

## Journal Club Support Service

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- **Do you run a journal club in the Trust?**
  - **Are you thinking of setting up a journal club but are not sure where to start or who can help you?**
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This guide gives you practical tips on how to set up a journal club. It also gives you details about the **Library and Knowledge Service's Journal Club Support Service**, which can help you to get started and help you to maintain and run your journal club.

### Why run a journal club?

A journal club is a regular educational meeting in which a group of professionals discuss and critically appraise a research study of relevance to their practice. It often follows a structured format, with one member delivering a presentation critically appraising a paper. The group then discusses the paper and explores the potential application of the findings to clinical practice.

The benefits of establishing a journal club are to:

- provide a bridge between research and practice
- keep up to date with current evidence and research in your field
- develop critical appraisal and presentation skills in an informal environment
- develop team and multidisciplinary relations
- show a commitment to evidence based practice
- contribute to your continuing professional development

### Planning your journal club

- Decide on the purpose of the journal club and set your terms of reference
- Identify who the group members are going to be and promote your club
- Determine the size of your journal club
- Get management support. This will help your club thrive. The support of your colleagues will also help sustain the club
- Assess the training needs of the club members. The Library and Knowledge Service can help you with literature searching and critical appraisal skills.

- Work out a timetable for your club meetings. How often are they going to be and which time of day would be suitable for most members.
- Find a suitable location and provide food, as this may encourage people to attend!

### Clearly define the key roles within the club:

- **The co-ordinator** will provide continuity. This person organises the club timetable and facilities and will also lead each meeting and facilitate the discussion. They may also record attendance and undertake any administration
- **The Presenter.** This role will be rotated regularly to allow all members of the club the opportunity to develop their skills. The presenter will locate relevant paper/s and will circulate these to other members. The presenter will then prepare and present a critical appraisal of the paper to the group
- **Other group members** will read the paper/s before the next meeting, applying critical appraisal principles. They will participate in the discussion and will take their turn in presenting a paper.

### Identify topics/questions of interest

- This may be a topic relevant to whole group. Especially in a multi-disciplinary group it is important to choose a paper that will be of interest to everyone.
- A question may have arisen from clinical practice, i.e. “at the bedside”
- A knowledge gap may have been identified within the team, which may be addressed by discussing a paper on the topic
- A recent change in practice may have occurred

### Structure of meetings/type of journal club

There are many different formats for running journal clubs.

Format 1		
First meeting	Between meetings	Second meeting
Discuss an issue What question arises? Frame the question Undertake live literature search Find/select paper Decide on critical appraisal tool	All group members read paper Use critical appraisal tool Presenter prepares presentation of critically appraised paper	Presenter presents critical appraisal of paper Group discusses paper and application of findings Decide on next topic [Repeat cycle]

Format 2		
First meeting	Between meetings	Second meeting
Discuss an issue What question arises? Frame the question	Presenter undertakes literature search Presenter selects paper and distributes to group with chosen CA tool All group members read paper using CA tool	Presenter presents critical appraisal of paper Group discusses paper and application of findings Decide on next topic [Repeat cycle]

	Presenter prepares presentation of critically appraised paper	
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### Other things to consider

- Produce CATs to keep a record of your sessions. You can find a CATmaker tool at: <http://www.cebm.net/catmaker-ebm-calculators/>
- Provide feedback to the presenter, if they have requested it
- Collect feedback about the club as a whole so that you can regularly review the format and improve the process, if necessary
- Maintain attendance and keep it interesting. You will find some more ideas in the reading list on our web page
- Invite guest speakers who have an expert knowledge relevant to the topic in question
- Promote the success of your club. If other people know about it, they might want to attend or even set up a club of their own

### How the library and Knowledge Service can help.

Our Journal Club Support Service draws on a range of Library and Knowledge Resources and services, as well as the skills of its staff in order to help you get the best out of your new or existing journal club.

- We can give guidance on the **aims and purpose of a journal club** and the practical considerations to be made in planning and running one successfully:
- **Invite us** to give a presentation to your team on how to set up a journal club and how the Library and Knowledge Service can help

We can provide support materials to help you establish a new journal club or enhance the work done by your existing journal club:

- Use our **presentation template** to communicate your work to the group
- Use our **resources list** to give you more ideas for your journal club

We can liaise with you to discuss the requirements of the journal club and offer on-going Library and Knowledge Service support, including:

- **Literature search service** – to locate relevant articles of interest. This can be extended to include literature search and retrieval training if necessary
- **Article acquisition** – to obtain articles for use in the journal club and advise on any copyright restrictions
- **Critical appraisal skills training** – to assist with the objective analysis of the paper’s validity, results and relevance. This includes librarian facilitation in the use of the critical appraisal tools (this does not include leading the journal club itself, which will be done by the group co-ordinator)
- Assistance in using **PowerPoint** to prepare your presentation

# REFLECTIVE ACCOUNTS FORM

You must use this form to record five written reflective accounts on your CPD and/or practice-related feedback and/or an event or experience in your practice and how this relates to the Code. Please fill in a page for each of your reflective accounts, making sure you do not include any information that might identify a specific patient, service user or colleague. Please refer to our guidance on preserving anonymity in Guidance sheet 1 in *How to revalidate with the NMC*.

## Reflective account:

**What was the nature of the CPD activity and/or practice-related feedback and/or event or experience in your practice?**

**What did you learn from the CPD activity and/or feedback and/or event or experience in your practice?**

**How did you change or improve your practice as a result?**

## How is this relevant to the Code?

Select one or more themes: Prioritise people – Practise effectively – Preserve safety – Promote professionalism and trust