

# Annual Report 2019

Cochrane Switzerland



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# Foreword

In 2019 we had both, change and continuity. The transition to our new host institution Unisanté was a major change for all collaborators of the former Institute of Social and Preventive Medicine (IUMSP) including the team of Cochrane Switzerland. When the new institute was formally launched in the new year, all the issues related to this change, e.g. the new organizational structure and visual identity gradually became clear. Within Unisanté, Cochrane Switzerland is now part of the Department of Epidemiology and Health Systems (or short "DESS"), which formerly has been the IUMSP before. Of course, this change created some extra work load, and even new work contracts for all team members. But it was also an opportunity to revise and improve some of the internal procedures. Cochrane was the more constant element in our set-up during this time. Somehow, this is even surprising because in late 2018 and early 2019 the organization made some headlines and stirred some debate after the decisions taken by its leadership at the Cochrane Colloquium in Edinburgh, UK in September 2018. The other stable factor was that our premises did not have to change with all the organizational changes around us. So you still find us on the Biopôle Campus in Lausanne and at the House of the Academies in Berne.

We continued to work towards our defined goals while building on the established partnerships, for instance with the Cochrane Centers in the neighboring countries. One of the year's highlights was that our joint German-language blog "Wissen Was Wirkt" became much more visible. With approx. 160,000 users, its total readership increased roughly by a factor of four as compared to the preceding year. In addition, we observed a considerable increase in access to our website and to the Cochrane Library, which is freely available in Switzerland through a national provision. We worked closely with the physicians' professional association FMH and with the Swiss Academy of Medical Sciences to conceptualize a series of four articles about the Cochrane Library, that eventually was published in the Bulletin of Swiss Doctors in November. These articles in the most widely disseminated medical bulletin in Switzerland have certainly helped to make Cochrane and its evidence even more known among health professionals in the country.

In October, we looked forward to attending the Cochrane Colloquium in Santiago de Chile. But things were quite different when we arrived: the Chilean capital city had turned into a rather unsafe place in only a few days, with civil unrest erupting due to the worsening socio-economic situation of the Chilean population and the drastic measures taken by the government. As a consequence, Cochrane's main annual event had to be cancelled for safety reasons shortly before its official opening - disappointing for the organizing Cochrane Chile team and the many delegates who had travelled there already.

In such turbulent times, evidence-informed health care and policy is even more important, in Switzerland and abroad. Cochrane evidence often points to the gaps in our current knowledge about health interventions - instead of giving the much wanted decisive answer. We hope our work helps to identify and fill these gaps in the long run but also to tell clearly what works and what does not when sufficient data from health research are available.



Erik von Elm, MD MSc  
Director Cochrane Switzerland

# 1. Key activities

Our activities in 2019 were aligned with the four main objectives that are defined in Cochrane's "Strategy to 2020": producing evidence, making evidence available, advocating for evidence and developing the organization. Our own strategic plan is consistent with this broader strategy while adjusting it to the healthcare setting in Switzerland and the resources available to our Associate Centre.

## 1.1. Producing evidence

### 1.1.1 Courses and workshops

Cochrane Switzerland regularly provides a number of training opportunities during the year. These are courses and workshops at introductory level aiming to provide researchers with the skills needed to conduct systematic reviews and more advanced workshops aiming to strengthen methodological and statistical capacity of current and new review authors. In 2019, the following courses were held:

- **Introductory course for Cochrane review authors (Basiskurs), 28-30 January 2019 in Freiburg, Germany:** This three-day course was organized jointly with Cochrane Germany and Cochrane Austria. A total of 32 participants learned the basic concepts and skills that are needed to conduct a Cochrane intervention review. The course addressed topics such as the definition of the review question, protocol development, systematic literature searches in electronic databases, selection of studies, risk of bias evaluation, data extraction, meta-analysis and interpretation of findings. It also introduced participants to Cochrane's software Review Manager and the GRADE framework.
- **"Meta-analysis: Advanced methods using the Stata software" workshop, 3-6 September 2019 in Lausanne:** This four-day course was attended by 11 participants, most of them with a background in medical statistics or systematic reviews. It was held by our statistician, Patrick Taffé, and covered the theoretical foundations and statistical techniques that are needed to carry out meta-analyses by means of the STATA software. It was preceded by a one-day training for all participants wishing to acquire or to refresh their skills in using STATA.
- **"Advanced Search Skills" workshop, 9-11 October 2019 in Berne:** This three-day course was organized jointly with the University of Applied Sciences of the Grisons and addressed the challenges of advanced search strategies in large bibliographic databases using different

conceptual approaches and search techniques. It was attended by 25 participants from 10 countries, most of them healthcare librarians or information specialists. The course was jointly held by Carole Lefebvre, Independent Information Consultant from Oxford, UK and Julie Glanville from the University of York, UK.

Our team is also involved in under- and postgraduate teaching in epidemiology, clinical research and evidence-based medicine at Swiss universities and applied universities, as well as some academic institutions abroad. In 2019, these training events included:

- **Course module „Planning, Conducting & Analysing Studies“, 18-22 February 2019 in Mainz, Germany:** In this week-long course module of the international Master of Science Epidemiology curriculum at the University of Mainz, Germany, we regularly contribute with a half-day lecture and journal club about reporting guidelines in health research.
- **“Systematic Reviews and Meta-Analysis” module, 27 February – 1<sup>st</sup> March 2019 in Geneva:** This optional module is part of the postgraduate programme for a Certificate of Advanced Studies (CAS) in Patient-oriented Clinical Research, organized by the Faculties of Medicine at the Universities of Lausanne and Geneva. Cochrane Switzerland participates in the teaching organised by the Clinical Epidemiology Department of the Geneva University Hospitals with a focus on Cochrane’s activities in knowledge translation.

