

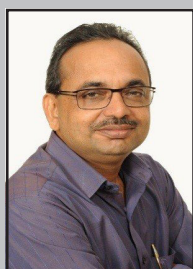
PHESA NEWSLETTER

PUBLIC HEALTH EVIDENCE SOUTH ASIA

AUGUST 2015

VOLUME 3, ISSUE 1

PUBLIC HEALTH EVIDENCE SOUTH ASIA



Prof. N. Sreekumaran Nair,
Director, PHESEA

Dear friends,
I am proud to release this issue of newsletter as PHESEA has ensured to face the enormous challenges presented by today's world. PHESEA, a small organization now has come up with the outcomes as a result of the hard work of past two

years. We are privileged to get great support from the Manipal university, Manipal, from the global network and organizations such as Cochrane collaboration, the University of Groningen, Prayas Pune, etc., and an evergrowing network of faculty, researchers and students across South Asia. We leverage this linkage to create an environment that encourages us to focus and promote on research activities, capacity building and deliver quality work. We are happy to announce that, PHESEA which started as South Asian SATELLITE for Cochrane Public Health Group now has been recognized as one of the departments of Manipal University. The team has been working around the clock to make this happen, and thanks to all the people and organizations who is directly or indirectly responsible for this. We are looking forward for further collaborations and networks.

This newsletter provides the glimpses of our last 6 months work in the field of Public Health Evidence and we pledge to continue to work together, addressing the important public health issues of South Asia. We continue to build a stronger partnership, fully recognizing your support and trust which is the foundation of our success and expect the same in the future.

VISION OF PHESA

To facilitate the synthesis, production and dissemination of high quality evidence on effect of public health interventions relevant to South Asian region.

PLANNED ACTIVITIES

1. Capacity Building

Mentoring reviewers and methodologists in South Asian region for conducting and appreciating systematic reviews of public health importance.

2. Evidence building

Producing systematic reviews of public health interest relevant to South Asian region.

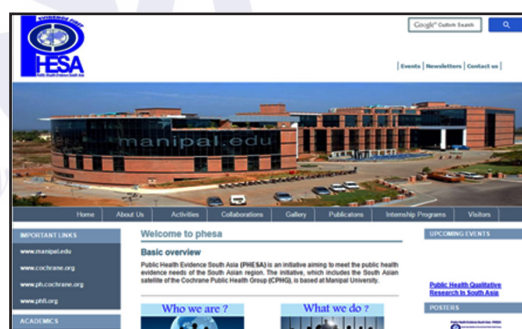
3. Networking

With institutions and individuals across the region.

4. Primary Research

Including methodological development for knowledge synthesis and translation.

5. Knowledge dissemination and Advocacy



PHESA Website
www.phesa.manipal.edu

IMPORTANCE OF QUALITATIVE RESEARCH IN HEALTH CARE



Dr. Shrinivas Darak, PhD
Faculty of Spatial Sciences,
Department of Demography,
University of Groningen,
The Netherlands

Quality of scientific evidence cannot be determined by the methodological approach alone. It also depends on the question for which the evidence is being sought and importantly the appropriateness of the methodological approach for that question. In many practice oriented fields such as public

community medicine, health systems research etc., that primarily addresses the health issues of people whose lives are embedded in their local socio-cultural context, the questions for which the evidence is sought are often complex and most of the time are not amenable for study designs such as randomized control trial (RCT). For such questions qualitative research probably provides better quality of evidence than other designs or in combination with quantitative studies can strengthen the evidence.

Qualitative research is a broad umbrella term. Qualitative researchers study things in their natural setting, attempting to understand the meanings people give to different phenomenon, by using a specific set of research methods such as in-depth interviews, focus group discussions, observation, visual methods etc. However, simply applying these methods does not make the research truly qualitative. The philosophy of understanding the world view of the study participants is an integral part of qualitative research and should be reflected in the entire research cycle. It is now well understood and acknowledged that, understanding the world view of the people and the meaning they attach to different phenomena is essential for interventions to be effective in the real world situation.

