконтакте, Instagram) and medical journals (The Diary of the Kazan Medical School, Kazan Medical Journal).

By the end 2017 we reached more than 4600 subscribers in social media.

Russian translation of other Cochrane materials («What is an Associate Centre?», «Strategy 2020», infographics, support and updating of the content (translation) of the Russian-language version of the site [cochrane.org](http://www.cochrane.org));

In 2017 we started collaboration with the Higher School of Foreign Languages and Translation of the Kazan Federal University. Cochrane Russia has become a prestigious language practice base for the Linguistics students, who contribute to the Russian Translation Project.

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2 Research work

2.1 Development of Cochrane 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 with Cochrane Stroke Group we updated and published Cochrane systematic review "Cerebrolysin for acute ischaemic stroke", which is much needed for health systems of Russia, Eastern Europe and a number of Asian countries, we published its findings in Cochrane Corner of the Stroke Journal, developed and disseminated the blogshot!

<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD007026.pub5/abstract>

2.2 Development of Cochrane protocols:

With Cochrane Epilepsy Group we published the protocol for Cochrane systematic review "Gabapentin monotherapy for epilepsy" <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD012710/full>.

With Cochrane Developmental, Psychosocial and Learning Problems Group and Cochrane Nordic we participated in development of the protocol for Cochrane systematic review "Noradrenaline re-uptake inhibitors (NRIs) for attention deficit hyperactivity disorder (ADHD) in adults".

2.3 Helping authors of Cochrane reviews with searching, translating, appraisal and data extraction from Russian-language publications (on regular basis)

2.4 Presentation of Cochrane materials, Cochrane and Cochrane Russia at scientific events in 2017:

- Final Annual conference of Kazan University for 2016 (Kazan, February, 10, 2017);
- "Ufa Society of Skeptics" (Ufa, March 9, 2017);
- Mid-Year Cochrane Governance meetings (Switzerland, Geneva, 4-5.04.2017);
- "Day of Science" (Kazan, Kazan Federal University, April 14, 2017);
- V All-Russian Conference with international participation "Actual Issues of Preclinical and Clinical Studies of Medicines, Biomedical Cell Products and Clinical Trials of Medical Devices" (St. Petersburg, 1-2.06.2017);
- Round table "Building a support system for making medical decisions based on evidence-based medicine" (Khanty-Mansiysk, 7 June 2017);
- WHO meeting: Evidence for the health policy network, Europe (Switzerland, Bratislava, 15-17.06.2017);
- The 13th Congress of the EACPT (Czech Republic, Prague, 24-27.06.2017);
- International Conference on Clinical Pharmacology and Pharmacy "Rational use of medicines" (Kazakhstan, Astana, September 8-9, 2017);
- Global Evidence Summit (Cape Town, South Africa, 13-16.09.2017). The posters " Assessment of Russian clinical practice guidelines with the AGREE II instrument", «Cochrane Russia capacity building: Dissemination of Cochrane evidence, improving quality and measuring performance»;

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- 3rd Russian Conference on Medical Chemistry - MedChem Russia 2017 (Kazan, September 28 - October 3, 2017);
- V Annual Conference "Alcohol, Alcoholism and Consequences" (Moscow, September 30, 2017);
- The World Congress on the Application of Ultrasound in Medicine and Biology - October 13-17, 2017, Taipei (WFUMB -2017 Taipei);
- International Conference "Systems of support of medical decisions based on evidence-based medicine" (Moscow, October 23, 2017);
- International scientific-practical conference "The role of modern pharmacology, clinical pharmacology and pharmacy in public health" (Kyrgyz Republic, Bishkek, November 22-23, 2017)

3 Social work

3.1 Interaction with the media

- A big talk of "Real Time" with the Director of Cochrane Russia (<https://realnoevremya.ru/articles/56216-skolko-tratyat-na-sozdanie-i-vyvod-na-rynok-lekarstv>)

Part 1 <https://realnoevremya.ru/articles/56214-o-sisteme-kontrolya-kachestva-lekarstvennyh-preparatov>

Part 2 <https://realnoevremya.ru/articles/56216-skolko-tratyat-na-sozdanie-i-vyvod-na-rynok-lekarstv>

Media Coverage of Cochrane and Cochrane Russia

Cochrane Workshop 2017:

Participants from across Russia and beyond gather for the third Cochrane Workshop in Kazan
<http://www.cochrane.org/news/participants-across-russia-and-beyond-gather-third-cochrane-workshop-kazan>

В КФУ стартовала школа-семинар доказательной медицины Cochrane Россия
<https://media.kpfu.ru/news/v-kfu-startovala-skola-seminar-dokazatelnoi-mediciny-cochrane-rossia>

От протокола до обзора
<http://tv.kpfu.ru/novosti/%D0%BE%D0%B1%D1%80%D0%B0%D0%B7%D0%BE%D0%B2%D0%B0%D0%BD%D0%B8%D0%B5-%D0%B8-%D0%BD%D0%B0%D1%83%D0%BA%D0%B0/item/7777-ot-protokola-do-obzora.html>

Signing of Agreement for Collaboration between Cochrane and Kazan Federal University

<https://media.kpfu.ru/news/sotrudnicestvo-kfu-i-cochrane-rossia-vyslo-na-novyj-uroven>

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

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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.