### ***1.1.2 Systematic review and methodology projects***

In 2019, we worked on several systematic review projects:

- For the ongoing Cochrane review “Interventions implemented through sporting organisations for promoting healthy behaviour or improving health outcomes” we updated the literature search and identified nine additional studies, for a total of 20 included studies. Supported by three new co-authors, we screened the retrieved bibliographic references, extracted the data and assessed the study quality of the new studies.
- The Cochrane review on “Human resource management training of supervisors for improving health and well-being of employees” has been led by an international author group with members based in Germany and Austria. The peer review process by the review group Cochrane Work was finalised in 2019 and the full review eventually published in September 2019.

See [Annex 1](#) for the full references of articles published by team members during the year 2019.

### **1.1.3 Contributions to Cochrane review production**

As part of our broader goal to promote Cochrane review production in Switzerland, we supported the conduct of several systematic review projects led by author groups in Switzerland and abroad. Our contributions ranged from advice on questions of review methodology to more substantial roles as co-author, methods advisor or referee for peer review.

A full list of Cochrane Reviews published in 2019 by author teams based in Switzerland is provided in [Annex 2](#).

## **1.2. Making evidence available**

The full content of the Cochrane Library with more than 8000 systematic reviews is available in English but not in the three Swiss national languages French, German, and Italian. Many healthcare professionals in the country can read health information in English but prefer if it is written in their own language. Other user groups including patients and consumers groups, the media, and policy makers have a strong preference for content in the national languages. Consequently, we maintain versions of our website in the three national languages as well as in English.

### **1.2.1 Cochrane Library national provision**

Since 2016, Swiss residents have free and unrestricted access to the full content of the Cochrane Library through a one-click access. This has been made possible by the continued financial commitment of the Swiss Academy of Medical Sciences (SAMS), the Federal Office of Public Health and the academic medical libraries with the aim to grant health professionals and the public access to a high-quality source of health information that is free from commercial interests. The current national license agreement is for the period from 2016 to 2020.

Over the year we have been working with SAMS and the Swiss Doctors' Association FMH to conceptualize and prepare a print media campaign aiming to raise awareness and promote the use of the Cochrane Library among Swiss physicians. As a result, the Bulletin of Swiss Doctors (Schweizerische Ärztezeitung) published a series of four half-page advertisements in October followed by a collection of four articles about the Cochrane Library in November. The articles included viewpoints by two practitioners and highlighted the benefits, opportunities and limitations of the Cochrane Library. In addition to general information on evidence-based medicine and Cochrane, both physicians reported on their experience in using the Cochrane Library. The last article was an interview with Erik von Elm, Director of Cochrane Switzerland.

We are monitoring the access to the Cochrane Library by users in Switzerland on a quarterly basis. The number of full-text reviews in the Cochrane Library accessed either in pdf or html format increased by 33% in 2019 as compared to 2018 (2018: 121'320; 2019: 161'959). As before, usage followed a

seasonal pattern with peaks in May and October/November (see graph in [Annex 3](#)). The increase towards the end of the year was most likely due to the highly visible advertisements and articles about the Cochrane Library in the Bulletin of Swiss Doctors (see above). The number of visits from Switzerland to the Cochrane Library website in 2019 was **75% higher** compared to the previous year. In the last quarter of 2019 Switzerland recorded the sixth highest number of full-text downloads among the countries with a national provision for the Cochrane Library.

The continued joint effort of the Cochrane Centres in the three German-speaking countries for the translation of the plain language summaries (PLS) of Cochrane reviews (Cochrane Kompakt, see Section 1.2.3) as well as the availability of PLS translated into French by Cochrane France further supported our goal to make the Cochrane Library better known in Switzerland.

### **1.2.2 Publications in medical education journals**

We have partnerships with three Swiss medical education journals that provide information tailored to selected professional groups:

- **physioactive:** This bi-monthly journal is published in German and French by *physioswiss*, the professional organization of physiotherapists in Switzerland. As regular guest editors, we continue to edit a series of articles summarizing Cochrane reviews of interest to physiotherapists. The articles are selected by two collaborating physiotherapists. In 2019, this journal featured six such summaries.
- **Ars Medici:** The collaboration with this bi-weekly journal for primary care practitioners in German-speaking Switzerland has been started in 2017. Since then, *Ars Medici* has published several short articles on recent Cochrane reviews under the heading "Neues aus der Cochrane Library". In 2019, four summaries were published. For the article summarizing a Cochrane review on prophylactic antibiotic therapy for chronic obstructive pulmonary disease, a clinical specialist was invited to comment on the findings and conclusions.
- **Tribuna Medica Ticinese:** This monthly bulletin is for health professionals in the canton of Ticino, the Italian-speaking part of Switzerland. In 2019, six summaries were published in *Tribuna Medica Ticinese*.

See [Annex 4](#) for a full list of the references to articles published in 2019 featuring Cochrane evidence in these medical education journals.

### **1.2.3 Cochrane Kompakt - Cochrane summaries in German**

In line with Cochrane's *Strategy to 2020* to promote the access to systematic reviews in languages other than English, we continued our active contribution to **Cochrane Kompakt**

([www.cochrane.org/de/kompakt](http://www.cochrane.org/de/kompakt)), the German-language platform for plain language summaries of Cochrane Reviews. In collaboration with Cochrane Germany and Cochrane Austria we translated plain language summaries of recently published or updated reviews. By the end of the year we had made available over 1900 plain language summaries in German. In 2019, this was in part made possible with the renewed financial support of the SANA Foundation and the in-kind help of Cochrane Nutrition and Cochrane Germany. We were able to translate an additional 150 plain language summaries focusing on evidence about nutrition interventions.

#### **1.2.4 "Wissen Was Wirkt" - The Cochrane blog in German**

Together with our Cochrane colleagues in Austria and Germany we are publishing the blog "Wissen Was Wirkt" ([www.wissenwaswirkt.org](http://www.wissenwaswirkt.org)). This blog in German language features a new blog post about once a week and covers recent Cochrane evidence, in particular systematic reviews with translated plain language summaries that are available in *Cochrane Kompakt*. In addition, it covers other topics or events about evidence-based health care that are of interest to healthcare professionals and a general readership interested in health and. The content is also actively disseminated via social media, in particular a Facebook page with currently about 800 followers and a Twitter account with more than 1300 followers.