Conducting qualitative research requires learning of the methods as well as internalizing the philosophy and the assumptions of qualitative research. Without this understanding, researchers are quite likely

to ask questions, for example “How can it be a scientific research if you are just talking to purposely selected group of people, listening to their stories, having a group discussion with them or may be observing their behavior? Isn't there a bias?” These questions have their basis in a different paradigm of doing research than the one used in qualitative research. Hence without appropriate training on the methods and the underlining paradigm it is difficulty to maximize the benefits that qualitative research can bring in.

It is a welcome initiative from Public Health Evidence South Asia (PHESA), Manipal University to incorporate qualitative research wherever appropriate in the process of building public health evidence and also building capacities of researchers through organizing training in qualitative research. This will certainly help in improving the understanding of the phenomena and quality of evidence, leading to betterment in health care.

CAPACITY BUILDING

MENTORING

New reviewers who are interested in doing a systematic review of public health importance are identified as mentees. Experienced reviewers who have authored systematic reviews are identified as mentors. They work together to either produce or critically assess a systematic review. During this process mentees get trained in all aspects of a systematic review.

Student Mentoring

The objective of this program is to guide the undergraduate and postgraduate students to appreciate systematic reviews of public health importance and carry out small systematic reviews as well as conduct primary research. The students who are interested in evidence based health care are identified and they are briefed on Systematic Review and Meta-analysis. They are given published systematic reviews to critically review and write a plain language summary document of these reviews to make them understand and appreciate systematic reviews.



Student Mentees



Mentees at work

Mentoring Health Care Researchers

The aim of this programme is to build capacity among health care researchers. Researchers working in various domains of health care are identified for this program. Sensitization workshops are conducted to introduce the concept of systematic reviews and meta-analysis, which include training for developing systematic review protocol. Further, the reviewers are guided in every step of systematic review process by a dedicated group of experienced reviewers called mentors.



Training programme on Systematic Review and Meta-analysis, University of Groningen, The Netherlands: October 25-31, 2014



Workshop on Meta-analysis and Meta-regression, PGIMER, Chandigarh: November 5-7, 2014



Workshop on Systematic Reviews and Meta-analysis, Manipal University, Manipal: November 22-23, 2014



Workshop on Systematic Reviews and Meta-analysis, Prayas, Pune: March 22-23, 2015



Dr. Louise, Dr. Zaina and Dr. Shrinivas Darak, University of Groningen with PHESA team

Statisticians' Mentoring

This program aims to build up the statistical capacity to support public health systematic review authors. Young statisticians who are interested in methodological development of public health systematic reviews are being identified and trained in association with senior statisticians working in the same field. The trainees get introduced to the Cochrane reviews' statistical editing process and also get an opportunity to join various systematic review groups. They are also trained in statistical packages like STATA, RevMan and SAS.



Statistician Mentees

4. Involved in writing review articles on public health issues of South Asia.



Ms. Hanna Nelson



Ms. Dayashwori Devi



Ms. Maria Mathews



Mr. Vasanthan

INTERNSHIP PROGRAMME

The internship programme is an initiative of PHE-SA designed for undergraduates, postgraduates, and doctoral students of diverse backgrounds for the duration of 1 month, 3 months, 6 months and 1 year who are interested in working on public health issues of South Asia.

Under this programme, students get involved in ongoing projects of PHE-SA and get an exposure to public health research. They are educated on health disparities, health issues, professional development and community health promotion activities. Students receive certificate on successful completion of internship.

Activities

Interns are involved in various activities of the ongoing projects;

1. Developing protocol for systematic review under Cochrane methodology.
2. Trained on search strategies to conduct a systematic review.
3. Secondary data extraction from the literatures.

Feedback on the internship programme

"It was a very prodigious experience with the PHE-SA throughout my internship. I had very little knowledge regarding research when I joined PHE-SA as an intern. It was so helpful to learn regarding research and systematic review. The major attraction that I observed in PHE-SA was the unity and the team work which had lead it into a Gold standard. So that I can definitely say "coming together is a beginning, keeping together is a progress and working together is a success". I really thank Dr.Nair for giving me such a good opportunity and I thank him for all his support and guidance. I thank Mrs.Aditi, Dr.Shradha, Dr.Bhumika, Dr.Mannath, and Ms. Dayashwori Devi for guiding me through the research as well as all the other endeavours. I thank all the research scholars for their support and concern. It is definitely "a home away from home". I really learned a lot as well as enjoyed the work. "PHE-SA, you are a good team". I am so proud to be an intern in PHE-SA. I wish all success to the team".

