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Public Health Evidence South Asia (PHESA) includes the South Asian satellite of Cochrane Public Health Group, and is one of the seven centres under Prasanna School of Public Health (PSPH), Manipal Academy of Higher Education (MAHE), Manipal. PHESA aims to meet the public health evidence needs of the South Asian region. Presently, we have grown into an international network with global collaborations, including many universities, public health organizations and NGOs. Our staff and interns have roots across the globe. We aim to partner with various organizations and individuals spanning subject areas to solve a variety of public health problems faced by low-and middle-income countries. We work together to foster a flexible environment that inspires new ideas, debates, changes and innovation, with a focus on evidence synthesis and capacity building in public health research.

### Highlights of this edition

- **Cochrane affiliate center announcement**
- **Webinar on indigenizing systematic review evidence for policy decisions in India**
- **A three-day online workshop on ‘Introduction to Systematic Reviews’**
- **Workshop on ‘Introduction to systematic review and meta-analysis’**
- **Training of trainers on ‘Teaching research synthesis methods and indigenizing knowledge’**
- **PHESA published 4 protocols, 2 systematic reviews, and registered 9 protocols**

### Message from the Coordinator:

*Hello readers! We all are striving through these unprecedented times, in the harsh clutches of the pandemic. Amidst this crisis, we are learning to work efficiently by cultivating patience and self-discipline. I am thankful to PHESA staff and the support from higher authorities of our institution, for their continuous efforts in nurturing PHESA. We are happy to make successful announcements through this newsletter. The latest prestigious news is that Manipal Academy of Higher Education (MAHE), Manipal, has been selected as Cochrane Affiliate Centre, under Cochrane India network, along with eight other eminent institutions of India and PHESA will be coordinating the activities for the same. This pandemic has also made us realise the importance of Evidence for policy decisions and the importance of indigenising evidence. PHESA conducted an online webinar with important stakeholders working on Evidence Synthesis across India as a part of SPARC project on indigenising global evidence for India. Four staff members from PHESA, were privileged to receive training of trainers in advance methods of Evidence Synthesis by EPPI-centre, UCL, London. We conducted two Systematic review workshops, published six peer-reviewed journal articles (continued..)*

and registered nine protocols in the last six months. In the second half of the year 2021, PHESA will be conducting a certificate course, and will be calling for internship for early career researchers across the globe. For all the details of above-mentioned activities, please read the newsletter till the end. Looking forward to collaborators interested in evidence synthesis. I wish you all to be safe and healthy.

-Dr. Bhumika T.V., Coordinator, PHESA

## Cochrane Public Health Group activities

### Cochrane affiliate centre announcement

Manipal Academy of Higher education (MAHE), Manipal, has been selected as Cochrane affiliate centre under Cochrane India network along with eight other eminent institutions of India. The Director of the centre is Prof. Dr. H.Vinod Bhat, Executive Vice President, MAHE, Manipal. The centre is currently placed at Prasanna School of Public Health (PSPH), MAHE, and the activities of the centre will be coordinated by Public Health Evidence South Asia (PHESA), PSPH, MAHE. PHESA is immensely thankful to Cochrane for providing us this opportunity and Prof. Helmut Brand, Director, PSPH, MAHE, and all the supporting members for this achievement.

## Capacity Building

### Workshops and training

#### Webinar on 'Indigenising systematic review evidence for policy decisions in India'



PHESA and Manipal College of Nursing, MAHE, Manipal, in collaboration with EPPI-Centre, UCL Social Research Institute, University College London, UK, organized a webinar on 'Indigenizing systematic review evidence for policy decisions in India'. This webinar was organized on 5th March 2021, under the Scheme for Promotion of Academic and Research Collaboration (SPARC) grant received by the above-mentioned institutions, for a capacity building project on 'Indigenising Evidence Synthesis and Systematic Reviews for International Development and Global Challenges'. The objective of this webinar was to gain expert opinion and views of all the relevant stakeholders on a handbook based

on Indigenizing systematic review evidence for Indian context. This handbook will be designed for the Ministry of Health and Family Welfare, Government of India and is an important outcome of the prestigious SPARC grant received by PHESA, PSPH, MAHE; MCON, MAHE, Manipal; and UCL, UK. Dr. Bhumika TV, presented a portion of the handbook content, during the webinar.

