

What is it?

A free online introduction to health evidence and how to use it to make informed health choices.

Topics covered include Evidence Based Medicine, clinical trials, Cochrane evidence and how to use it. The learning is presented in the form of the story of “Eleni”, a fictional healthcare consumer.



Who is it for?

This resource is designed for healthcare consumers (patients, care givers, family members) and is also useful for policy makers and healthcare professionals.

Key features

The modules are interactive, with things to read, video and audio, quizzes, and ways to check your learning. There are links to further resources if you wish to explore topics that interest you.

Module 1: Evidence-based medicine

Cochrane Evidence Essentials

Eleni's learning journey

“

Hello - I'm Eleni. This is the story of how I learned all about evidence-based medicine and became a real enthusiast. Now I know the way, I hope I can make it easier for you.

”

Read about how Eleni started her journey into evidence-based medicine

My story...

> Skip story



Cochrane evidence and shared decision making

The starting point: where to find Cochrane health evidence

Cochrane exists so that healthcare decisions get better. Cochrane publishes health evidence in different languages and in a range of places.

Click on the images to explore these places.



Four modules cover:

1. Evidence Based Medicine
2. Randomized controlled trials
3. Introduction to systematic reviews
4. Understanding and using systematic reviews

The content has been co-produced by healthcare consumers, researchers and specialists from Cochrane, with contributions from experts in their fields.

**Trusted evidence.
Informed decisions.
Better health.**

Tailor your learning experience:

- Learn in your own time, any time
- Access on your laptop, tablet or phone
- Explore the modules in any way you choose

To learn more:

W. training.cochrane.org/essentials

E. <mailto:support@cochrane.org>

training.cochrane.org/essentials