

# Biennial Report 2020 & 2021

Cochrane Switzerland



# Contents

<b>Foreword</b>	<b>page 3</b>
<b>1. Key activities</b>	<b>page 5</b>
<b>1.1. Producing evidence</b>	<b>page 5</b>
<b>1.2. Making evidence available</b>	<b>page 7</b>
<b>1.3. Advocating for evidence</b>	<b>page 11</b>
<b>1.4. Developing the organisation</b>	<b>page 13</b>
<b>2. Our team</b>	<b>page 17</b>
<b>Annex 1 – Peer-reviewed articles</b>	<b>page 18</b>
<b>Annex 2 - Cochrane reviews newly published or updated in 2020 and 2021 involving authors in Switzerland</b>	<b>page 20</b>
<b>Annex 3 - Other publications by Cochrane Switzerland in 2020/2021</b>	<b>page 24</b>

# Foreword

The past two years were dominated by the COVID-19 pandemic and its multiple consequences – also for us at Cochrane Switzerland. This global health crisis had a massive impact on health systems even in well-resourced countries like Switzerland. As a global provider of evidence syntheses on health questions the international Cochrane network responded to urgent requests from policymakers including the World Health Organization, national governments, and other partner organisations. Many Cochrane groups, including us, have been and still are involved in various activities from translating relevant health evidence in our national languages and dissemination in suitable formats to participating in the timely production of systematic reviews about the prevention and treatment of COVID-19. As an example, we created and maintained a dedicated webpage with Cochrane’s COVID-19 updates in three languages.

As many other Cochrane groups our team had already been used to virtual meetings and collaborating with colleagues remotely from the time before the pandemic. So, our way of communicating and working together did not change that much during the months of lockdown in these two years. But one needs to admit that Switzerland’s lockdown rules were never as strict as in many other countries. This may have helped us to get through these enduring times.

The impossibility to organize face-to-face meetings has led to an increased use of virtual technology also for teaching purposes. We got used to platforms such as GoToMeeting, Zoom, Microsoft Teams, Webex and the like. Of course, avoiding the extra time, effort, and cost of in-person meetings has some advantages, in particular, if attendance would not have become possible otherwise. But online technology tends to reduce teaching events to the mere transmission of information with little to no social interaction: you don’t get to know people very well and engage the same way in a discussion if it all happens on-screen. Many professionals, including those potentially interested in Cochrane workshops, now prefer this way of learning. Consequently, the demand for face-to-face teaching events may not return to the same level as before the pandemic. Our teaching formats will need to account for these changes in the future.

While our own institutional set-up at Unisanté Lausanne is stable, Cochrane find itself in a changing landscape at the international scale. Structural funding for Cochrane groups, that would allow mid-to long-term planning and a sustainable development of teams, has become much less certain and much more difficult to obtain. In particular, the core funding for the numerous Cochrane groups in the United Kingdom will come to an end in spring 2024. Coincidentally, Cochrane Reviews will need to be published in a new ‘open access’ model in a few years’ time. This is a requirement of international and national funders of health research, which is in line with the current move to more equitable publishing models – and not a negative development per se. But given that the royalties from the Cochrane Library constitute the biggest source of income for Cochrane’s central structures, this represents a considerable financial challenge. It is a good time for the organisation to review and transform its current structures, as outlined in its “Strategy for Change”. Ideally, this ongoing transition process will provide opportunities for further development - including the

geographic groups. In the future, Cochrane will much more focus on priority topics in global health including, for instance, the challenges to human health due to climate change. We had a chance to contribute to a first discussion paper that eventually was published as an editorial in the Cochrane Library in March 2022. But also with regard to the many clinical questions that await firm answers it cannot be repeated often enough that a methodologically sound synthesis of available research evidence is the critical step on the way from primary research to decision-making and implementation. As part of the global Cochrane community we hope to be able to continue our work for high-quality evidence in health decisions at any level in Switzerland and elsewhere.



Erik von Elm, MD MSc FMH  
Director Cochrane Switzerland

# 1. Key activities

Our activities in 2020 and 2021 were aligned to the main objectives defined in Cochrane's "Strategy to 2020" and the ensuing "Strategy for change 2021-2023": producing evidence, making evidence available, advocating for evidence and developing the organisation. Our own strategic plan has been consistent with these broader strategies while adjusting it to the health care 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 or co-organises training events in the field of evidence-based health care and evidence synthesis. 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 2020 and 2021, both our four-day workshop "Meta-analysis: Advanced methods using the Stata software" and an additional one-day course "Introduction to Systematic Reviews" had been scheduled. However, we needed to cancel them because of the restrictions related to the COVID-19 pandemic.

The introductory course for Cochrane review authors could still be held face-to-face on 9 to 11 March 2020 and then as a virtual event on four half-days between 15 and 21<sup>st</sup> April 2021 at the University Hospital of Freiburg, Germany. Cochrane Germany was the main organiser with support by Cochrane Austria and us. A total of 24 participants in 2020 and 18 participants in 2021 learned about 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.

We contributed to under- and postgraduate teaching in epidemiology, clinical research and evidence-based medicine at universities and applied universities in Switzerland and abroad. In 2020 and 2021, these training events included:

- As part of the module „Planning, Conducting & Analysing Studies“, 19 February 2020 and 26 February 2021 of the international Master of Science Epidemiology curriculum at the University of Mainz, Germany, we contributed with a half-day lecture and journal club about reporting guidelines in health research.
- We were invited to talk about the uptake of research evidence in clinical practice within the continued medical education series of the ENT Department at the Teaching Hospital of Lucerne on 10 September 2020.
- We co-organised a workshop day on Cochrane systematic reviews and critical appraisal of a Cochrane review on 24 November 2020 in the advanced module “Evidence-based Medicine in Insurance Medicine” of the Master of Advanced Studies (MAS) in Insurance Medicine at the University of Basel.
- Within the Master of Science Epidemiology programme of the Swiss Tropical and Public Health Institute in Basel (Swiss TPH) the module „Fundamentals of producing, interpreting & using evidence in health care” was held online on 23 April 2020 and 3<sup>rd</sup> June 2021. In both years we contributed with a talk about Cochrane as an organisation producing evidence.
- On 6 September 2021 we were invited to present our activities and information offer to the in-house staff of Unisanté Lausanne as part of a regular seminar. The title of the presentation was “Cochrane: données probantes - décisions éclairées - meilleure santé”.

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

- In September 2020 an international research grant proposal led by colleagues at the University of Ottawa / Canada to develop an Equity extension of the reporting guideline STROBE was awarded with funding from the Canadian Institutes of Health Research. We are involved in this four-year project as part of the Technical Oversight Committee and working groups.
- The Institute for Complementary and Integrative Medicine at the University Hospital Zurich hosts a satellite group of Cochrane Complementary Medicine. Since 2020, we are participating in the drafting of a guidance document on the reporting of treatment integrity information from studies on psychological interventions following a Delphi consensus project. The final version of the guideline is scheduled for publication in the second half of 2022.
- We continued the work on the Cochrane review “Interventions implemented through sporting organisations for promoting healthy behaviour or improving health outcomes”. After an update of the literature search and inclusion of additional studies we needed to revisit the team set-up for this project. Given the limited resources available in our team, we decided to hand over the project lead to the co-authors based at the University of Newcastle / Australia.
- The Cochrane Review “Open versus laparoscopic pyloromyotomy for pyloric stenosis” has been conducted by an international author group led by a group of paediatric surgeons in the

German-speaking part of Switzerland. We have been involved for methods input. The full review resulting from this collaborative work has been published in the Cochrane Library in March 2021.