Relevant stakeholders and renowned experts representing policy makers, researchers, systematic review experts, public health and community medicine experts, practicing clinicians were invited for their valuable inputs. The online webinar was also open to the general public for their feedback on the same. All the important inputs received during this webinar will be incorporated into the handbook.

### A three-day online workshop on 'Introduction to Systematic Reviews'



PHESA conducted a three-day online workshop on 'Introduction to Systematic Reviews'. The workshop aimed at sensitizing participants on systematic review methodology. The interactive sessions of the workshop were held from 15<sup>th</sup> to 17<sup>th</sup> March, 2021. Fifty participants representing various disciplines from different states in India and abroad, attended the workshop.

### Workshop on 'Introduction to systematic review and meta-analysis'



PHESA conducted a five-day online workshop on "Introduction to systematic review and meta-analysis" at Charotar University of Science and Technology – CHARUSAT, Gujarat. The workshop aimed at sensitizing participants on systematic review methodology. The interactive sessions of the workshop were held from 22<sup>nd</sup> to 26<sup>th</sup> March, 2021. Twenty five participants from the nursing college attended the workshop and learned in detail about systematic reviews and meta-analysis.

## Training of trainers on 'Teaching research synthesis methods and indigenizing knowledge'



Course Outline	Weekly tutorial discussion	Course tutors
<ul style="list-style-type: none"> <li>10-weeks online course</li> <li>Weekly remote lectures (40 minute per week) on Moodle</li> <li>E-learning activities</li> <li>Group work</li> <li>Reading materials</li> </ul>	<ul style="list-style-type: none"> <li>Course content</li> <li>Indigenizing course content</li> <li>Decolonizing course content</li> <li>Teaching and learning methods</li> </ul>	Prof. Sandy Oliver Dr. Kelly Dickson Dr. Preethy D'Souza Dr. Mukdarut Bangpan Dr. Claire Stansfield

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As a part of SPARC funded project titled 'Indigenizing evidence synthesis and systematic reviews for international development and global challenges', a training of the trainer (ToT) course of ten weeks was held from 6th October to 15th December 2020.

The international project team members (Professor Sandy Oliver, Dr Mukdarut Bangpan, Dr Claire Stansfield and Dr Preethy D'Souza,) from EPPI-Centre, Social Research Institute, UCL Institute of Education (IOE), University College London, The UK ; and Dr. Kelly Dickson, Associate Professor and module leader of Systematic Review and Design Planning at Social Research Institute, IOE, UCL conducted a Training of the Trainer (ToT) program on teaching research synthesis methods and indigenizing knowledge for the Indian project team members,

faculty and researchers at Manipal Academy of Higher Education (MAHE), Manipal. Under this training program, Dr. Bhumika, Coordinator, and Research Officers, Dr. Eti Rajwar, Dr. Prachi Pundir and Dr. Shradha S. Parsekar, Public Health Evidence South Asia, MAHE were trained in evidence synthesis.

## Systematic Review course for M.Sc. Health Economics (1<sup>st</sup> semester)

PHESA mentors a course module on systematic reviews for the first semester M.Sc. Health Economics students from the Department of Commerce, MAHE, Manipal. The course is structured for the students to initiate a systematic review as a part of the research work during their two-year academic programme. Currently, PHESA staff is guiding the third batch of M.Sc. Health Economics students.

### A. 2019-2021 batch

The students are currently working on a systematic review with mentoring and support from PHESA. The protocol for this review, is published in BMJ Open (details of the publication can be found in the section 'Journal Publications' below).

1. Instruments measuring the quality of life among people living with type 2 Diabetes Mellitus in India: A systematic review.

