Effective Care Research Unit

EVIDENCE BASED HEALTH CARE FOR ALL

University of Fort Hare
Together in Excellence

12th ANNUAL RESEARCH METHODS COURSE 2012 REPORT

22nd-24th NOVEMBER 2012
East London, South Africa

REPORT ON THE 12TH RESEARCH METHODS COURSE WORKSHOP.

1. INTRODUCTION

The Research Methods Course Workshop was held from 22nd -24th November, 2012 at East London Health Resource Centre, East London.

2. OBJECTIVES

To equip participants with knowledge skills and mentorship to:

- Plan, conduct, analyze and publish a randomised clinical trial; Follow 'Good Clinical Practice' guidelines
- Conduct a systematic review of randomised trials for publication in the Cochrane Library
- Use Review Manager, Epi-info, Excel and WHO Reproductive Health Library software

3. MAIN REPORT

3.1 Report overview

Fifteen Participants applied for the workshop. Fourteen were from within South Africa while one was from outside South Africa.

A total of Fourteen Participants attended the workshop (out of which two attended RMC only). The workshop commenced on Thursday 22nd November, 2012 with introductions of participants and Facilitators .The first two days were intensive each day began at 8h30 ended at 18h30.Surtaday was a half day from 08h00 to 13h30pm..

Eleven interactive talks were presented in different sessions with seven practical sessions which included hands on exercises.

3.2 Activities

Planning: The planning of the 12th Research Methods Course started in July 2012. An advertisement was sent to participants who have previously attended our Research Methods Course, and participants who have previously attended the Research Methods Course. Efforts were made to raise awareness among relevant candidates in the Eastern Cape Province. The advertisement was sent to the Medical Institutions and all Health Institutions in the Eastern Cape Province, South Africa. Announcements were sent to all Departments in the East London Hospital Complex.
Applications: Applications were received from September to October 2012. Applications were handled on a "first come- first served" basis but motivation letters sent by participants were a deciding factor as to who was eligible for the course. Participants who

intended to conduct research or those who had topics for randomised controlled trials or systematic reviews received the first priority. We also looked at those who didn't have other options of getting funding in their countries to come to South Africa.

The final selection was in October 2012. Fifteen Participants applied for the workshop. Thirteen were from within South Africa while One was International Participants from Nigeria. Due to lack of funding all participants had to fund to seek funding from their institution. Discount was given to the Walter Sisulu Registrars; their fee was only R1000 as Prof Hofmeyr has teaching obligations to the University. ECRU supported 2 more participants. We are very grateful to the South African Cochrane center for their support making possible for us to have Ms Babalwa Zani as a facilitator for the systematic reviews at their expense.

Conference Venue and Accommodation: The course was held at Frere Health Resource Centre in East London, South Africa, from 22nd to 24th November 2012. The conference venue was also used for the computer hands-on session.

Course Material: Planning of the programme and preparation of course materials including handbook, USB with all software programs, etc. was done in and the course material was sent to participants from September to October 2012.

3.3 Nature of The Course & Course Content

Pre-course material comprising of 16 hours study time was distributed to participants a month before the course. The course programme was in the form of interactive PowerPoint presentations and computer hands-on sessions.

The main aim of the course was to empower health professionals to conduct randomised controlled trials and systematic reviews. The course topics were on Randomised Controlled Trials, Cochrane Systematic Reviews and good clinical practice guidelines. Data collection and analysis on computer software, Epi-Info, Excel and Rev Man 5 were covered in practical sessions.

Interaction between the participants was encouraged during and after the course. Participants were sharing their experiences and those who shared the same interests had time to discuss the topics they intended to follow in their randomised controlled trials and systematic reviews.

3.4 Evaluation

Evaluation by resource persons: The ECRU team summarized the course as having been successful although we didn't get as many applicants as expected due to no funding.

Evaluation by participants: The participant's evaluation was three fold. All of these were in the form of questionnaires.

1) Pre and post-course test: Relevant knowledge was evaluated before and after the course. Distribution of pre-course material to participants attending the course made it difficult to evaluate the actual knowledge of the participants before their encounter with the course. The pre-course evaluation examines the basic knowledge of participants after they have read the material sent to them. All participants submitted their pre and post evaluation papers. The questionnaires asked basic questions relevant to randomized controlled trials and systematic reviews. The average 'pre-course' mark was 26% and the average. 'post-course' was 37%

2) Examinations: 14 participants wrote the examination. All participants passed the exams. The range was from 79% to 82% and the average mark was 80%.

3) Course evaluation: A five point scale was used to evaluate the topic/session as being excellent, good, satisfactory, poor and other. Randomized controlled Trial and systematic reviews were rated as good to excellent by all participants, a hands-on computer session was regarded as good to excellent by 90% of participants whilst the good clinical practice was regarded as good to excellent by 100% of participants.

4 TEAM COMPOSITION

Professor Justus Hofmeyr	Lead Trainer
Mrs Mandisa Singata Madliki	Trainer
Ms Babalwa Zani	Trainer (SA Chocrain center)
Mr Oswell Khondowe	Trainer (University of Stellenboch)
ECRU Administrative Staff	Phumla, Bongiwe

5 PARTICIPANTS, PROGRAMME AND EVALUATION FORM

Please see Annexure 1, 2 and 3 respectively.

6 FEEDBACK

The workshop was highly appreciated and commended by the Participants. Highlights of the feedback include:

- "The randomized clinical trials sessions were excellent
- The Systematic reviews and good clinical practice were both excellent as well
- The discussions and practical examples were very good

- More practical sessions should be included for subsequent workshops
- The duration of the workshop should be extended to at least five days
- It was observed that half a day was not enough for the good clinical practice – it should be a full day
- A participant observed that the exam was not practical
- The workshop venue was very nice and food good but space was a bit tight
- Shuttle arrangements were timely and properly coordinated
- The Organizers of the workshop were wonderful-very friendly, helpful and polite
- Participants looked forward to returning to their different locations and putting into practice what they had learnt."