- The longstanding collaboration in trial methodology projects with the group based at the Department of Clinical Research at the University Hospital Basel resulted in seven publications in 2021 and 2020 co-authored by us. These articles included a mixed-methods study on the need for ethical approval and related uncertainties, a qualitative study on reasons for recruitment failure, four sub-studies on trial protocol quality from the Adherence to Spirit Recommendations (ASPIRE) Study Group and a paper describing the rationale and design of a project to better predict the recruitment in RCTs based on empirical trial datasets.

See [Annex 1](#) for the full references of articles published by team members during the years 2020 and 2021.

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

To support the writing of Cochrane reviews in Switzerland and abroad we gave advice on questions of review methodology and know-how to authors. In some cases our involvement was more substantial and included co-author, methods advisor or peer review tasks. A full list of Cochrane Reviews and Protocols published in 2020 and 2021 by author teams based in Switzerland is provided in [Annex 2](#).

## **1.2. Making evidence available**

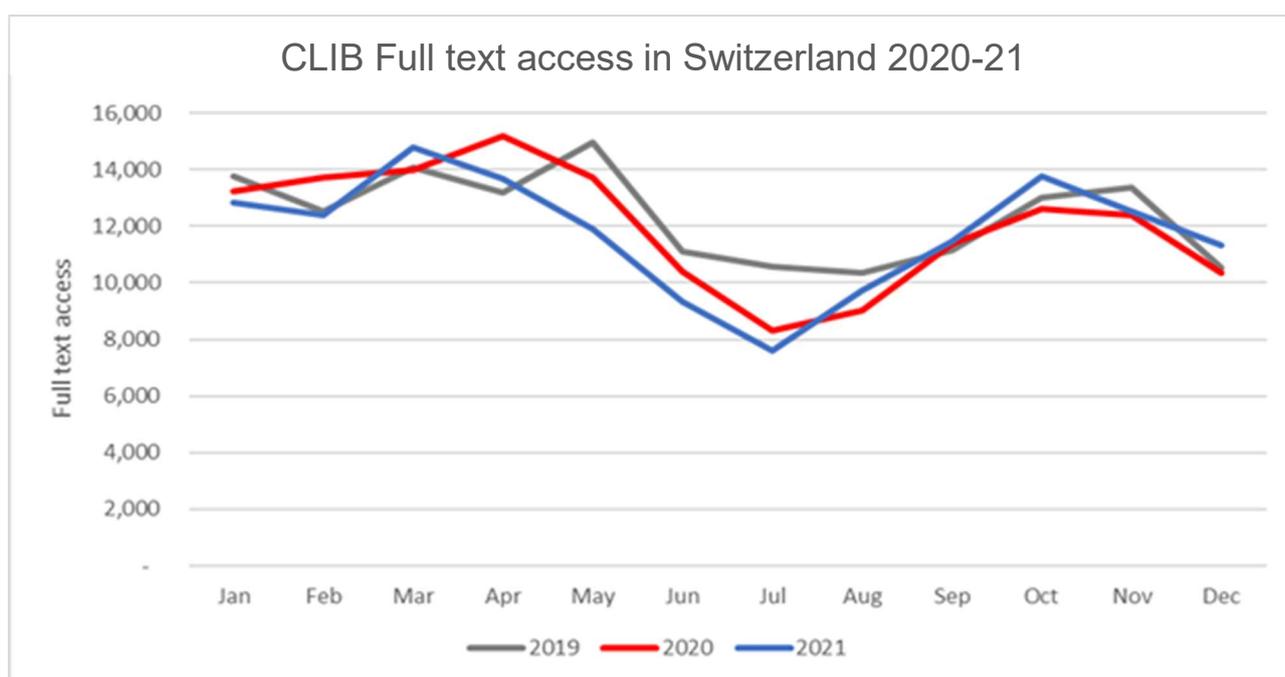
The full content of the Cochrane Library with more than 8800 systematic reviews is available in English. Most health care professionals in Switzerland can read health information in English but prefer if it is written in one of the national languages German, French or Italian. Other user groups including patients and consumers groups, the media, and policymakers 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. Furthermore, our knowledge translation activities focus on various formats to present selected Cochrane evidence in the national languages. For these projects we collaborate with thematic Cochrane groups such as the field Cochrane Rehabilitation and professional organisations in Switzerland with an interest in the provision of Cochrane evidence to their stakeholders.

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

Since 2016, Swiss residents have benefitted from free and unrestricted access to the full content of the Cochrane Library through a one-click access. Enabled by financial support of the Swiss Academy of Medical Sciences (SAMS), the Federal Office of Public Health and the academic medical libraries, professionals and the general public have easy access to a high-quality source of health information that is free from commercial interests. In 2021, after an extended negotiation phase that involved not only SAMS and the publisher Wiley & Sons but also the federation of Swiss universities (*swissuniversities*), the initial 5-year agreement was renewed and extended until end of 2024. Using data provided by the publisher we are monitoring the access to the Cochrane Library by users in Switzerland (see below). Furthermore, in the last trimester of 2021 we launched a short online survey that was visible for all users who accessed the Cochrane Library from within Switzerland. Results from this survey will become available in 2022 and will help to better know what groups of people access Cochrane evidence in the country.

### Cochrane Library use

The access statistics (see [Figure below](#)) are provided to Cochrane Switzerland by the publisher John Wiley & Sons Limited. Full-text systematic reviews in the Cochrane Library can be accessed either in html format or downloaded as a pdf-file. Roughly, the traffic indicating Cochrane Library use in Switzerland followed a seasonal pattern with two peaks in April/May and October/November as in the years before. The COVID-19 pandemic likely led to changes in how and what type of health information has been looked up over the past two years. Access to Cochrane content was certainly dominated by reviews related to the prevention and treatment of COVID-19. As an example, the Cochrane Review on ivermectin for preventing and treating COVID-19 alone, first published in July 2021, has received more than 2300 full-text views by visitors in Switzerland in only five months.



### 1.2.2 Publications in medical education journals

We have partnerships with three Swiss medical education journals that regularly publish health information tailored to specific professional groups:

- **physioactive:** This bi-monthly journal is published in German and French by physioswiss, the professional association of physiotherapy in Switzerland. As regular guest editors, we continue to edit a series highlighting Cochrane reviews of interest to physiotherapists. The topics are selected by a group of collaborating physiotherapists. Two authors then draft a summary of the main results of the selected Cochrane reviews. In 2020, *physioactive* included five summaries and in 2021 six summaries.
- **Ars Medici / DOCINSIDE:** Since 2017 we collaborate with this bi-weekly journal for primary care practitioners in German-speaking Switzerland published by the Rosenfluh Verlag based in Schaffhausen. Since then, *Ars Medici* has published several short articles on recent Cochrane reviews under the heading "Neues aus der Cochrane Library". In 2020, three summaries were published. In 2021, the Rosenfluh Verlag launched a new digital information resource for practitioners called DOCINSIDE. It features news from medical research and the Swiss health care sector and gives access to selected databases. We have been invited to collaborate as an institutional partner. DOCINSIDE will include short reports on selected new and updated Cochrane Reviews as well as links to Cochrane resources that are of interest to Swiss health care professionals.
- **Tribuna Medica Ticinese:** This monthly bulletin is for medical doctors in the canton of Ticino, the Italian-speaking part of Switzerland. The COVID-19 pandemic also affected publication rates, however, two Cochrane summary articles were published in *Tribuna Medica Ticinese* in 2020 and 2021, respectively.