A total of 44 blog posts were published during the year. Of those, six were written by our team. A list of the titles is provided in [Annex 5](#). We conceptualized the thematic series on nutrition and cardiovascular diseases which included seven blog posts.

In 2019, we saw a massive increase in usage according to Google Analytics. The number of individual users increased from 39,295 (2018) to **160,016 users**. The number of total page views increased from 163,168 (2018) to **577,763 page views**. We hope to be able to continue with this positive development in the future.

#### **1.2.5 Health evidence for patients and other consumers**

The prototype of our new information website in French with selected Cochrane evidence for a lay readership was created as part of a collaborative project funded by the Canton of Vaud and went online in 2016. This platform (<https://cochrane.unisante.ch/>) highlights Cochrane evidence on selected topics of relevance to patients and the general public and provides reliable and trustworthy information for making health care decisions based on Cochrane Reviews. The information is presented in a question-and-answer format and is organised into several health topics. In 2019, we updated the content and transferred it to the server of our host institution Unisanté. The website provides short answers to 35 health-related questions grouped in 7 broad topics. A German translation is currently in process and will be made available online in 2020.



**Où trouver une information fiable pour prendre des décisions dans le domaine de la santé ?**  
**Chaque revue Cochrane répond à une question spécifique clairement formulée.**

-  La santé au fil des saisons et maladies infectieuses
-  Santé dentaire
-  Allergies et asthme
-  Senior
-  Tabac
-  Douleurs
-  Alimentation

**unisanté**  
 Centre universitaire de médecine générale et santé publique - Lausanne

Le site de Cochrane Suisse  
 Que pensez-vous de la plateforme? Donnez-nous votre avis!

## 1.3. Advocating for evidence

### 1.3.1 Work with the media

Our team members were spokespersons for healthcare-related themes in the media or provided background information to journalists on several occasions. The following are examples of Cochrane reviews that were featured in the newspaper "Tagesanzeiger", which has a large readership in the German-speaking part of the country:

- May 2019: "Prophylactic vaccination against human papillomaviruses to prevent cervical cancer and its precursors" (Arbyn M. et al. 2018). Erik von Elm was interviewed for an article about this Cochrane review published in 2018 and the debates and decision taken by Cochrane's leadership.
- June 2019: "Environmental interventions to reduce the consumption of sugar-sweetened beverages and their effects on health" (von Philipsborn P. et al 2019) A total of three articles covered the publication of this Cochrane Review; one of which was a title story.

- Several other articles referred to Cochrane evidence, for instance articles about e-cigarettes for smoking cessation (February 2019), policies to reduce sugar consumption (June 2019), exercise for depression (July 2019), and prescription of antidepressants (August 2019; November 2019).

### **1.3.2 Communication with the community**

**Newsletter:** In 2019, we published the ninth and tenth issues of our newsletter in English, French, and German with the aim to update interested persons and groups about our work. All issues of our newsletter are available on our website. The number of current subscriptions increased only marginally to a total of 373 at the end of 2019.

**Twitter:** Cochrane Switzerland had about 850 followers at the end of 2019. We are using this social media channel to disseminate news from Cochrane, announce events of interest in Switzerland and abroad, and to draw attention to new content available in our blog. Over the year we posted 41 tweets, which had about **60,000 impressions**.

### **1.3.3 Work with professional groups**

- **Cochrane Public Health Europe (CPHE)** is the European satellite of the Public Health review group (<http://ph.cochrane.org>). We contribute to the activities of CPHE within our established network of collaborating centers in Germany, Austria and Switzerland. We promoted the uptake of Cochrane public health evidence through emails to selected stakeholders in Swiss public health institutions when new public health reviews of interest were published and supported the production of several reviews in the editorial process. Since 2017, much of CPHE's conceptual work was devoted to the preparation of a comprehensive grant proposal to the German Research Foundation (DFG) including one subproject in Switzerland co-led by the institutes in Zurich and Lausanne. After a successful first round of selection in 2018, the DFG unfortunately did not select the proposal for funding in the second and final round in spring 2019.
- **Swisstransplant:** We accepted a mandate from Swisstransplant to conduct a literature review and prepare an evidence map on the association between pre-transplantation alcohol abstinence and outcomes after liver transplantation in patients with alcoholic liver disease. This project was successfully accomplished with the submission of the report in July 2019 despite a very tight time schedule.
- **Swiss Medical Board (SMB):** Our permanent mandate continued until the end of the year and we were in charge of the activities of the Scientific Secretariat of the SMB Appraisal Committee. We were in charge of the ongoing work for the two most recent SMB Appraisal Reports about surgical versus conservative treatment of rotator cuff tears, and early rehabilitation in the intensive care unit.

- **Federal Office of Public Health / swissethics:** In 2018 and 2019 we were part of a consortium led by the Swiss Clinical Trials Organization (SCTO) together with researchers of the Department of Clinical Epidemiology (CEB) and the Clinical Trials Unit at the University Hospitals Basel. This consortium accomplished a mandate of the Federal Office of Public Health (FOPH) and the national network of research ethics committees (swissethics) to evaluate the Human Research Act that came into effect in 2014. Together with the ESOPE group at Unisanté, we designed, implemented and conducted an online survey of more than 2000 investigators who had submitted a study protocol for approval by a Cantonal research ethics committee in 2017. This survey represents a key component of this evaluation and informs potential adjustments of the current regulation based on the experience gathered during the first years since introduction of the new legislation. The final reports of all three project parts as well as a summary have been published online by FOPH on their website (<https://bit.ly/2WoJtuT>). Articles in peer-reviewed journals will follow.