Ms. Hanna Nelson

Intern, PHE-SA

Manipal University, Manipal

"I am very grateful to experience PHESA as a learner. It is really wonderful to be a part of the team. I really enjoy the team work and the fun we had. I am very thankful to Prof. N Sreekumaran Nair for giving me a chance to learn about systematic review s and research field.. It is a remarkable experience working with PHESA and its team. I would like to thank Dr. Bhumika TV, Dr. Shradha and Ms. Hanna for their valuable inputs and support during internship. Thank you for the prospect given to me".

Ms. Dayashwori Devi

Intern, PHESA

Manipal University, Manipal

I exchanged the cold and dark Dutch winter for two weeks of Indian sunshine, and stayed in Manipal in one of the Old Valley Flats between February 23 and March 9. My stay was funded by the Age-Globe-Network, funded by the Netherlands Scientific Organisation (NWO). The idea for the visit originated at the introductory workshop on Systematic Reviews that prof. Nair gave in Groningen in October 2014. I participated in that workshop, and got the idea of doing a systematic review in the field of stroke and mobility.

The purpose of my visit was to start developing a protocol for a systematic review on mobility-related outcomes of adult stroke survivors. In line with this, the main activity during my stay was joint work on the PICO for a (Cochrane) Mixed-Methods Systematic Review on the topic of Psychosocial interventions for mobility-related outcomes in stroke survivors. The systematic review is a collaboration with Sreekumaran Nair (Manipal), Bhaskaran Unnikrishnan and Ramesh Holla (Mangalore), Shrinivas Darak (Pune), and Ant Lettinga, Ilse Stuive and Gerd Weitkamp (Groningen). Vital in the progress we made, were the workshops on different aspects of doing systematic reviews provided by different PhD students in the PHESA: thank you Ravi, Aditi, Melissa. I have learnt a lot, on meta-analysis, data-extraction, risk of bias, and all the other intricacies of systematic reviews!

Besides working on the review, I was involved in other activities such as teaching classes on qualitative and mixed-methods research, to Public Health, Sociology and Philosophy students. Also, we had meetings to discuss collaboration with staff members at the Departments of European Studies and Public Health.

My travel-companion in India was my five-year-old daughter Elin. She went to Madhava Kripa School during the mornings,

and during the afternoons she either relaxed in our apartment while I was working, or ran around at the Statistics Department...

We both look back on our first visit to India with fond memories: for me, it was productive in terms of work, and very enjoyable because of the nice people I met. Elin enjoyed learning English and chatting in 'Dinglish' with everybody at the Department, making 'art' in Paint, playing Holi, and meeting cows in the streets (which definitely won't happen in the Netherlands). We are looking forward to meeting you again in the future, either in Manipal, or in Groningen, where you are always welcome.

Dr. Louise Meijering

Department of Demography,

Population Research Centre,

University of Groningen, Groningen,

The Netherlands

I visited PHESA to develop a systematic review as a necessary initial step for designing a novel physiotherapy intervention. The vibrant staff team provided vital intellectual and technical inputs. What was surprising was the manner in which they supported. There was no formal teaching yet, i learnt a lot during my brief stay. The congenial learning environment interspersed with group discussion and problem solving sessions has kindled in me an interest and thirst for deeper understanding. I thank Dr. Sreekumaran Nair for providing opportunity and mentoring me. Ms. Aditi Hombali, Dr. Shradha Parsekar, Dr. Mannat Singh and Dr. Bhumika TV and PhD scholars of the department for shaping my knowledge.

Mr. R. Vasanthan, P.T.