See [Annex 3](#) for a full list of the references to articles from these medical education journals that included Cochrane evidence in 2020 and 2021.

### 1.2.3 Cochrane Kompakt & Cochrane Evidence Essentials

We continued our active contribution to Cochrane Kompakt ([www.cochrane.org/de/kompakt](http://www.cochrane.org/de/kompakt)), the collection of plain language summaries (PLS) of Cochrane Reviews in German language. In collaboration with Cochrane Germany, we continued to translate PLS of recently published or updated reviews. We focused on topics with a general interest included in our own bilingual platform Cochrane Q&A (see 1.2.5) as well as in pregnancy and childbirth in the context of our externally funded project in collaboration with the Swiss Midwives Association. Cochrane Kompakt now includes over 2200 plain language summaries and abstracts in German language.

A major translation project in 2020 was the German version of the Cochrane Evidence Essentials. The original English version of these four substantial online learning modules were produced by Cochrane Training. Cochrane Germany translated the initial translation into German. We were involved in copy-editing and cross-checking of the raw translations.

#### 1.2.4 "Wissen Was Wirkt" - the Cochrane blog in German

The blog "Wissen Was Wirkt" ([www.wissenwaswirkt.org](http://www.wissenwaswirkt.org)) is being published together with our Cochrane colleagues in Austria and Germany. This blog in German language has a new blog article being posted about two or three times per month. It reports on 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 health care professionals and a general readership interested in health. For instance, in 2021 it draw attention to the launch of the WHO Decade of Healthy Ageing (2021 to 2030) with a thematic series on healthy ageing.

A total of 72 blog posts were published during 2020 and 2021. Of those, nine were written by our team (see [Table below](#)). Overall, we observed an increase in usage according to Google Analytics: the number of individual users increased from 161'467 in 2019 to 176'489 in 2021. We hope to be able to continue with this positive development in the future.

The blog's content is actively disseminated via social media, in particular a Facebook page with currently about 1000 followers and 159 posts, and a Twitter account with approx. 1700 followers and 150 Tweets.

Blogpost title	Date of publication
Cochrane Nutrition: das weite Feld der evidenzbasierten Ernährung	27.2.2020*
Cochrane Crowd in Zeiten von COVID-19: jetzt mitmachen*	02.04.2020
COVID-19: JETZT den Rauchstopp wagen!*	31.5.2020
Videoanrufe gegen Einsamkeit und soziale Isolation	29.06.2020
Wenn «Da Vinci» mit am Operationstisch steht	07.12.2020
Gesundes Altern: eine neue Serie auf Wissen Was Wirkt*	27.1.2021
Periphere Nervenblockaden: Eine alternative Schmerztherapie bei	19.3.2021
Cochrane Evidence Essentials – eine virtuelle Reise zur evidenz-basierten	26.4.2021
Weltseniorentag: Bewegt durchs Alter	1.10.2021
* Co-written with Cochrane Germany	

### 1.2.5 Cochrane Q & A

Our information platform now called “Cochrane Q & A” has been created as part of a collaborative project funded by the Canton of Vaud in 2016. This resource in French and German (<https://cochrane.unisante.ch/>) highlights Cochrane evidence on selected topics of relevance to health service users and the general public and provides reliable and trustworthy information for making health care decisions. The information is presented in a question-and-answer format and is organised into a total of ten health themes.

In 2020, we started the German version of “Cochrane Q & A”. The content in French was updated where needed; one new health theme (maternity-children) and many new questions were added. This work was continued in 2021 with another new health topic (physical activity and rehabilitation), new questions and updated evidence on existing questions. We also simplified and harmonised the overall appearance of the site. The platform’s overall visibility was increased by sharing links and featuring questions from Cochrane Q&A in various networks including Unisanté Lausanne, Cochrane Rehabilitation and the Francophone Cochrane network.

The website now provides short answers based on results of Cochrane reviews to around 70 health-related questions. We plan to add a version in Italian language.

**Cochrane Q&A** Deutsch

**Où puis-je trouver des informations fiables sur les questions de santé ?**

Les revues Cochrane répondent à des questions clairement formulées. Une sélection :

-  Maternité
-  La santé au fil des saisons et maladies infectieuses
-  Santé dentaire
-  Allergies et asthme
-  Activité physique et réadaptation
-  Senior
-  Tabac
-  Douleurs
-  Alimentation
-  Famille

**Cochrane Q&A** Français

**Wo finde ich zuverlässige Informationen zu Gesundheitsfragen?**

Cochrane Reviews beantworten klar formulierte Fragen. Eine Auswahl:

-  Mutterschaft
-  Saisonale Erkrankungen und Infektionskrankheiten
-  Gesunde Zähne
-  Allergien und Asthma
-  Körperliche Aktivität und Rehabilitation
-  Senioren
-  Tabak
-  Schmerzen
-  Ernährung
-  Familie

## 1.3. Advocating for evidence

### 1.3.1 Work with the media

Our team members provided background information to journalists on several occasions, in particular, about research evidence in the COVID-19 context. However, we refrained from actively seeking media attention given that so many ‘experts’ have been present in the Swiss media

during the pandemic. On a few occasions we seized the opportunity to draw attention to misreported evidence, e.g., with a letter to one of the main newspapers in Switzerland, the *Neue Zürcher Zeitung* (NZZ) published on 27 April 2020. A few weeks later we were pleased to receive a message from a reader that this letter motivated him to make a donation to Cochrane Switzerland to support our work.

### **1.3.2 Communication with community**

- **Newsletter:** In 2020 and 2021, we published four issues of our newsletter in English, French, and German. The aim of the newsletter is to update interested persons and groups about our activities as well as relevant developments and offers in the larger Cochrane community. All issues of our newsletter are available on our website (<https://swiss.cochrane.org/our-newsletter>). The number of current subscriptions increased only marginally to a total of 384 (as of March 2022).
- **Twitter:** Cochrane Switzerland had a stable number of about 950 followers on Twitter at the end of 2021. We are using this social media channel to disseminate news from Cochrane and about events of interest in Switzerland and abroad, and to draw attention to new content available in our blog “Wissen Was Wirkt”. During the years 2020 and 2021 we posted a total of 43 tweets, which had about 100,000 impressions overall.