### B. 2020-2022 batch

Seven students are working on two scoping reviews with the following topics:

1. Diagnostic and Treatment Cost of Cardiovascular Disease Management in India: A scoping review
2. Cost of breast cancer diagnosis and treatment in India: A scoping review

### Internship program at PHESA

As a part of the capacity building exercise of PHESA, interns are trained to work on public health issues of south Asia and the core area of evidence synthesis. At present, there are seven interns working with PHESA on various systematic review topics. Currently, the internship is being held online considering the ongoing COVID-19 situation in the country. The details of the nine interns who joined us during the six months are provided below:

 Dr. Arun Mayya	Dr. Arun Mayya (BDS, MDS) joined as an intern in January 2021, for a period of six months, and is working on a systematic review titled "Barriers and facilitators for tobacco smoking cessation among health service providers."
 Dr. Rosemol Johnson	Dr. Rosemol Johnson (BDS, MPH) joined as an intern in January 2021, for a period of three months, and is working on a systematic review titled "Interventions for women with psychological morbidity associated with breast cancer or its treatment: An evidence summary of systematic reviews."
 Dr. Karthik M.	Dr. Karthik M (BDS, ICMR doctoral fellow) joined as an intern in January 2021, for a period of six months, and is working on a systematic review titled "Barriers and facilitators for tobacco smoking cessation among health service providers."
 Dr. Leya Raj	Dr. Leya Raj (MBBS, MPH) joined as an intern in January 2021, for a period of one month, and is continuing her work on a systematic review titled "Barriers and facilitators for tobacco smoking cessation among health service providers."



Dr. Megha Bhandari

Dr. Megha Bhandari (BHMS) joined as an intern in January 2021, for a period of four months, and is working on the topic “Effect of iron and folic acid fortification and supplementation on nutritional status of women: An overview of systematic reviews”



Dr. Alyssa Maria Prince

Dr. Alyssa Maria Prince (BDS) joined as an intern in January 2021, for a period of six months, and is working on a narrative review on the topic “healthy ageing” and a scoping review on “Income support programs for older adults in South Asia”



Dr. Sujata K. Shirodkar

Dr. Sujata K. Shirodkar (BHMS, MPH) joined as an intern in January 2021, for a period of six months, and is working on the topic “Effect of iron and folic acid fortification and supplementation on nutritional status of women: An overview of systematic reviews”



Dr. Meera Gopal

Dr. Meera Gopal (MBBS) joined as an intern in May 2021, for a period of six months, and is working on the topic “Effect of iron and folic acid fortification and supplementation on nutritional status of women: An overview of systematic reviews”



Dr. Sanjana Challa

Dr. Sanjana Challa (BDS, MPH) joined as an intern in March 2021, for a period of six months, and is working on a narrative review on the topic “healthy ageing” and a scoping review on “Income support programs for older adults in South Asia”

## Evidence Building

### Current projects

#### **Scheme for Promotion of Academic and Researcher Collaboration (SPARC) 'Indigenizing Evidence Synthesis and Systematic Reviews for International Development and Global Challenges'**

PHESA, PSPH, MAHE, Manipal and Manipal College of Nursing (MCON), MAHE, Manipal, received the prestigious Scheme for Promotion of Academic and Researcher Collaboration (SPARC) grant in 2019. Under this project, staff from PHESA, PSPH, MAHE, were trained by experienced researchers and staff from the University College London (UCL), UK, in newer methods for evidence synthesis. Currently, we are working on collaborative papers that would contribute in developing methodologies for indigenising evidence.

### Completed projects

#### **Evidence Synthesis on Health Insurance in India**

Evidence Synthesis on Health Insurance in India for Public Health Research initiative in collaboration with Manipal College of Health Professions, MAHE, Manipal, funded by Public Health Foundation of India (PHFI). Dr. B. Reshmi, (Associate Professor, Department of Health Information Management, MCHP, MAHE) is the principal investigator for this project. Under this project, two reviews are completed:

1. Impact, enrolment factors, and willingness to pay (WTP) for health insurance in India: A rapid review synthesis
2. Health insurance awareness and utilization of health care services in India: A systematic review

Protocol of the second review has been published, the details of the publication can be found in the section 'Journal Publications' below.

Two manuscripts have been submitted from the first review:

1. Impact of public funded health insurances in India on health care utilization and financial risk protection: A systematic review. Submitted to BMJ Open.
2. A systematic review on factors determining uptake of public funded health insurance in India. Under review BMC Public Health.