#### **1.3.4 Presentations at scientific meetings**

Our team participated in several national and international conferences in 2019 with oral and poster presentations. These included:

- **Annual Conference of the German Network for Evidence-based medicine (Berlin, Germany; 21-23 March 2019):** We held a workshop on citizen science activities in Cochrane ("Cochrane zum Mitmachen") and were at a stand of the three German-speaking Cochrane Centres. We also participated in the working group meeting of Cochrane Public Health Europe.
- **Global Health Seminar Series, Stellenbosch University (Cape Town, South Africa, 11 July 2019):** As part of this series of talks, we were invited to hold a lecture about transparent reporting of research and the role of reporting guidelines.
- **Swiss Public Health Conference (Winterthur, 28-29 August 2019):** Together with partners from the Zurich University of Applied Sciences (ZHAW) we gave a presentation titled "Cochrane Evidenz in Deutsch verständlich machen – am Beispiel der Themen zur Gesundheit rund um die Geburt bis ins Jugendalter".
- **Emerging Health Care Leaders (EHCL) Programme (Nottwil, 30 August 2019):** The National Research Programme "Smarter Health Care" (NRP74) convened a one-day symposium for its early- to mid-career researchers from a broad range of Swiss academic institutions. Cochrane was chosen as the invited organization, and the overarching theme was "Taking a closer look at Cochrane and its Strategy to 2020". The event was attended by about 30 EHCL scholars. Cochrane's CEO Mark Wilson and Erik von Elm gave talks in the morning, followed by interactive small group sessions in the afternoon.

- **Cochrane Colloquium (Santiago de Chile, Chile, 22-25 October 2019):** Two team members were supposed to attend the 26th Cochrane Colloquium with the theme «Embracing Diversity» in Santiago de Chile in October. However, the event had to be cancelled on short notice due to the political instability and the civil unrest in the country that occurred at the same time. For this reason the Cochrane Colloquium took place as a virtual meeting later in December. The international medical journal “The Lancet” published a commentary about the dire situation in Chile and the cancellation of the Cochrane Colloquium written by Erik von Elm together with two colleagues from Chile and Spain (von Elm E. et al. Lancet 2019).

## 1.4. Developing the organisation

Team members contributed to the development of Cochrane as an international organization through their involvement in several working groups. This included representation of the Cochrane Centres as elected member of the Cochrane Council, co-chairing the Centre Directors Executive, and membership in the WHO Cochrane Working Group and the Translation Advisory Group. In May 2019, two members of our team were part of Cochrane's delegation at the 72nd World Health Assembly in Geneva. Cochrane has a non-voting observer status as an accredited civil society organization in this meeting.

### 1.4.1 Our strategy

The Strategic Plan 2015-2020<sup>1</sup> of Cochrane Switzerland defines four goals and nine objectives, that also guided us in our work in the year 2019:

<b>Goal 1:</b>	<b>Provide training in systematic reviews, and contribute to Cochrane Reviews and development of review methodology.</b>
Objective 1.1	Train researchers, healthcare professionals and other interested groups in the principles and methodology of systematic reviews. We aim to capacitate and motivate people to contribute to reviews in their discipline and thus increase the number of contributors residing in Switzerland.
Objective 1.2	Carry out systematic reviews on Swiss priority healthcare concerns. Our team is already involved in conducting systematic reviews. Targeting these reviews to Swiss healthcare priorities will facilitate awareness-raising for evidence-informed decision making.
Objective 1.3	Contribute to the further development of Cochrane methodologies, especially in the areas of public health, and in the organisation and delivery of effective healthcare practices. Cochrane Switzerland aims to continue its active involvement in the European Satellite of the Cochrane Public Health Group and in the Cochrane Effective Practice and Organisation of Care Group (EPOC).
<b>Goal 2:</b>	<b>Increase the use of evidence in healthcare by making it accessible to key actors of the Swiss health system.</b>
Objective 2.1	Make Cochrane evidence accessible in the three national languages of Switzerland (French, German, Italian). Until recently, most of the Cochrane evidence was available in English only. For consumer and patient groups, the general public, but also for many health practitioners, the language represents a barrier to access and use of scientific evidence. Cochrane, in its <i>Strategy to 2020</i> , acknowledges the urgency to address language needs and identifies a number of targets to increase access through multi-lingual content. Cochrane Switzerland will build on these activities and implement additional activities where needed to address the language needs of Swiss stakeholders.
Objective 2.2	Respond to user needs and align communication formats and channels to these needs. This objective complements Objective 2.1 but emphasises increasing access by using various communication approaches.
Objective 2.3	Liaise with media to raise awareness of the available evidence and resources. Media in Switzerland (as well as elsewhere) report almost daily on new diagnostic tests or treatments. It is often not clear what evidence is used in these reports and how trustworthy this evidence is. With this objective, we aim to increase the use of evidence by the media in their reporting on health issues.
<b>Goal 3:</b>	<b>Advocate for evidence and make Cochrane's work known in Switzerland.</b>
Objective 3.1	Advocate for evidence-informed healthcare decision making, and for Cochrane and its resources as the 'home of evidence'. We acknowledge that decision making is influenced by many factors at national and cantonal levels, but focus our approach on how evidence can be accessed and used so that it can start playing a larger role in decision making.
<b>Goal 4:</b>	<b>Build an effective and sustainable structure for Cochrane Switzerland to carry out its work.</b>
Objective 4.1	Develop Cochrane Switzerland into a sustainable structure serving the needs of patients and healthcare professionals in Switzerland. This objective focuses on developing a process and structure that facilitates the participation of stakeholders in the work of Cochrane Switzerland.
Objective 4.2	Actively contribute to the international activities of Cochrane, especially through the various Cochrane Review Groups and the Cochrane Fields.