### **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>). Between January 2020 and December 2021, our team held the coordination role of this established network of collaborating centers in Germany, Austria and Switzerland and ensured the regular exchange of information with Cochrane Public Health based in Newcastle / Australia. We promoted the uptake of Cochrane public health evidence through emails targeted at selected stakeholders in Swiss public health institutions and supported the production of several reviews in the editorial process. In 2020 and 2021, the CPHE partners was involved in a range of activities at national and international level as part of the response to the COVID-19 pandemic.
- During the pandemic, some Cochrane groups and in particular an initiative of medical students in the USA, have started to experiment with graphical formats to present the most essential information from Cochrane Reviews in a nutshell. This innovative approach is called “visual summaries” or “infographics”. With an additional grant awarded by the SANA Foundation in summer 2021 we were able to launch a similar knowledge translation project in collaboration with the **Swiss Midwives Association**. In this one-year project we aim to update and extend the information offer in Cochrane Kompakt on questions relevant for midwives and young families as well as to develop suitable visual summaries in German for a limited number of Cochrane Reviews on topics around pregnancy and childbirth. For this purpose a joint working group has been formed and meets on a regular basis.

### 1.3.3 Presentations at scientific meetings

Our team participated in conferences with oral or poster presentations. These included:

- **Annual Conference of the German Network for Evidence-based medicine (EBM) congress (Basel, Switzerland Germany; 13-15 February 2020):** We held a workshop on citizen science activities in Cochrane ("Cochrane zum Mitmachen") and we present a poster on the German blog "Wissen was Wirkt" We were also at a stand of the three German-speaking Cochrane Centres. In 2021, the EBM Congress took place from 24 to 26 February 2021 online. We presented Cochrane methods and activities during the Interprofessional Students' Day on the first day.
- **Swiss Public Health Conference (virtual conference, 2-3 September 2020):** We presented a poster about our dissemination activities of Cochrane Public Health titled "Cochrane-Evidenz zur Wirksamkeit von Public-Health-Massnahmen: Wissenstransfer per Mail".
- **Cochrane Colloquia:** We planned to attend both the Cochrane Colloquium in Toronto / Canada in 2020 and the Global Evidence Summit in Prague / Czech Republic in 2021. However, both meetings were cancelled or postponed due to the global sanitary situation unfortunately.

## 1.4. Developing the organisation

As outlined in the Foreword, Cochrane has entered a period of transformation, during which many central structures will be review and changed. In 2021, an extensive consultation period took place with a series of online meetings in order to ensure that Cochrane members in different roles (including staff of Geographic Groups) can voice their concern or make suggestions.

We contributed to the further development of Cochrane as an international organisation on several occasions. This included representation of the Cochrane Centres as a member of the Cochrane Council, co-chairing of the Centre Directors Executive group as well as participation in the WHO Cochrane Working Group and the Translation Advisory Group.

Locally, Cochrane Switzerland is part of the newly formed Department of Epidemiology and Health systems (DESS) led by Prof. Murielle Bochud, since the creation of the Centre for Primary Care and Public Health (Unisanté) Lausanne in 2019.

### 1.4.1 Our strategy

Our work in the years 2020 and 2021 was guided by our Strategic Plan 2015-2020<sup>1</sup> which defined a total of four goals and nine objectives:

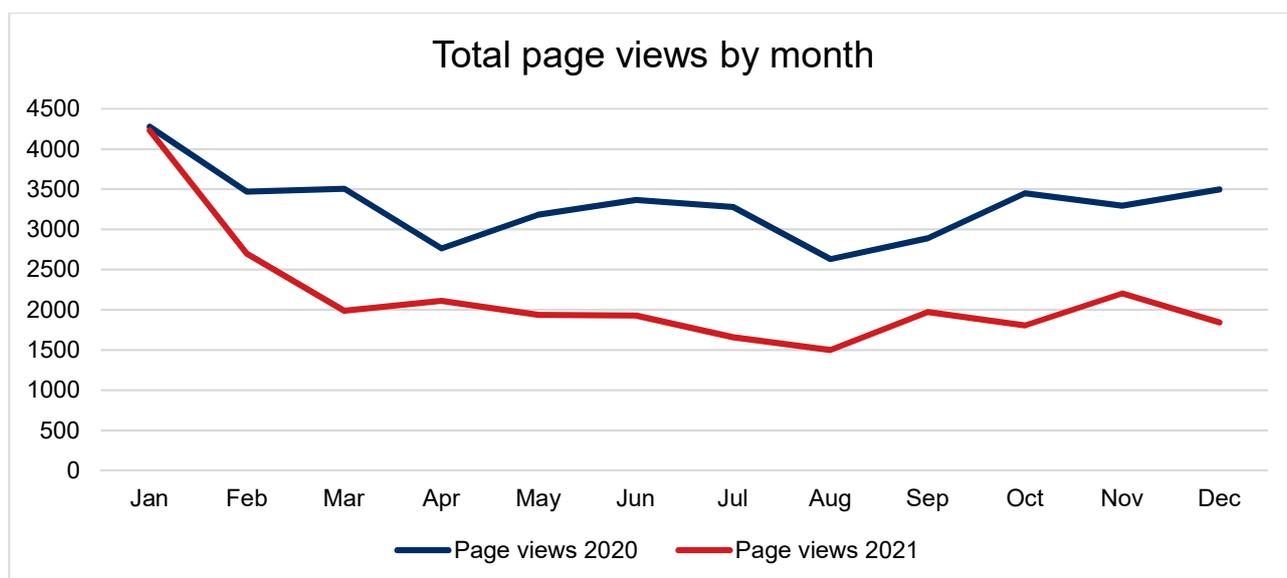
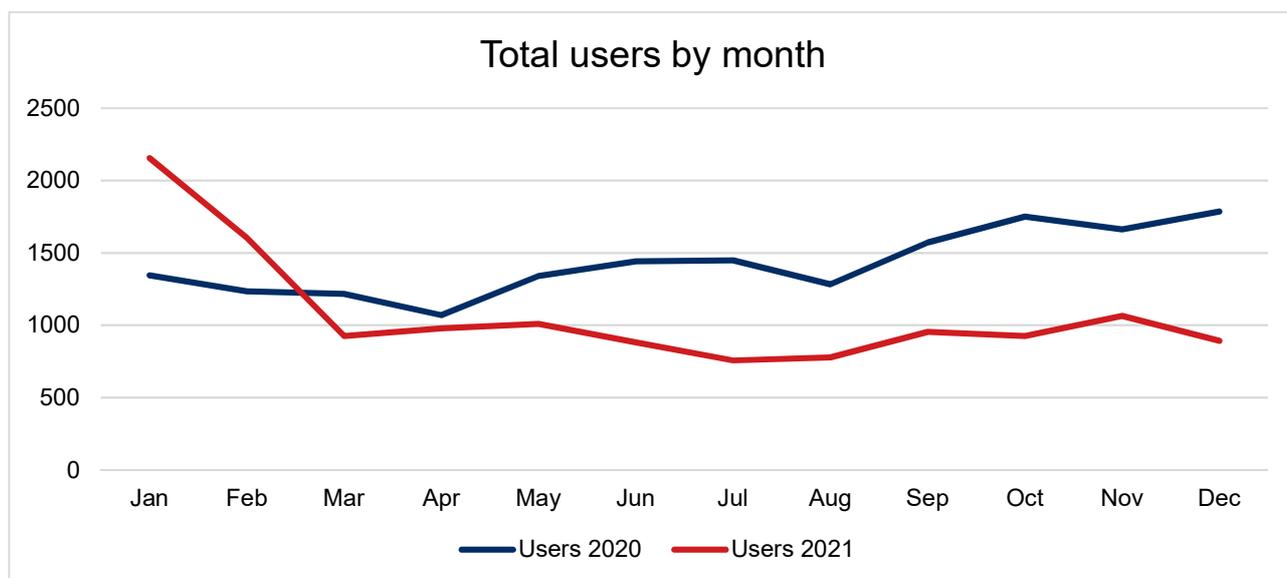
<b>Goal 1:</b>	<b>Provide training in systematic reviews, and contribute to Cochrane Reviews and development of review methodology.</b>
Objective 1.1	Train researchers, health care professionals and other interested groups in the principles and methodology of systematic reviews. We aim to capacitate 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 health care concerns. Our team is already involved in conducting systematic reviews. Targeting these reviews to Swiss health care 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 health care 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 health care 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 health care 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 health care 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 Indicators