PhD Scholar,

Department of Physiotherapy

School of Allied Health Sciences

Manipal University

Number of students completed internship: 13

Completed systematic reviews: 2

Papers submitted: 4

Accepted papers: 4

CAPACITY BUILDING

Ongoing projects

Non-communicable disease related disability: Implications for policy and practice

Public Health Evidence South Asia (PHESA), Manipal University, in collaboration with Nossal Institute for Global Health, University of Melbourne and Cochrane Public Health Group (CPHG) has been awarded project by the World Health Organization (WHO) for working on five systematic reviews in the domain of “Effective Rehabilitation Measures for Non-communicable Diseases Related Disability”

Research team

1. Prof. Elizabeth Waters (Principal investigator), University of Melbourne, Australia
2. Prof. N. Sreekumaran Nair (Co-investigator), Director, PHESA, Manipal University, India
4. Rebecca Armstrong, University of Melbourne, Australia.
5. Dr. Fary Khan, Associate Professor, University of Melbourne, Australia.
6. Dr. Hasheem Mannan, Trinity College, Dublin, Australia.
7. Patrick Condron, Liason Librarian - Medicine, University of Melbourne, Australia.
8. Dr. Mannat Singh, Systematic Review Officer, PHESA, Manipal University, India.
9. Dr. Shradha Parsekar, Systematic Review Officer PHESA, Manipal University, India.

Status: report writing in progress

This project has been funded by World Health Organization (WHO) and administered through Nossal Institute of Global Health, University of Melbourne, Australia.



Research team

Fortification of staple foods with Vitamin A for preventing Vitamin A deficiency

To assess the benefits and harms of fortifying staple foods with vitamin A on vitamin A status and health-related outcomes in the general population.

Research team

1. Luz Maria De-Regil, Research and Evaluation, Micronutrient initiative, Canada.
2. Juan Pablo Pena-Rosas Dept of Nutrition for Health and Development, WHO.
3. Prof. N. Sreekumaran Nair, Director, PHESA, Manipal University.
4. Mrs. Aditi Hombali, PHESA, Manipal University.
5. Dr. Bhumika TV, Research Officer, PHESA, Manipal University.

Status: meta-analysis in progress

This is a Cochrane Public Health Group (CPHG) review funded by the World Health Organization (WHO), Division of Nutrition



Research team

Completed projects

1. Assessing risk factors for neonatal mortality: A systematic review.
2. Burden of caregivers of post stroke survivors: A qualitative study.
3. Effect of social support on breast cancer patients.
4. A study on the economic impact of chronic obstructive pulmonary disease in WHO South-East Asian region.
5. A study on association between food insecurity and diabetes in Udupi Taluk, Karnataka.

UPCOMING REVIEWS

Apart from conducting new systematic reviews of public health interventions, PHESA also extends support to systematic reviews conducted by other institutions.

1. Mr. Ravishankar. N is involved in the Cochrane Public Health systematic review **“Later school start times for supporting the education, health and well-being of high school students”** with Colleen M Davison, Lee-Anne Ufholz, John Freeman, Lisa Newton, Robert S Brown, Alyssa Parpia and Ioana Cozma

2. Dr. N. Sreekumaran Nair is involved in **“Effect of vitamin D and calcium alone or in combination on glycaemic status in adults at high risk of diabetes: Systematic Review”** with Dr. Arathy Ramaswamy, Dr. Varalakshmi Chandrasekaran and Dr. Anusha Bhandarkar.

4. Dr. N. Sreekumaran Nair, Dr. Bhumika TV, Ms. Melissa Lewis are involved in **“Acoustic analysis in voice evaluation of professional trained singers: A Systematic Review”** with Dr. Venkataraja Aithal and Ms. Dhanshree Gunjawate.

PUBLISHED COCHRANE REVIEW

Prabhu RA, Nair S, Pai G, Reddy NP, Suvarna D. Interventions for dialysis patients with hepatitis C virus (HCV) infection. Cochrane Database of Systematic Reviews 2015, Issue 8. Art. No.: CD007003. DOI: 10.1002/14651858.CD007003.pub2.

NETWORKING WITH INSTITUTIONS AND ORGANIZATIONS

The PHESA has developed a network with National and International Organizations;

1. Cochrane Public Health Group (CPHG).
2. University of Groningen, The Netherlands.
3. Nossal Institute for Global Health, Australia.
4. Population Services International, New Delhi.
5. Indian Institute of Public Health, New Delhi.
6. Indian Institute of Public Health, Gandhinagar.

7. Indian Institute of Public Health, Hyderabad.
8. Public Health foundation of India (PHFI), New Delhi.
9. Centre for Chronic Disease Control, New Delhi.
10. Madras Diabetes Research Foundation (MDRF), Chennai.
11. International Clinical Epidemiology Network (INCLEN).



