
Cochrane – promoting evidence-based decision-making in health care community

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Cochrane is a unique, worldwide, non-profit organization, helping people make well-informed decisions about all forms of health care by preparing, maintaining and promoting systematic reviews of the effects of health care interventions [1]. Systematic review is a type of research that collates all empirical evidence which fits pre specified eligibility criteria, with the aim to answer a specific research question [2]. This type of research is considered to be the highest level in the hierarchy of evidence in medicine [3]. A systematic review is also a lens through which other types of studies, considered to be lower in the hierarchy of evidence, should be appraised and analyzed through the process of evidence synthesis [3].

Cochrane systematic reviews are considered to be golden standard when it comes to evidence synthesis in medicine, because their methods are rigorous, and they have been continuously shown to be of higher quality compared to non-Cochrane reviews [4-6]. Cochrane systematic reviews cover a broad range of health topics and can help in promoting evidence-based decision-making in the health care community. Health workers need to get more acquainted with The Cochrane Library, an online resource which hosts multiple relevant databases, including Cochrane Database of Systematic Reviews, which published Cochrane review protocols and full reviews. Use of Cochrane reviews can help busy clinicians to make clinical decisions faster and to receive relevant research syntheses, conducted with rigorous methodological requirements.

Furthermore, it is worth emphasizing that Croatia founded a Cochrane entity in 2008 at the University of Split School of Medicine. Cochrane Croatia has numerous knowledge translation activities aimed at healthcare professionals and lay audiences. One of its industrious activities is participation in the Cochrane's multilingual translation project. Since 2012, Cochrane Croatia has been translating plain language summaries (PLSs) of Cochrane systematic reviews from English into Croatian. In this way, Cochrane Croatia provides

Croatian healthcare professionals and patients access to the highest-quality evidence synthesis about health in their native language.

By learning about Cochrane systematic reviews and promoting their findings among healthcare workers and patients, we can all ensure that the best evidence is promoted and used in clinical decision-making.

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