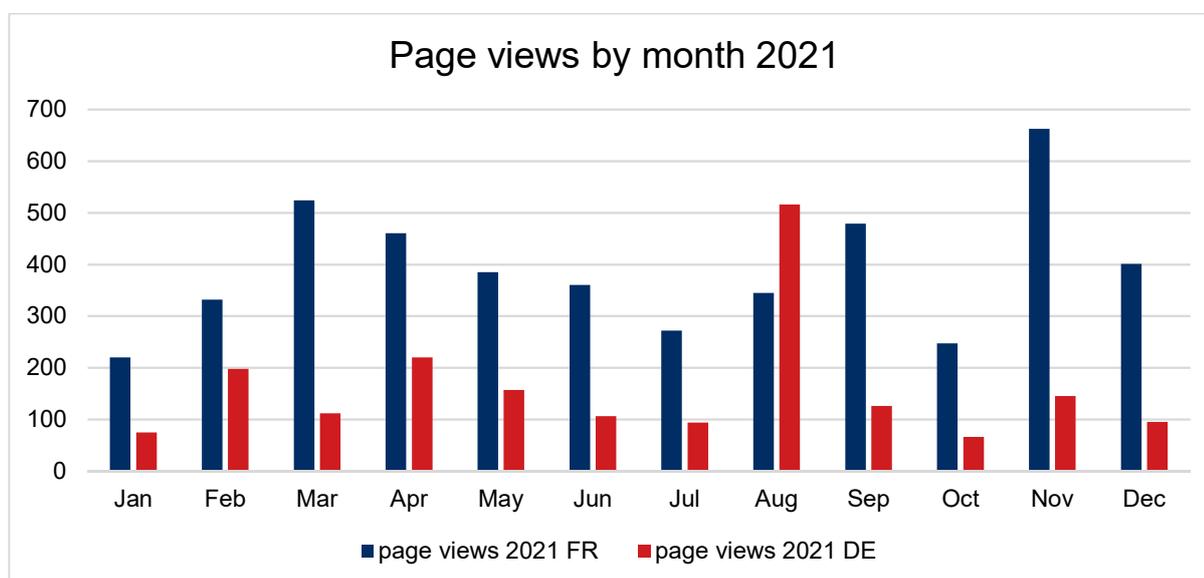
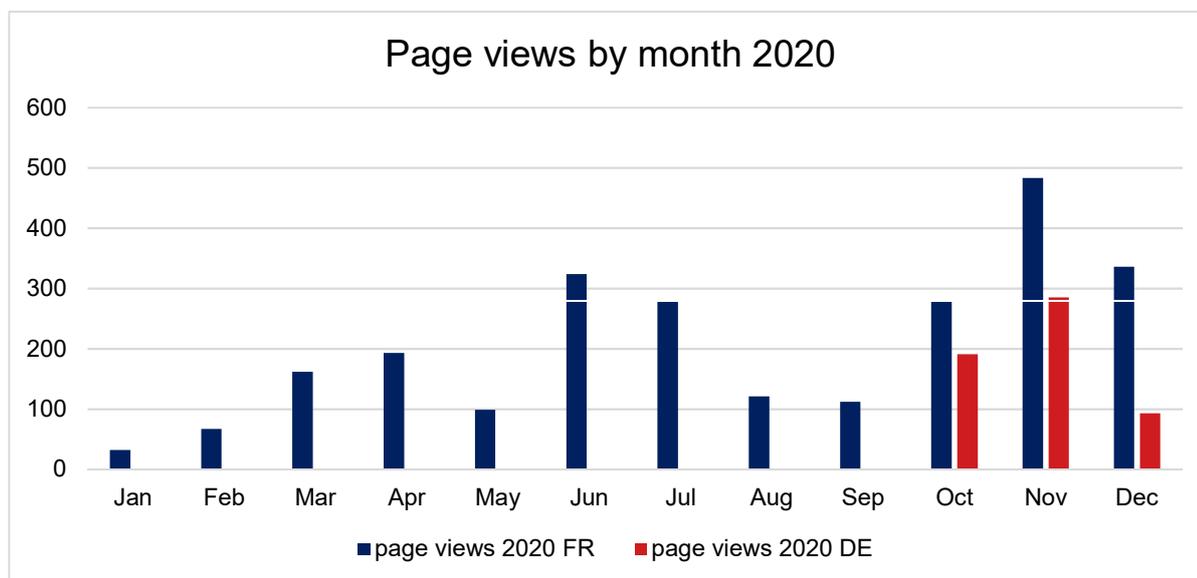
#### Website traffic for [swiss.cochrane.org](http://swiss.cochrane.org)

The access statistics obtained from Google Analytics indicated that the number of users and page views for our website were slightly higher in 2020 compared to the previous year but decreased by approx. 25% and 35% in 2021. In total, the website had 17.150 visitors in 2020, and 12.917 in 2021. These users viewed a total of 39.613 pages in 2020, and 25.884 in 2021 (see both figures below for monthly break-down). These changes may be attributed to the increased level of interest to health-related web content during the initial phase of the COVID-19 pandemic.



## Website traffic for platform Cochrane Q&A

We extended the content of our information offer in Cochrane Q&A and added the new version in German in the last trimester of 2020. These changes were reflected in a substantial increase in the number of individual users from 743 in 2020 to 3386 in 2021 (+356%). For the number of page views the breakdown by month is given in the two figures below. We will continue to promote this bilingual resource in order to increase its visibility in Switzerland and abroad.



## 2. Our team

By the end of 2021, our team consisted of four part-time staff members, all employees of Unisanté Lausanne. Several additional Unisanté collaborators and external Cochrane members contributed to specific activities of Cochrane Switzerland and are listed below.

In 2020 and 2021 we had the following changes in our core team:

- **Muaamar Al-Gobari** left our team in 2020 as scientific collaborator.
- **Viviane Glaettli Klasen** joined our team in 2020 as our secretary.
- Our coordinator **Anita Savidan** left for retirement in May 2021. **Cornelia Barth** joined us to succeed her in this role in addition to working on her own research project in global rehabilitation.