<sup>1</sup> Cochrane Switzerland. Strategic Plan 2015-2020. Available from: <http://swiss.cochrane.org/sites/swiss.cochrane.org/files/uploads/pdf/Strategic%20plan%202015-2020.pdf>

### **1.4.2 Host institution and involvement in professional groups**

Starting with the year 2019, Cochrane Switzerland's former host institution IUMSP has been integrated into the newly formed Centre for Primary Care and Public Health (Unisanté) as a department, which is led by Prof. Murielle Bochud. Unisanté Lausanne is the result of a comprehensive reorganisation of several health care and public health institutions in the Canton of Vaud, which has taken effect in 2019. The new institution is headed by Prof. Jacques Cornuz. More information is available at: <https://www.unisante.ch>.

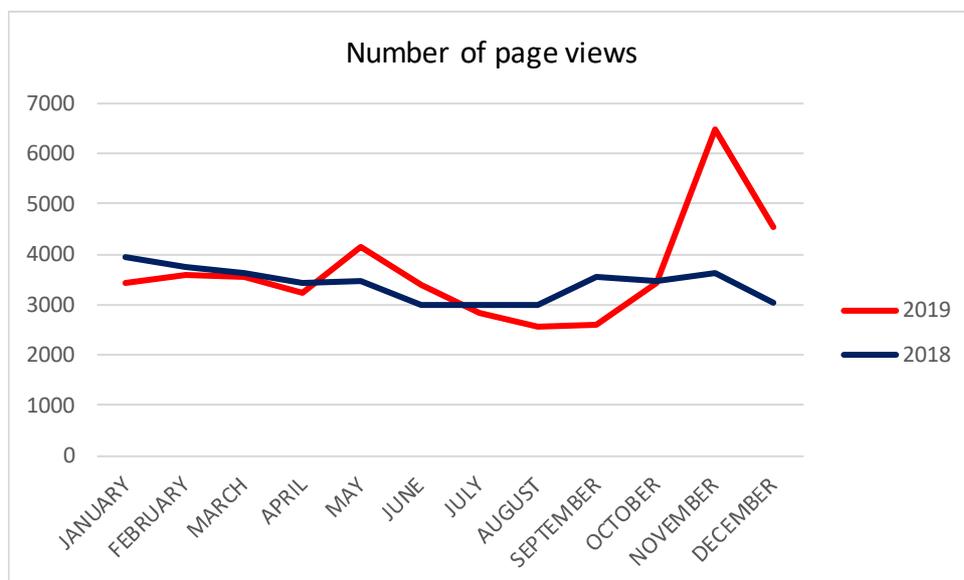
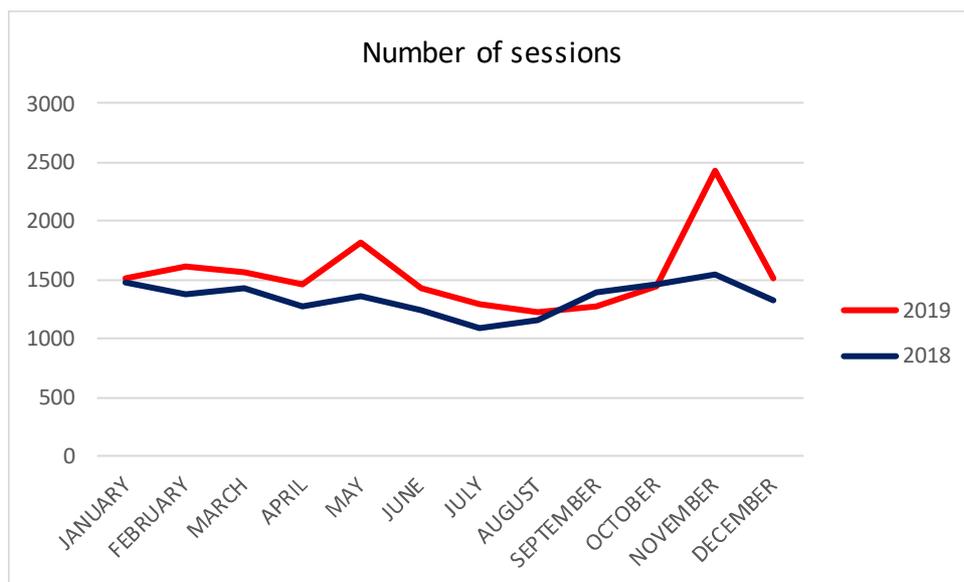
Besides our continued involvement at the local level and in Cochrane, team members were active in several national and international networks, advisory bodies, and professional associations. These activities contribute to the promotion of Cochrane's role in evidence-based healthcare, and included:

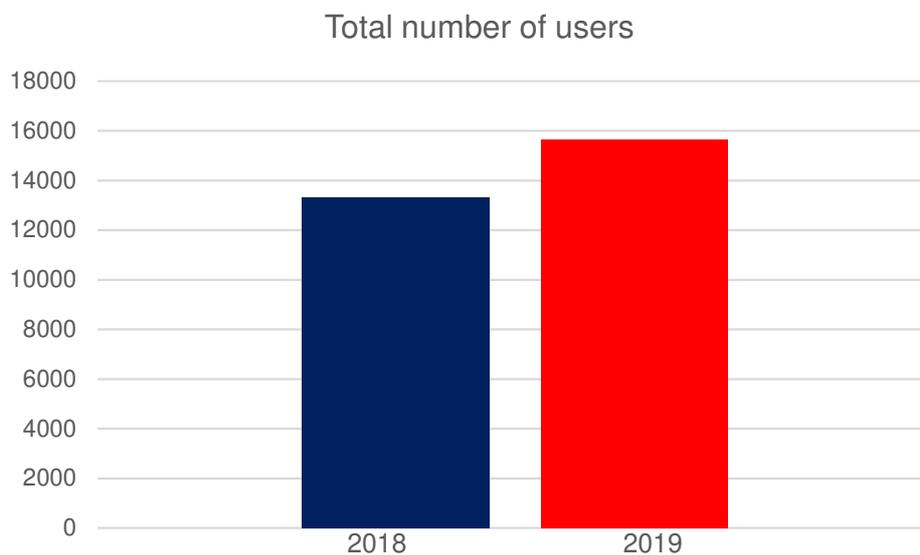
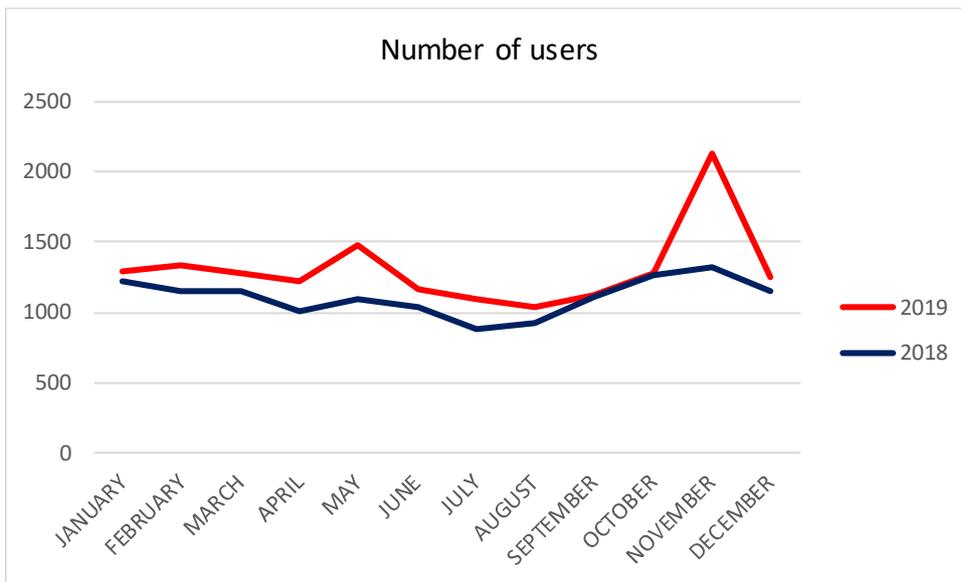
- Enhancing the QUALity and Transparency Of health Research (EQUATOR Network);
- German Network for Evidence-based Medicine (DNEbM);
- Grading of Recommendations Assessment, Development and Evaluation (GRADE) Working Group;
- Public Health Switzerland;
- STrengthening the Reporting of OBservational studies in Epidemiology (STROBE) Initiative.

### 1.4.3 Indicators

#### Website traffic for [swiss.cochrane.org](http://swiss.cochrane.org)

Access statistics using Google Analytics indicated an overall increase in the number of sessions, page views, and users in 2019, as compared to the preceding year. In October and November, the publication of four half-page advertisements and a series of four articles about the Cochrane Library in the Bulletin of Swiss Doctors was reflected by a strong increase in the number of sessions, page views and users.





About 15,600 users visited our website in 2019 (13,300 in 2018). A smaller proportion (11%) were first-time visitors but most (89%) were visitors who returned. The average time spent on the website was just below two minutes, and users opened an average of 2.4 pages during this time. Most sessions (65%) originated in Switzerland or the neighbouring European countries, in particular France, Italy and Germany (18%). In Switzerland, the cantons of Zurich, Berne and Vaud had particularly high numbers of users.

## 2. Our team

By the end of 2019, our team consisted of five full- or part-time staff members who are employees of our host institution Unisanté Lausanne. Several additional Unisanté collaborators and external Cochrane members contributed to specific activities of Cochrane Switzerland and are listed below. In 2019 we had the following changes in our team:

- **Muaamar Al-Gobari** joined our team in 2019 as scientific collaborator.
- **Anita Savidan** joined our team as coordinator.
- **Lucienne Boujon** retired in December 2019. She has supported Cochrane Switzerland as secretary since its foundation 10 years ago.

### Core team members 2019:

**Annegret Borchard**, MSc; scientific collaborator

**Lucienne Boujon**; secretary

**Erik von Elm**, MD, MSc, FMH; director Cochrane Switzerland

**Muaamar Al-Gobari**, MSc, PhD; scientific collaborator

**Anita Savidan**, Dr ès sc, coordinator Cochrane Switzerland

### Associated team members:

**Chantal Arditi**, MSc, MA, PhD

**Pierluigi Ballabeni**, MSc, PhD

**Bernard Burnand**, MD, MPH, Professor (former Director)

**Marie-Annick Le Pogam**, MD, MPH, PhD

**Stefania Massetti-Pelli**, MBA

**Mirka Zeis Bernasconi**

**Isabelle Peytreman Bridevaux**, MD, MPH, DSc, Professor

**Patrick Taffé**, MSc, PhD, Private Docent

**Giorgio Treglia**, MD, MSc (HTA), Private Docent

**Kathelene Weiss**, MA

## Annex 1 - Peer reviewed articles in 2019

- Briel M, Speich B, **von Elm E**, Gloy V. Comparison of randomized controlled trials discontinued or revised for poor recruitment and completed trials with the same research question: a matched qualitative study. *Trials*. 2019 Dec 30;20(1):800.
- **von Elm E**, Madrid E, Urrútia G. Chile: civil unrest and Cochrane Colloquium cancelled. *Lancet*. 2019 Nov 9;394(10210):e35.
- **Al-Gobari M**, Agrinier N, Soudant M, Burnand B, Thilly N. Effects of Statins to Reduce All-Cause Mortality in Heart Failure Patients: Findings from the EPICAL2 Cohort Study. *Am J Cardiovasc Drugs*. 2019 Oct;19(5):497-508.
- Kuehnl A, Seubert C, Rehfuess E, **von Elm E**, Nowak D, Glaser J. Human resource management training of supervisors for improving health and well-being of employees. *Cochrane Database Syst Rev*. 2019 Sep 25;9
- Krnic Martinic M, Meerpohl JJ, **von Elm E**, Herrle F, Marusic A, Puljak L. Attitudes of editors of core clinical journals about whether systematic reviews are original research: a mixed-methods study. *BMJ Open*. 2019 Aug 30;9(8):e02970.
- **von Elm E**, Schreiber G, Haupt CC. Methodische Anleitung für Scoping Reviews (JBI-Methodologie). *Z Evid Fortbild Qual Gesundhwes*. 2019 Jun;143:1-7. Epub 2019 Jul 9. German.
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- Langan, SM, Schmidt, SAJ, Wing, K, Ehrenstein, V, Nicholls, SG, Filion, KB, Klungel, O, Petersen, I, Sørensen, HT, Dixon, WG, Guttman, A, Harron, K, Hemkens, LG, Moher, D, Schneeweiss, S, Smeeth, L, Sturkenboom, M, **von Elm, E**, Wang, SV, Benchimol, El. La déclaration RECORD-PE : directives pour la communication des études réalisées à partir de données de santé observationnelles collectées en routine en pharmacoépidémiologie. *CMAJ*. 2019 jun 24 ;191 (25) E689-E708
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## *Annex 2 - Cochrane reviews newly published or updated in 2019 involving authors in Switzerland*