## Knowledge Dissemination and Advocacy

### Journal Publications

- Mehrotra S, **Pundir P**, Shetty RS. Healthy ageing and occupational therapy in South Asian countries: a scoping review protocol. *BMJ Open* 2021;11:e044657. doi: 10.1136/bmjopen-2020-044657. Available from: <https://bmjopen.bmj.com/content/11/5/e044657>
- Reshmi B, Unnikrishnan B, **Parsekar SS**, **Rajwar E**, Vijayamma R, **Venkatesh BT**. Health insurance awareness and its uptake in India: a systematic review protocol. *BMJ Open* 2021; 11:e043122. doi: 10.1136/bmjopen-2020-043122. Available at: <https://bmjopen.bmj.com/content/bmjopen/11/4/e043122.full.pdf>
- Demla C, Thomas A, Jose J, Joshy AL, Hrishikesh MA, Rajendran A, **Parsekar SS**. Instruments measuring the quality of life among people living with type 2 diabetes mellitus in India: a systematic review protocol. *BMJ Open* 2021;11:e043831. doi: 10.1136/bmjopen-2020-043831. Available at: <https://bmjopen.bmj.com/content/11/4/e043831>
- Nair NS, Lewis LE, **Dhyani VS**, Murthy S, Godinho M, Lakiang T, **Pundir P**, **Venkatesh BT**. A scoping review on barriers to case management of neonatal pneumonia in India. *Clinical Epidemiology and Global Health*. 2021;11:100713. Available from: <https://www.sciencedirect.com/science/article/pii/S2213398421000178>
- Raghupathy MK, Rao BK, Nayak SR, Spittle AJ, **Parsekar SS**. Effect of family-centered care interventions on motor and neurobehavior development of very preterm infants: a protocol for systematic review. *Syst Rev*.2021;10:59. Available from: <https://doi.org/10.1186/s13643-021-01612-w>
- Sunil R, Bhatt MT, **Bhumika TV**, Thomas N, Puranik A, Chaudhuri S, et al. Weathering the Storm: Psychological Impact of COVID-19 Pandemic on Clinical and Non-clinical Healthcare Workers in India. *Indian J Crit Care Med*. 2021; 25(1):16–20. Available from: <https://www.ijccm.org/doi/IJCCM/pdf/10.5005/jp-journals-10071-23702>

### Manuscripts accepted for Publication

- “Factors Associated with Neonatal Pneumonia and its Mortality in India: A Systematic Review and Meta-Analysis” in *Indian Pediatrics*
- “COVID 19 pandemic: Impact on admission diagnosis and treatment of non-COVID 19 patients admitted in SARI ICU” in *Indian journal of critical care medicine*

### Registered protocols

- Tantri Keerthi Dinesh, Ankitha Shetty, **Vijay Shree Dhyani**, Shwetha T S, Komal Jennifer D’souza. Effectiveness of Mindfulness-Based Interventions on wellness and work-related stress in the financial sector. *PROSPERO* 2021 CRD42021249782 Available from: [https://www.crd.york.ac.uk/prospero/display\\_record.php?ID=CRD42021249782](https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42021249782)