### Core team members (by end of 2021):

**Cornelia Barth**, MSc, PhD candidate; coordinator

**Annegret Borchard**, MSc, scientific collaborator

**Viviane Glaettli Klasen**, secretary

**Erik von Elm**, MD, MSc, FMH, director

### Associated team members (by end of 2021):

**Chantal Ardit**, MSc, MA, PhD

**Pierluigi Ballabeni**, MSc, PhD

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

**Anne Sylvie Genier**, BSc, MSc student

**Constance Legay**, MD, PhD candidate

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

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

**Patrick Taffé**, MSc, PhD

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

**Annatina Walther**, BSc

**Kathelene Weiss**, MA

**Mirka Zeis Bernasconi**

## Annex 1 – Peer-reviewed articles

### 2021:

- **Barth CA**, Wladis A, Blake C, Bhandarkar P, Aebischer Perone S, O'Sullivan C. Retrospective observational study of characteristics of persons with amputations accessing International Committee of the Red Cross (ICRC) rehabilitation centres in five conflict and postconflict countries. *BMJ Open*. 2021 Dec 1;11(12):e049533.
- Briel M, Elger BS, McLennan S, Schandelmaier S, **von Elm E**, Satalkar P. Exploring reasons for recruitment failure in clinical trials: a qualitative study with clinical trial stakeholders in Switzerland, Germany, and Canada. *Trials*. 2021 Nov 25;22(1):844.
- **Barth CA**, Donovan-Hall M, Blake C, Jahan Akhtar N, Capo-Chichi JM, O'Sullivan C. A Focus Group Study to Understand the Perspectives of Physiotherapists on Barriers and Facilitators to Advancing Rehabilitation in Low-Resource and Conflict Settings. *Int J Environ Res Public Health*. 2021 Nov 16;18(22):12020.
- Lohner S, Gryaznov D, von Niederhäusern B, Speich B, Kasenda B, Ojeda-Ruiz E, Schandelmaier S, Mertz D, Odutayo A, Tomonaga Y, Amstutz A, Pauli-Magnus C, Gloy V, Bischoff K, Wollmann K, Rehner L, Meerpohl JJ, Nordmann A, Klatter K, Ghosh N, Heravi AT, Wong J, Chow N, Hong PJ, McCord K, Sricharoenchai S, Busse JW, Agarwal A, Saccilotto R, Schwenkglenks M, Moffa G, Hemkens LG, Hopewell S, **von Elm E**, Blümle A, Briel M. Reporting quality of trial protocols improved for non-regulated interventions but not regulated interventions: A repeated cross-sectional study. *J Clin Epidemiol*. 2021 Nov;139:340-349.
- Speich B, Gloy VL, Klatter K, Gryaznov D, Taji Heravi A, Ghosh N, Marian IR, Lee H, Mansouri A, Lohner S, Saccilotto R, Nury E, Chan AW, Blümle A, Odutayo A, Hopewell S, Briel M; Adherence to Spirit Recommendations (ASPIRE) Study Group. Reliability of Trial Information Across Registries for Trials With Multiple Registrations: A Systematic Review. *JAMA Netw Open*. 2021 Nov 1;4(11):e2128898. (**von Elm E** is member of ASPIRE Study Group)
- Taji Heravi A, Gryaznov D, Schandelmaier S, Kasenda B, Briel M; Adherence to SPIRIT Recommendations (ASPIRE) Study Group. Evaluation of Planned Subgroup Analysis in Protocols of Randomized Clinical Trials. *JAMA Netw Open*. 2021 Oct 1;4(10):e2131503. (**von Elm E** is member of ASPIRE Study Group)
- Selby K, Bornet MA, Sancosme Y, **von Elm E**, d'Acremont V, de Valliere S, Cornuz J, Genton B. Expert guidance for COVID-19 vaccine deployment in Switzerland: a Delphi process. *Swiss Med Wkly*. 2021 Sep 28;151:w30076.
- Staerkle RF, Lunger F, Fink L, Sasse T, Lacher M, **von Elm E**, Marwan AI, Holland-Cunz S, Vuille-Dit-Bille RN. Open versus laparoscopic pyloromyotomy for pyloric stenosis. *Cochrane Database Syst Rev*. 2021 Mar 9;3(3):CD012827.

## 2020:

- Gryaznov D, Odutayo A, von Niederhäusern B, Speich B, Kasenda B, Ojeda-Ruiz E, Blümle A, Schandelmaier S, Mertz D, Tomonaga Y, Amstutz A, Pauli-Magnus C, Gloy V, Bischoff K, Wollmann K, Rehner L, Lohner S, Meerpohl JJ, Nordmann A, Klatter K, Ghosh N, Heravi AT, Wong J, Chow N, Hong PJ, Cord KM, Sricharoenchai S, Busse JW, Agarwal A, Saccilotto R, Schwenkglenks M, Moffa G, Hemkens LG, Hopewell S, **von Elm E**, Briel M. Rationale and design of repeated cross-sectional studies to evaluate the reporting quality of trial protocols: the Adherence to SPIrit REcommendations (ASPIRE) study and associated projects. *Trials*. 2020 Oct 28;21(1):896.
- Laaboub N, **Savidan A**, Pittet V, Faouzi M, Burnand B, Taffé P. A multicentre study of the trend of adverse events during outpatient anaesthesia in Switzerland during 2000-2016. *Swiss Med Wkly*. 2020 Oct 28;150:w20365.
- Gloy V, McLennan S, Rinderknecht M, Ley B, Meier B, Driessen S, Gervasoni P, Hirschel B, Benkert PI, Gilles I, **von Elm E**, Briel M. Uncertainties about the need for ethics approval in Switzerland: a mixed-methods study. *Swiss Medical Weekly*, 2020 Aug 12;150:w20318.
- Cohen JF, Korevaar DA, Boutron I, Gatsonis CA, Hopewell S, McInnes MDF, Moher D, **von Elm E**, Bossuyt PM. Reporting guidelines for journal and conference abstracts. *J Clin Epidemiol*. 2020 Aug;124:186-192.
- Kasenda B, Liu J, Jiang Y, Gajewski B, Wu C, **von Elm E**, Schandelmaier S, Moffa G, Trelle S, Schmitt AM, Herbrand AK, Gloy V, Speich B, Hopewell S, Hemkens LG, Sluka C, McGill K, Meade M, Cook D, Lamontagne F, Tréluyer JM, Haidich AB, Ioannidis JPA, Treweek S, Briel M. Prediction of RECRUITment In randomized clinical Trials (RECRUIT-IT)-rationale and design for an international collaborative study. *Trials*. 2020 Aug 21;21(1):731
- **von Elm E**, Meerpohl JJ. Trial results reporting: FDA Amendments Act Final Rule needs enforcement. *Lancet*. 2020 Feb 1;395(10221):316-317.
- Treweek S, Bevan S, Bower P, Briel M, Campbell M, Christie J, Collett C, Cotton S, Devane D, El Feky A, Galvin S, Gardner H, Gillies K, Hood K, Jansen J, Littleford R, Parker A, Ramsay C, Restrup L, Sullivan F, Torgerson D, Tremain L, **von Elm E**, Westmore M, Williams H, Williamson PR, Clarke M. Trial Forge Guidance 2: how to decide if a further Study Within A Trial (SWAT) is needed. *Trials*. 2020 Jan 7;21(1):33.