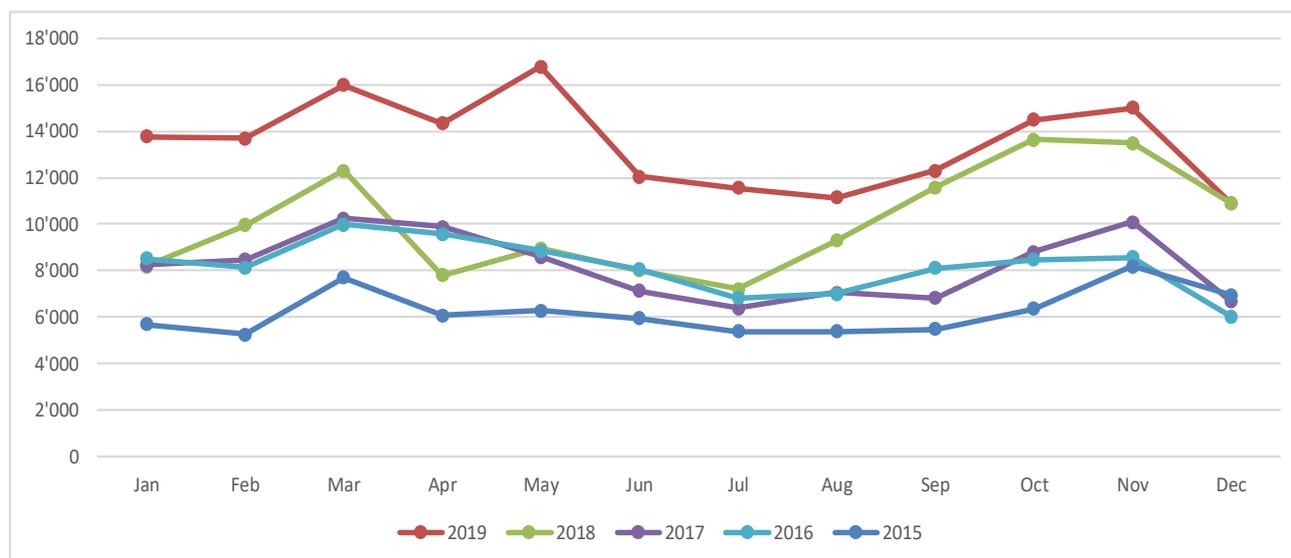
This table below includes new or updated Cochrane systematic reviews published in 2019 with one or more authors based in Switzerland. The full reviews are available in the Cochrane Library and free of charge in Switzerland (<http://www.cochranelibrary.com>).

<b>Review Title 2019</b>	<b>Cochrane Review Group</b>
<b>Antibiotics for trachoma</b>	Eyes and Vision Group
<b>Biomedical risk assessment as an aid for smoking cessation</b>	Tobacco Addiction Group
<b>Clients' perceptions and experiences of targeted digital communication accessible via mobile devices for reproductive, maternal, newborn, child, and adolescent health: a qualitative evidence synthesis</b>	Consumers and Communication Group
<b>Comparative effectiveness of continuation and maintenance treatments for persistent depressive disorder in adults</b>	Common Mental Disorders Group
<b>Comparison of different human papillomavirus (HPV) vaccine types and dose schedules for prevention of HPV-related disease in females and males</b>	Gynaecological, Neuro-oncology and Orphan Cancer Group
<b>Computerised cognitive training for 12 or more weeks for maintaining cognitive function in cognitively healthy people in late life</b>	Dementia and Cognitive Improvement Group
<b>Computerised cognitive training for maintaining cognitive function in cognitively healthy people in midlife</b>	Dementia and Cognitive Improvement Group
<b>Computerised cognitive training for preventing dementia in people with mild cognitive impairment</b>	Dementia and Cognitive Improvement Group
<b>Dopaminergic agents versus control for enhancing stroke recovery and rehabilitation</b>	Stroke Group
<b>Effectiveness of provision of animal-source foods for supporting optimal growth and development in children 6 to 59 months of age</b>	Developmental, Psychosocial and Learning Problems Group
<b>Fortification of rice with vitamins and minerals for addressing micronutrient malnutrition</b>	Public Health Group
<b>Fortification of staple foods with vitamin A for vitamin A deficiency</b>	Public Health Group