- Ganesh Balthillaya, Bhamini Krishna Rao, Shyamasunder N Bhat, Narayan Prabhu, Ranganath Gangavelli, **Shradha S Parsekar**. Effectiveness of posture correction interventions on mechanical neck pain and posture among forward shoulder head posture-systematic review. PROSPERO 2021 CRD42021250310 Available from: [https://www.crd.york.ac.uk/prospero/display\\_record.php?ID=CRD42021250310](https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42021250310)
- Karthik M, Leya Raj, Arun Mayya, **Prachi Pundir**. Barriers and facilitators for tobacco smoking cessation among health service providers: a systematic review. PROSPERO 2021 CRD42021237844 Available from: [https://www.crd.york.ac.uk/prospero/display\\_record.php?ID=CRD42021237844](https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42021237844)
- Anita Gadgil, Bhakti Sarang, Prashant Bhandarkar, Priti Patil, **Shradha S. Parsekar**, Jubina Balan Venghateri, et al. Systematic review of concerns and coping mechanisms in breast cancer survivors from Asia. PROSPERO 2021 CRD42021227557 Available from: [https://www.crd.york.ac.uk/prospero/display\\_record.php?ID=CRD42021227557](https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42021227557)
- **Eti Rajwar**, Raghu Radhakrishnan, **Prachi Pundir**, Aditi Chopra, **Vijay Shree Dhyani**, Ankitha Shetty, Rahul Clare, **Bhumika TV**. Factors associated with adherence to Non-Pharmaceutical Interventions (NPI) in reducing transmission or to contain the spread of Covid-19 in South Asia: a systematic review. PROSPERO 2021 CRD42021228658 Available from: [https://www.crd.york.ac.uk/prospero/display\\_record.php?ID=CRD42021228658](https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42021228658)
- Karthik Sivaraman, Aditi Chopra, **Eti Rajwar**, Bindhu Koshy, George Cherukara. Is dentin an effective bone graft for socket preservation in implant site preparation? A systematic review protocol. PROSPERO 2021 CRD42021201958 Available from: [https://www.crd.york.ac.uk/prospero/display\\_record.php?ID=CRD42021201958](https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42021201958)
- Usha Devadas, Chandini Nair, **Jisha Krishnan**, Santosh M, Srikanth Nayak. Prevalence of Voice Problems, Self-Reported Vocal Symptoms and Associated Risk Factors in Call Center Operators: A Systematic Review. PROSPERO 2021 CRD42021225612 Available from: [https://www.crd.york.ac.uk/prospero/display\\_record.php?ID=CRD42021225612](https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42021225612)
- Janet Varghese, Riya Jacob, Venkataraja Aithal, Bellur Rajashekhar, Krishna Sharan, **Jisha B. Krishnan**. A Systematic Review Of Patient-Reported Outcome Measures Used In Dysphagia Intervention For Head And Neck Cancers Patients Undergoing Radiation Therapy. PROSPERO 2021 CRD42020223198 Available from: [https://www.crd.york.ac.uk/prospero/display\\_record.php?ID=CRD42020223198](https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020223198)
- Reshmi Mohanan, Kadiyali. D Veena, **Shradha S Parsekar**, Venkataraja U Aithal. Effectiveness of mixed video modeling technique to improve socio-communication skills in children with Autism Spectrum Disorders (ASD)-A protocol for systematic review. PROSPERO 2020 CRD42020212580 Available from: [https://www.crd.york.ac.uk/prospero/display\\_record.php?ID=CRD42020212580](https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020212580)

## Activity for promotion and dissemination of Cochrane reviews

### Latest published Cochrane Public Health reviews relevant to LMICs

PHESA includes the South Asian satellite of Cochrane Public Health (CPH) group and undertakes various activities as a part of this role. One of the activity is to disseminate the information on Cochrane reviews using various web-based platforms such as Facebook, Twitter and PHESA website. Following are the latest CPH reviews relevant to LMICs:

- Behavioural interventions delivered through interactive social media for health behaviour change, health outcomes, and health equity in the adult population. ([Review link](#))
- Day care as a strategy for drowning prevention in children under 6 years of age in low- and middle-income countries. ([Review link](#))
- Interventions for reducing sedentary behaviour in community-dwelling older adults. ([Review link](#))

Cochrane Public Health group reviews addressing the issues of low- and middle-income countries are available on our website [www.phesa.manipal.edu](http://www.phesa.manipal.edu)

### Awards and Recognition

- Dr. Prachi Pundir won the best short film award in 'Cancer Collective 2021', organized by KMC, MAHE on 27th February 2021
- Dr. Shradha S. Parsekar was invited as judge for Art and Craft contest, Cancer Collective 2021- organized by KMC, MAHE on 27th February 2021

### Consultancy

PHESA is providing consultancy for conducting systematic reviews. For any queries related to consultancy services, please contact PHESA office.

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### Certificate course on 'Systematic Review and Meta-analysis' 2021 (upcoming)

PHESA organises a certificate course on "Systematic Review and Meta-analysis" every year, with four credit points. This year the certificate course will be held from 20<sup>th</sup> to 25<sup>th</sup> September, 2021. The Certificate course offers an opportunity to learn systematic reviews through a series of thought-provoking and inspirational lectures by mentors. Participants will get an opportunity to actively engage in discussions on how systematic reviews can be made more interdisciplinary, inclusive and relevant for clinical practice. Participants will be guided and motivated towards preparation of protocol and registering the same on PROSPERO and publishing the same in indexed journals. The announcement will be published on the PHESA website by last week of July 2021.

**For more information and updates, please follow us at:**  
@PublicHealthEvidenceSouthAsia on Facebook and @phesa\_manipal on Twitter

