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Building basic knowledge and skills of how to conduct a systematic review and meta-analysis through hand-on tutorials and practice

Systematic reviews and meta-analyses are critical for evidence-based clinical and public health practice as this type of study usually provides high level of evidence on a specific topic. The skills of systematic review such as information selecting, evaluating, and synthesizing will greatly assist me in developing research proposals, conducting studies and writing publications. However, I am inexperienced in this type of research study. Therefore, during one month of studying in Korea, I expect to gain basic knowledge and skills of how to conduct a Systematic review and meta-analysis, through hand-on tutorials and practice. Below is my workplan for a 4-week training course.

During the first week, I set a goal to learn content including: formulation of the review question, searching of literature, quality assessment of studies in the systematic reviews and meta-analyses. In addition to learning theory, I will also practice based on a topic (for example: Systematic review of the palliative care model in countries of Asia).

The second week, I will continue to study theory and practice on the chosen topic in the first week. The learning content this week include extraction, meta-analytic methods, and report writing in the systematic reviews and meta-analyses.

The course will also cover statistical issues such as selection of statistical models for meta-analysis, practical examples of fixed and random effects models as well as examples of methods to evaluate heterogeneity and publication bias; graphical and tabular templates for the presentation of meta-analysis data. I will complete the learning content in the third week based on both theory and practice on selected topics

The fourth week, I will focus on practice and complete selected topics based on the knowledge and skills learned from 3 weeks ago. Besides, I look forward to learning about the tips, note, sharing the experience of Professor during practice, and implementing what I have learned.