**Workshop in Zagreb, Tuesday 18th – Thursday 20th December 2018**

**Relevant for public and occupational health experts**

**How to find reliable information online?**

* Please prepare one or two knowledge questions from your own work, as small groups are formed that will use a selection of these questions as Leitmotiv in the workshop

Professional literature searching is a skill that can be trained. In a 2.5 day international workshop which is held from 18th to 20th December 2018 in Zagreb, we will train this subject. The workshop is in part based on the book “Occupational Safety and Health online. How to find reliable information” (free download from [www.ldoh.net](http://www.ldoh.net)).

The workshop is organized under the auspices of the Croatian Institute for Health Protection and Safety at Work, working in close collaboration with Andrija Štampar School of Public Health, the Foundation LDOH[[1]](#footnote-1) and the ICOH[[2]](#footnote-2) Scientific Committee Education and Training.

Today, skills on how to find and use reliable online sources are essential for a high quality performance in public and occupational health care. How to develop evidence-based policies, preventive activities, risk assessments and diagnoses? How to inform yourself when you are confronted with questions on:

* work-related depressive disorders in health care workers
* effectiveness of health promotion to prevent obesity
* how to promote job continuation in cancer survivors
* effects of diesel exhaust on health of city inhabitants and workers
* mental health problems in migrants
* effects of alcohol use on brain development in youth
* work-related musculoskeletal diseases of the lower limbs

**Target group of the workshop**

This course is developed for participants who like to reflect on their activities

- high-level advisors, educators, professionals for expert assessments and

- developers of policies, models, tools and practices

**Learning objectives**

After this workshop the participants will be able to find quality online sources more easily and to use these more adequately in their work.

**Content of the workshop**

The content of the workshop is in part based on the book “Occupational Safety and Health online. How to find reliable information” (free download from [www.ldoh.net](http://www.ldoh.net)).

Topics will be:

- basics of evidence-based practice

- searching in PubMed for scientific articles and reviews

- searching for reliable guidelines, synopses, reports and other quality online sources

- how to critically appraise and use sources and the information found

**Educational format**

Training, discussion and assignments in small groups, with participants’ own examples from practice as starting point, alternated with PowerPoint introductions about the main chapters of knowledge, skills and competencies.

**Assessment**

Presentations of participants in between and at the end of the workshop.

Participants give each other feedback

Course leaders give feedback

**Preparation for the workshop**

* Read chapter 1 from the book: “Occupational Safety and Health online. How to find reliable information” (free download from [www.ldoh.net](http://www.ldoh.net)).
* Voluntarily: Do the e-learning ‘Online introductory course evidence-based medicine. The web address is: <https://www.nspoh-on-line.nl/ebp/presentation_html5.html> (Copy and paste this address in your browser; pay attention! the web address mentioned in the book on page 19 is NOT CORRECT)

**Progamme overview**

Day 1

Morning

Introduction, getting to know each other’s goals and learning objectives

Introduction of the workshop and of evidence-based practice basics

Subgroups will start each exploring one question

Afternoon

Searching for articles and reviews in PubMed, 10 steps method (see book)

Creating a MY NCBI account, making a PICO, selecting MeSH terms, using Advanced Search Subgroups are working on the selected questions

Day 2

Morning

Training in more advanced searching in PubMed; searching for aggregated evidence including Cochrane reviews and guidelines

Subgroups continue with assignments

Afternoon

Training to search through a variety of reliable other online sources courses and lessons such as on toxic substances

Quality of various sources

Subgroups working on the own questions or on assignments

Day 3

Morning

Presentations of the own work by subgroups and feedback

Final lecture and discussion about knowledge infrastructure and future developments

Evaluation and goodbye

**About us**

Paul Smits

Teacher and Occupational physician

Foundation Learning and Developing Occupational Health, LDOH

International experience in undergraduate medical education, postgraduate occupational health education and teaching evidence-based medicine. Working as consultant and teacher for the LDOH foundation in international projects about adult learning and postgraduate master programs.

Frank van Dijk

Occupational physician, emeritus professor in Occupational Health at the Academic Medical Center in Amsterdam. Working as consultant and teacher for the Learning and Developing Occupational Health (LDOH) foundation. Working in Latin America and for EU projects in Turkey and in Central Asia on development of public and occupational health. Secretary of the ICOH Scientific Committee on Education and Training in Occupational Health, member of the Dutch Health Council and of WONCA (family physicians).

1. Learning and Developing Occupational Health [↑](#footnote-ref-1)
2. International Commission on Occupational Health [↑](#footnote-ref-2)