Peg Ford
Co-Founder/President
Ovarian Cancer Alliance of San Diego

How Did I End Up Here?
Hanna Nykvist
Centre for Evidence-Based Practice, Bergen University College
The Evidence-Based Research Network

How Did I End Up Here?
Evidence-based research – what does it mean for consumers?
Towards evidence based research

To avoid waste of research, no new studies should be done without a systematic review of existing evidence, argue Hans Lund and colleagues.

Hans Lund professor¹,², Klara Brunnhuber product manager³, Carsten Juhl associate professor¹,⁴, Karen Robinson associate professor⁵, Marlies Leenaars associate professor⁶, Bertil F Dorch director⁷, Gro Jamtvedt dean²,⁸, Monica W Nortvedt dean², Robin Christensen professor⁹, Iain Chalmers coordinator¹⁰
“Before agreeing to participate in research, patients should demand that research projects have been informed by systematic review of what is already known”

WHY?
You are asked to participate in a research project to measure your sleeping activity. It will not involve drugs or put you at risk in any way.

Is it still important to ask for a systematic review?