<b>Human resource management training of supervisors for improving health and well-being of employees</b>	Work Group
<b>Immune checkpoint inhibitors plus chemotherapy versus chemotherapy or immune checkpoint inhibitors for first- or second-line treatment of advanced gastric and gastro-esophageal junction cancer</b>	Gut Group
<b>Lateral flow urine lipoarabinomannan assay for detecting active tuberculosis in people living with HIV</b>	Infectious Diseases Group
<b>Mechanical methods for induction of labour</b>	Pregnancy and Childbirth Group
<b>Metformin for prevention or delay of type 2 diabetes mellitus and its associated complications in persons at increased risk for the development of type 2 diabetes mellitus</b>	Metabolic and Endocrine Disorders Group
<b>Monitoring strategies for clinical intervention studies</b>	Methodology Review Group
<b>Musical and vocal interventions to improve neurodevelopmental outcomes for preterm infants</b>	Neonatal Group
<b>Patient education for fatigue in people with multiple sclerosis</b>	Multiple Sclerosis and Rare Diseases of the CNS Group
<b>Perceptions and experiences of labour companionship: a qualitative evidence synthesis</b>	Effective Practice and Organisation of Care Group
<b>Preventive lipid-based nutrient supplements given with complementary foods to infants and young children 6 to 23 months of age for health, nutrition, and developmental outcomes</b>	Developmental, Psychosocial and Learning Problems Group
<b>Provision and uptake of routine antenatal services: a qualitative evidence synthesis</b>	Effective Practice and Organisation of Care Group
<b>Rapid diagnostic tests for Plasmodium vivax malaria in endemic countries</b>	Infectious Diseases Group
<b>Regimens of vitamin D supplementation for women during pregnancy</b>	Pregnancy and Childbirth Group
<b>Stem cell transplantation for ischemic stroke</b>	Stroke Group
<b>Systemic corticosteroids for the management of cancer-related breathlessness (dyspnoea) in adults</b>	Pain, Palliative and Supportive Care Group
<b>Tramadol for osteoarthritis</b>	Musculoskeletal Group
<b>Vitamin D supplementation for women during pregnancy</b>	Pregnancy and Childbirth Group
<b>Xpert MTB/RIF Ultra and Xpert MTB/RIF assays for pulmonary tuberculosis and rifampicin resistance in adults</b>	Infectious Diseases Group

## Annex 3 - Access to Cochrane Library in Switzerland, 2015-2019

Numbers are full-text downloads (pdf and html) of Cochrane systematic reviews from a computer located in Switzerland. 2016 (dark blue line) was the first year with free access through the national provision.



## *Annex 4 - Other publications by Cochrane Switzerland in 2019*

We have been working with several medical education journals to publish contextualised Cochrane summaries in French, German and Italian. Some Cochrane reviews have been covered in more than one language in different journals.

### **Articles published in Tribuna Medica Ticinese:**

- Incentivi per smettere di fumare (Revisione) Tribuna Medica Ticinese. December 2019.
- La Dieta Mediterranea per la prevenzione primaria e secondaria delle malattie cardiovascolari (Revisione). September 2019.
- Cambiamenti dello stile di vita in donne con sindrome dell'ovaio policistico (Revisione). Tribuna Medica Ticinese. July/August 2019.
- Integrazione di vitamine e sali minerali per il mantenimento della funzione cognitiva in individui cognitivamente sani di mezza e tarda età (Revisione). May 2019.
- Defibrillatori cardiaci impiantabili per pazienti con cardiomiopatia non ischemica (Revisione). Tribuna Medica Ticinese. March 2019.
- Misure per la prevenzione delle cadute degli anziani nelle case di cura e negli ospedali (Revisione) Tribuna Medica Ticinese. January 2019.

### **Articles published in physioactive in the series "Bildung und Forschung"**

- Winteler B., Monnin D. Parkinson: Behandlung der Fatigue bei Amyotropher Lateralsklerose - Le traitement de la fatigue en cas de sclérose latérale amyotrophique. Physioactive (1) 2019.
- Winteler B., Monnin D. Sturzprävention: Multifaktorielle Massnahmen und Mehrkomponenten-Interventionen könnten wirksam sein - Prévention des chutes: des interventions multifactorielles ou multiples semblent efficaces pour les personnes âgées. (2) 2019.
- Winteler B., Monnin D. Sturzprävention: Übungstherapie ist wirksam - Prévention des chutes: les exercices thérapeutiques sont efficaces. Physioactive (3) 2019.
- Winteler B., Monnin D. Hüft- und Kniearthrose: Übungsprogramme und Überzeugungen der PatientInnen untersucht - Arthrose des hanches et des genoux: programmes de réadaptation et croyances des patient-e-s sous la loupe. Physioactive (4) 2019.
- Winteler B., Monnin D. Pädiatrie: fehlende Evidenz für Atemphysiotherapie bei Pneumonie - Physiothérapie respiratoire en cas de pneumonie chez les enfants : manque de données probantes. Physioactive (5) 2019.

- Winteler B., Monnin D. Physiotherapie kann die Auswirkungen von Multipler Sklerose minimieren - La physiothérapie peut minimiser les effets de la sclérose en plaques. Physioactive (6) 2019.

#### **Articles published in Ars Medici in collaboration with Cochrane Switzerland**

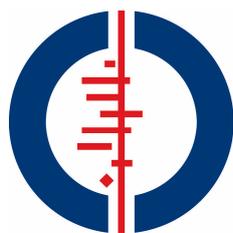
- Antibiotikaprofylaxe bei schwerer COPD ARS MEDICI (12), 2019: 438-439.
- Graduierte Kompression zur Prävention der tiefen Beinvenenthrombose. ARS MEDICI (12), 2019: 439-440.
- Tranexamsäure bei Nasenbluten. ARS MEDICI (12), 2017: 440-441.
- Verlängerte Heparinprophylaxe über Spitalaufenthalt hinaus lohnt sich. ARS MEDICI (12), 2019: 441.

## *Annex 5 – Our posts in the blog "Wissen was wirkt"*

<b>Blogpost title</b>	<b>Date of publication</b>
Übermedikation bei älteren Menschen	24.01.2019
Ketogene Diät bei Epilepsie	04.04.2019
Helfen Probiotika gegen Säuglingskoliken?	23.05.2019
Welche Art von Bewegung hilft bei Rückenschmerzen?	22.08.2019
Ernährung und kardiovaskuläre Erkrankungen – eine neue Serie auf Wissen Was Wirkt*	31.10.2019
Generelle Gesundheitschecks – sinnvoll oder nicht?***	07.11.2019
* Co-written with Cochrane Germany *** Guest blog written by Nicole Steck, ISPM Bern	

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