## *Annex 2 - Cochrane reviews newly published or updated in 2020 and 2021 involving authors in Switzerland*

This table lists new or updated Cochrane systematic reviews and new protocols published in 2021 and 2020 that included 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>).

### 2021

Review Title 2021	Cochrane Review Group
<b>Birth and death notification via mobile devices: a mixed methods systematic review</b>	Effective Practice and Organisation of Care Group
<b>Decision-support tools via mobile devices to improve quality of care in primary health care settings</b>	Effective Practice and Organisation of Care Group
<b>Direct composite resin fillings versus amalgam fillings for permanent posterior teeth</b>	Oral Health Group
<b>Enteral zinc supplementation for prevention of morbidity and mortality in preterm neonates</b>	Neonatal Group
<b>Extended lymph node resection versus standard resection for pancreatic and periampullary adenocarcinoma</b>	Colorectal Group
<b>High-dose chemotherapy followed by autologous haematopoietic cell transplantation for children, adolescents, and young adults with primary metastatic Ewing sarcoma</b>	Childhood Cancer Group
<b>Humidification of indoor air for preventing or reducing dryness symptoms or upper respiratory infections in educational settings and at the workplace</b>	Work Group
<b>Impact of the diagnostic test Xpert MTB/RIF on patient outcomes for tuberculosis</b>	Infectious Diseases Group
<b>Integrated community case management of childhood illness in low- and middle-income countries</b>	Effective Practice and Organisation of Care Group
<b>Methods for managing miscarriage: a network meta-analysis</b>	Pregnancy and Childbirth Group
<b>Mindfulness-based interventions for substance use disorders</b>	Drugs and Alcohol Group
<b>Monitoring strategies for clinical intervention studies</b>	Methodology Review Group
<b>Nutrition-specific interventions for preventing and controlling anaemia throughout the life cycle: an overview of systematic reviews</b>	Developmental, Psychosocial and Learning Problems Group
<b>Open versus laparoscopic pyloromyotomy for pyloric stenosis</b>	Gut Group
<b>Rapid, point-of-care antigen tests for diagnosis of SARS-CoV-2 infection</b>	Infectious Diseases Group
<b>Rituximab for people with multiple sclerosis</b>	Multiple Sclerosis and Rare Diseases of the CNS Group
<b>Serum or plasma ferritin concentration as an index of iron deficiency and overload</b>	Tobacco Addiction Group

<b>Signs and symptoms to determine if a patient presenting in primary care or hospital outpatient settings has COVID-19</b>	Infectious Diseases Group
<b>Single or combined immune checkpoint inhibitors compared to first-line platinum-based chemotherapy with or without bevacizumab for people with advanced non-small cell lung cancer</b>	Lung Cancer Group
<b>Skin care interventions in infants for preventing eczema and food allergy</b>	Skin Group
<b>Training health care providers to respond to intimate partner violence against women</b>	Developmental, Psychosocial and Learning Problems Group
<b>Treatment for gastrointestinal and pancreatic neuroendocrine tumours: a network meta-analysis</b>	Gynaecological, Neuro-oncology and Orphan Cancer Group
<b>Wheat flour fortification with iron and other micronutrients for reducing anaemia and improving iron status in populations</b>	Public Health Group
<b>Xpert MTB/RIF Ultra and Xpert MTB/RIF assays for extrapulmonary tuberculosis and rifampicin resistance in adults</b>	Infectious Diseases Group
<b>Xpert Ultra versus Xpert MTB/RIF for pulmonary tuberculosis and rifampicin resistance in adults with presumptive pulmonary tuberculosis</b>	<b>Infectious Diseases Group</b>

<b>Protocol Title 2021</b>	<b>Cochrane Review Group</b>
<b>Accuracy of routine laboratory tests to predict mortality and deterioration to severe or critical COVID-19 in people with SARS-CoV-2</b>	Infectious Diseases Group
<b>Bruton tyrosine kinase inhibitors for chronic lymphocytic leukemia</b>	Haematology Group
<b>Cognitive behavioural interventions for reducing fear of falling in older people living in the community</b>	Bone, Joint and Muscle Trauma Group
<b>Next-generation sequencing for guiding matched targeted therapies in people with relapsed or metastatic cancer</b>	Gynaecological, Neuro-oncology and Orphan Cancer Group
<b>Tocolytics for delaying preterm birth: a network meta-analysis (0924)</b>	Pregnancy and Childbirth Group
<b>Xpert MTB/XDR for detection of pulmonary tuberculosis and resistance to isoniazid, fluoroquinolones, ethionamide, and amikacin</b>	Infectious Diseases Group

## 2020

<b>Review Title 2020</b>	<b>Cochrane Review Group</b>
Advance misoprostol distribution to pregnant women for preventing and treating postpartum haemorrhage	Pregnancy and Childbirth Group
Antiandrogen or estradiol treatment or both during hormone therapy in transitioning transgender women	Tobacco Addiction Group
Antibody tests for identification of current and past infection with SARS-CoV-2	Infectious Diseases Group
Carotid artery stenting versus endarterectomy for treatment of carotid artery stenosis	Stroke Group
Colchicine for prevention of cardiovascular events	Heart Group
Computerised cognitive training for 12 or more weeks for maintaining cognitive function in cognitively healthy people in late life	Dementia and Cognitive Improvement Group
Corticosteroids for adult patients with advanced cancer who have nausea and vomiting (not related to chemotherapy, radiotherapy, or surgery)	Pain, Palliative and Supportive Care Group
Effects of oral vitamin D supplementation on linear growth and other health outcomes among children under five years of age	Developmental, Psychosocial and Learning Problems Group
Efficacy and safety of rapid tests to guide antibiotic prescriptions for sore throat	Acute Respiratory Infections Group
Intravenous versus intramuscular prophylactic oxytocin for reducing blood loss in the third stage of labour	Pregnancy and Childbirth Group
Maintenance treatment with antipsychotic drugs for schizophrenia	Schizophrenia Group
Membrane sweeping for induction of labour	Pregnancy and Childbirth Group
Mobile technologies to support health care provider to health care provider communication and management of care	Effective Practice and Organisation of Care Group
Physical interventions to interrupt or reduce the spread of respiratory viruses	Acute Respiratory Infections Group
Primary prophylaxis for venous thromboembolism in ambulatory cancer patients receiving chemotherapy	Vascular Group
Psychological and social interventions for the prevention of mental disorders in people living in low- and middle-income countries affected by humanitarian crises	Common Mental Disorders Group
Rapid, point-of-care antigen and molecular-based tests for diagnosis of SARS-CoV-2 infection	Infectious Diseases Group
Routine laboratory testing to determine if a patient has COVID-19	Infectious Diseases Group
Selenium for preventing cancer	Gynaecological, Neuro-oncology and Orphan Cancer Group
Self-administered versus provider-administered medical abortion	Fertility Regulation Group
Signs and symptoms to determine if a patient presenting in primary care or hospital outpatient settings has COVID-19 disease	Infectious Diseases Group
Single or combined immune checkpoint inhibitors compared to first-line platinum-based chemotherapy	Lung Cancer Group