ANNEXURE SECTION

ANNEXURE I: PARTICIPANTS

Name	Country	Email
1. Muzi Mngomezulu	South Africa	dmuzi@me.com
2.Charles Proxenos	South Africa	Cj.proxenos@gmail.com
3.Phakamisa Badela	South Africa	phakamisab@yahoo.com
4.Alan Thomson	South Africa	alanbtemweb.co.za
5.Wezile Chitha	South Africa	wezilechitha@gmail.com
6.Oluwatosin Rotimi	Nigeria	toskyree@yahoo.com
7.Vishen Jugathpal	South Africa	vjugathpal@yahoo.co.uk
8.Ewan Tommy	South Africa	Ewan_tommy@hotmail.com
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10.Lindeka Mangesi	South Africa	lin.mangesi@gmail.com
11.Riche Dalmacio	South Africa	richedalmacio@yahoo.com
12.Nangamso Xongwana	South Africa	lothukela@webmail.co.za
13.Yakheka Dyasi	South Africa	carasncame@gmail.com
14.Odusoga Rotimi	South Africa	todusee1@yahoo.com

CONCLUSION

The quality and content of the workshop was commented upon and highly appreciated by Participants. The workshop was a great success.

ANNEXURE II: PROGRAMME

12th Research Methods Course

22nd-24th November 2012, East London, South Africa

Course presented by Effective Care Research Unit, Department of Obstetrics and Gynecology, East London Hospital Complex, Eastern Cape Department of Health, in collaboration with University of Fort Hare, and South African Cochrane Centre

Pre-course preparation: Study materials were sent by email (16 hours)

Provisional Programme DAY 1		
Thursday 22 November 2012 RANDOMISED CONTROLLED TRIALS		
09h00-10h00	**Registration and Tea**	ECRU team
10h00-11h00	Introduction: Evidence-based care & Research (Handbook page 4); Study designs; Randomized trials (page 6)	Justus Hofmeyr
11h00-12h00	Exercise: How to plan and conduct a Randomized Clinical Trial (page 12)	Justus Hofmeyr
12h00- 12h30	Statistics: Basic descriptive statistics	Justus Hofmeyr
12h30-13h30	**Lunch**	
13h30-14h00	Comparative statistics (Parametric and non-parametric; categorical and continuous variables); Sample size determination	Justus Hofmeyr
14h00-15h30	Excel for data analysis	Justus Hofmeyr
15h30-16h00	**Tea**	
16h00-17h30	Hands-on exercise: Analysing data from a RCT (workbook page 27): data entry, categorical variables	Justus Hofmeyr and ECRU team
17h30-18h30	Hands-on exercise continued: Continuous variables, sample size calculation	Justus Hofmeyr and ECRU team

Friday 23 November 2012 *COCHRANE SYSTEMATIC REVIEWS*		
08h00- 09h30	Introduction to the Cochrane Collaboration and SACC; systematic reviews of RCTs; Research Question and Review Title	Babalwa Zani SACochrane Center
09h30- 10h00; 10h30 to 11h20	Exercise: The review protocol	Justus Hofmeyr and ECRU team
10h00 – 10h30	**Tea**	
11h20- 12h00	Literature search, selection of trials for inclusion in a systematic review	Babalwa Zani
12h00-13h00	Hands-on exercise: Data extraction and setting up data tables, data entry	Justus Hofmeyr and Babalwa Zani & Mandisa Singata
13h00 – 14h00	**Lunch**	
14h00-16h00	Hands-on exercise (Data analysis and interpretation)	Justus Hofmeyr and Babalwa Zani & Mandisa Singata
16h00-16h30	**Tea**	
16h30-18h30	Hands-on exercise (Data analysis and interpretation) and Optional computer practice	Justus Hofmeyr and Babalwa Zani & Mandisa Singata

DAY 3

Saturday 24 November *Good Clinical Practice*		
08h00-09h00	Introduction to good clinical practice, Ethics in research: The informed consent	Oswell Khondowe & Mandisa Singata
09h00- 10h00	Principles of research and research on vulnerable groups	Mandisa Singata
10h00-10h30	**Tea**	
10h30 -11h15	Roles and responsibilities of clinical trial team	Mandisa Singata
11h15 -11h45	Adverse Events Reporting	Mandisa Singata
11h45 - 12h30	Data management and quality Control	Mandisa Singata
12h30- 13h00	Examinations: Good Clinical Practice	Oswell Khondowe & Mandisa Singata
13h00-13h30	Examinations: Randomized clinical trials and systematic reviews	Mandisa Singata
13h30	**Closing Lunch and Certificates**	

ANNEXURE III: EVALUATION FORM

EVALUATION FORM

Effective Care Research Unit 10th Research Methods
Course 22nd – 24th November 2012

Please help us improve the course by completing the following evaluation tool.

Presentations:

I found presentations on Randomized clinical trials:

Excellent Good Average Poor Of no use 0ther

Comments:……

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I found the sections on trial management 'good clinical practice':

Excellent Good Average Poor Of no use Other

I found systematic reviews of randomized trials:

Excellent Good Average Poor Of no use Other

1 Please comment on aspects of the course you liked:

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2 Please comment on aspects of the course you did not like:

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3 General comments:

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Venue:

Was the venue conducive for the workshop? Yes/No

If No what needed to be improved?

Thank you for your contribution