The Academy of Sciences of the Republic of Tatarstan, Kazan Federal University, and Cochrane Russia welcomed in Kazan Professor Hans V. Hogerzeil in his capacity of Honorary International Member of the Academy of Sciences with two-day visit, which became a truly International Knowledge Translation event in the field of Essential Medicines, held in Kazan, Russia, 16-17 November.

<http://russia.cochrane.org/news/public-lecture-professor-hans-v-hogerzeil-access-expensive-essential-medicines-part-universal>

4 Development of information technology

4.1 Full translation and support of the Russian version of the site 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).

4.4 Cochrane Russia and the Russian-language Wikipedia

<http://russia.cochrane.org/news/cochrane-russia-and-russian-language-wikipedia>

The image shows two side-by-side screenshots. The left screenshot is from the Russian Wikipedia page for 'Кокрейн (организация)'. It features the Wikipedia logo, a search bar, and a main article text. The article describes the organization's mission, its history, and its role in providing evidence-based medicine. The right screenshot is from the Cochrane Russia website, showing the 'Кокрейновская библиотека' (Cochrane Library) section. It includes a search bar, a list of articles, and a sidebar with navigation options. The website layout is clean and professional, with a focus on providing accessible information.

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Cochrane Russia member Alexander Potapov, who is a second year Masters student at the Department of Basic and Clinical Pharmacology of the Kazan Federal University, contributed to the Cochrane Russia ambitious project on correct presentation of Cochrane in Wikipedia

[https://ru.wikipedia.org/wiki/%D0%9A%D0%BE%D0%BA%D1%80%D0%B5%D0%B9%D0%BD_\(%D0%BE%D1%80%D0%B3%D0%B0%D0%BD%D0%B8%D0%B7%D0%B0%D1%86%D0%B8%D1%8F\)](https://ru.wikipedia.org/wiki/%D0%9A%D0%BE%D0%BA%D1%80%D0%B5%D0%B9%D0%BD_(%D0%BE%D1%80%D0%B3%D0%B0%D0%BD%D0%B8%D0%B7%D0%B0%D1%86%D0%B8%D1%8F))

of the Cochrane Library:

https://ru.wikipedia.org/wiki/%D0%9A%D0%BE%D0%BA%D1%80%D0%B5%D0%B9%D0%BD%D0%BE%D0%B2%D1%81%D0%BA%D0%B0%D1%8F_%D0%B1%D0%B8%D0%B1%D0%B%D0%B8%D0%BE%D1%82%D0%B5%D0%BA%D0%B0

and of Archie Cochrane, whose name became the name of the international organization of independent researchers:

https://ru.wikipedia.org/wiki/%D0%9A%D0%BE%D0%BA%D1%80%D0%B5%D0%B9%D0%BD_%D0%90%D1%80%D1%87%D0%B8

Cochrane Russia team with Alexander's participation put a lot of effort into correction of previously published article in the Russian-language Wikipedia about Cochrane and of the very name of the Organization in Cyrillic in accordance with Wikipedia rules, and corrected all the articles in the Russian-language Wikipedia that used the wrong Cyrillic spelling of the name of the organization.

Alexander and the Cochrane Russia team look forward to ambitious plans on revision of Wikipedia articles, initially on medicines, and then on all health issues, so that they all would use the best Cochrane evidence and refer to the relevant Cochrane systematic reviews and their Plain Language Summaries (PLS) with Russian translations.

List of publications

- Ziganshina LE, Abakumova T, Vernay L. Cerebrolysin for acute ischaemic stroke. Cochrane Database of Systematic Reviews 2017, Issue 4. Art. No.: CD007026. DOI: 10.1002/14651858.CD007026.pub5. (Scopus)
- Ziganshina L.E, Gamirova R, Abakumova T., Gabapentin monotherapy for epilepsy//Cochrane Database of Systematic Reviews. - 2017. - Vol.2017, Is.6. - Art. № CD012710. (Scopus)
- Гришин С.Н. Влияние глюкокортикоидов и катехоламинов на нервно-мышечную передачу / Гришин С.Н., Габдрахманов А.И., Хайруллин А.Е., Зиганшин А.У. // Биологические мембраны. – 2017. – Т. 34 (4). – С. 251-260. (Scopus, РИНЦ)
- Зиганшин Б.А. P2-рецептор-опосредованный компонент нейрогенного контроля тонуса большой подкожной вены человека / Зиганшин Б.А., Гиниятова Л.Р., Славин Д.А., Камалиев Р.Р., Зиганшина А.П., Спасов А.А., Джорджикия Р.К., Зиганшин А.У. // Современные технологии в медицине. – 2017. – Т.10, №1. – С. 85-91. (Scopus, РИНЦ)
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