with or without bevacizumab for people with advanced non-small cell lung cancer	
Strategies for optimising antenatal corticosteroid administration for women with anticipated preterm birth	Pregnancy and Childbirth Group
Structural magnetic resonance imaging for the early diagnosis of dementia due to Alzheimer's disease in people with mild cognitive impairment	Dementia and Cognitive Improvement Group
Targeted client communication via mobile devices for improving maternal, neonatal, and child health	Consumers and Communication Group
Targeted client communication via mobile devices for improving sexual and reproductive health	Consumers and Communication Group
Tracking health commodity inventory and notifying stock levels via mobile devices: a mixed methods systematic review	Effective Practice and Organisation of Care Group
Uterotonic agents for first-line treatment of postpartum haemorrhage: a network meta-analysis	Pregnancy and Childbirth Group
Wheat flour fortification with iron and other micronutrients for reducing anaemia and improving iron status in populations	Public Health Group

Protocol Title 2020	Cochrane Review Group
Diagnosis of SARS-CoV-2 infection and COVID-19: accuracy of signs and symptoms; molecular, antigen, and antibody tests; and routine laboratory markers	Infectious Diseases Group
Immediate versus delayed insertion of contraceptive implants for contraception following abortion	Fertility Regulation Group
Inotropes for the prevention of low cardiac output syndrome and mortality for paediatric patients undergoing surgery for congenital heart disease: a network meta-analysis	Heart Group
Neostigmine for the treatment of acute colonic pseudo-obstruction	Colorectal Group
Perceptions and experiences of the prevention, identification and management of postpartum haemorrhage: a qualitative evidence synthesis	Effective Practice and Organisation of Care Group
Pharmacological interventions for adjustment disorders in adults	Common Mental Disorders Group
Prognostic models for predicting clinical disease progression, worsening and activity in people with multiple sclerosis	Multiple Sclerosis and Rare Diseases of the CNS Group
Psychological interventions delivered as a single component intervention for children and adolescents with overweight or obesity aged 6 to 17 years	Metabolic and Endocrine Disorders Group
Selected laboratory-based biomarkers for assessing vitamin A deficiency in at-risk individuals	Infectious Diseases Group
Skin care interventions in infants for preventing eczema and food allergy	Skin Group
The use of telemedicine services for medical abortion	Fertility Regulation Group
Treatment for gastrointestinal and pancreatic neuroendocrine tumours: a network meta-analysis	Gynaecological, Neuro-oncology and Orphan Cancer Group

## Annex 3 - Other publications by Cochrane Switzerland in 2020/2021

We published Cochrane summaries in French, German and Italian in collaboration with three medical education journals. Some Cochrane reviews may have been covered in more than one language in different journals.

### Articles published in *physioactive*

#### 2021:

- Widmer Leu C, Monnin D. «Motor Imagery» in der Gangrehabilitation nach Schlaganfall - *L'imagerie motrice dans la rééducation de la marche après un accident vasculaire cérébral* (6.2021)
- Monnin D, Widmer Leu C. Bewegungsinterventionen bei Menschen mit angeborenem Herzfehler - *Entraîner l'activité physique chez les personnes atteintes de cardiopathie congénitale* (5.2021)
- Widmer Leu C, Monnin D. Oropharyngeales Muskelfunktionstraining für obstruktive Schlafapnoe - *Entraînement de la fonction musculaire oropharyngée pour l'apnée obstructive du sommeil* (4.2021)
- Monnin D, Widmer Leu C. Gehen trägt zur Senkung des Blutdrucks und der Herzfrequenz bei - *La marche aiderait à diminuer la tension artérielle* (3.2021)
- Widmer Leu C, Monnin D. Telerehabilitation scheint bei chronischen Lungenkrankheiten zu funktionieren - *La téléadaptation semble efficace chez les patient-es atteint-es de maladies pulmonaires chroniques* (2.2021)
- Monnin D. Elektromechanisch-assistierte Rehabilitation nach Schlaganfall verbessert die Gehfähigkeit - *Après un AVC, la rééducation assistée par appareils électromécaniques automatisés améliore la marche* (1.2021)

#### 2020:

- Monnin D, Hanusch KU. Spondylitis ankylosans: Hinweise auf leicht positive Effekte körperlicher Übungen - *Spondylarthrite ankylosante : les exercices semblent apporter un léger effet positif* (2.2020)
- Monnin D, Hanusch KU. Transkutane elektrische Nervenstimulation bei chronischen Schmerzen - *Stimultaion électrique transcutanée des nerfs en cas de douleurs chroniques* (3.2020)
- Monnin D, Hanusch KU. Praxisbezogene Interventionen könnten die interprofessionelle Zusammenarbeit verbessern - *Les interventions de formation-action pourraient améliorer la collaboration interprofessionnelle* (6.2020)
- Monnin D. Die Wirksamkeit der chirurgischen Behandlung von Schulterarthrose: wenig zuverlässige Daten - *Effects de la chirurgie de l'épaule arthrosique: peu d'éléments fiables* (7.2020)
- Monnin D. Fitnesstraining scheint nach einem Schlaganfall vorteilhaft zu sein - *Les exercices de fitness semblent bénéfiques après un AVC* (8.2020)

**Articles published in *Tribuna Medica Ticinese*****2021:**

- Interventi di gestione integrata della malattia per pazienti affetti da broncopneumopatia cronica ostruttiva (Revisione) (Novembre-Dicembre 2021)
- Segni e sintomi per determinare se il paziente che si presenta per le prime cure dal medico di famiglia o in strutture ambulatoriali ospedaliere ha il Covid-19 (Revisione) (Maggio-Giugno 2021)

**2020:**

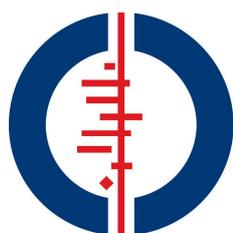
- Il ruolo dell'acqua nella prevenzione della calcolosi delle vie urinarie (Revisione) (Novembre-Dicembre 2020)
- Interventi dietetici per adulti sopravvissuti al cancro (Revisione) (luglio-Agosto 2020)

**Articles published in *Ars Medici*****2020:**

- 5-ASA zur Remissionserhaltung bei operierten Morbus-Crohn-Patienten. ARS MEDICI (8),2020 :258
- Januskinasehemmer zum Remissionserhalt bei Colitis ulcerosa. ARS MEDICI (8), 2020 :258-259
- Certolizumab induziert Remission bei Morbus Crohn. ARS MEDICI (8), 2020: 259

### Contact us

Cochrane Switzerland  
Centre for Primary Care and Public Health (Unisanté)  
Route de la Corniche 10  
CH-1010 Lausanne  
Switzerland  
Phone: + 41 (0)21 314 5568  
E-mail: [suisse.cochrane@unisante.ch](mailto:suisse.cochrane@unisante.ch)  
Website: [swiss.cochrane.org](http://swiss.cochrane.org)  
Twitter: @CochraneSuisse



**Cochrane**  
**Switzerland**