Healthy lives. Measurable results.



university of
 groningen



PUBLIC
HEALTH
FOUNDATION
OF INDIA



CENTRE FOR CHRONIC DISEASE CONTROL



International Initiative
for Impact Evaluation



THE INCLEN TRUST INTERNATIONAL

PRIMARY RESEARCH

Methodological Development for Knowledge Synthesis and Translation

Evidence building requires a strong statistical foundation. Hence PHESA has undertaken several initiatives to achieve proficiency in statistical techniques.

1. Methods to Handle Complexity in Public Health Interventions
2. Network Meta-analysis
3. Application of Bayesian Methods in Public Health Evidence Synthesis
4. Application of Spatial Methods in Public Health Evidence Synthesis
5. Methods to assess well being in South Asian context

PhD Scholars



Ms. Melissa Lewis



Ms. Amitha Puranik



Mr. Ravishankar. N



Mr. Kalesh M Karun



Dr. Bhumika TV

OUTCOMES

Publications

1. Parsekar SS, Singh MM, Venkatesh BT, Nair SN. Road safety in India: a public health concern. *Indian J Comm. Health* 2015; 27(2):191-196.
2. Singh MM, Parsekar SS, N Ravishankar, Nair NS. Disabilities caused due to stroke. *International Journal of Advanced Research* 2015; 3(5): 328-331.
3. Singh MM, Parsekar SS, N Ravishankar, Nair NS. An Epidemiological Overview of Child Sexual Abuse. *J. Fam. Med. Primary Care* 2014; 3(4): 430-435.
4. Nair NS, Ravishankar N, Lewis MG. Role of Systematic Reviews and Meta-Analysis in Evidence Based Health Care. *Journal of Basic and Clinical Research*. 2014; 1(1): 25-30.
5. Lewis MG, Ravishankar N, Mujja A, Nair NS. Statistical and Methodological Challenges in Cochrane
6. Public Health Systematic Reviews: an Overview. *Manipal Journal of Nursing and Health Sciences* 2014; 1(1): 47-50.
7. Ravishankar N, Sreekumaran Nair N. Meta-regression: Adjusting Covariates During Meta-Analysis. *International Journal of Advanced Research* 2015; 3(2): 899-904.
8. Hassan S, Ravishankar N, Nair NS. Methodological considerations in network meta-analysis. *Int j med sci public health* 2015; 4(5): 588-594.
9. Ravishankar N, Hassan S, Nair NS. Network meta-analysis: an illustration. *Int J Med Sci Public Health* 2015;4:1147-1150.
10. Ravishankar. N, Nair NS. A tool to measure complexity in public health interventions: its statistical properties and meta-regression approach to adjust it in meta-analysis. *Clin Epidemiol Glob Health* 2015. Available from <http://dx.doi.org/10.1016/j.cegh.2015.03.003>.
11. Aleksandra Krawczyk, Melissa Glenda Lewis, Bhumika T. Venkatesh, Sreekumaran N Nair. Effect of Exclusive Breastfeeding on Rotavirus Infection among Children. *Indian J Pediatr*. 2015. doi: 10.1007/s12098-015-1854-8
12. Ashrita Saran , Bhumika.T.V. , N.Sreekumaran Nair. Policy Prescription from Systematic Review evidence on Conditional Cash Transfer for Improving Uptake of Health Interventions in Low and Middle Income Countries. *Global Journal Of Medicine And Public Health*: 2014; 3-5
13. Arun K Simon, T V Bhumika, Richa Jaswal(2), N Sreekumaran Nair. Public health priorities of South Asia: An overview. *International Journal of Advanced Research*. 2015. 3: 4; 424-428
14. Simon AK, Bhumika TV, Nair NS. Does atraumatic restorative treatment reduce dental anxiety in children? A systematic review and meta-analysis.

Eur J Dent 2015;9:304-309.

Conference Presentations

1. Dr. N.Sreekumaran Nair delivered a brief talk on Systematic reviews during Preventive Cardiologists meet at Agra, September 26, 2014.

2. Poster presentation on “Food fortification and its impact on Nutritional Status: An Overview of Reviews” by Dr. Bhumika TV at International workshop on micronutrients and child health, All India Institute of Medical Sciences, New Delhi.

3. Papers “Measuring and adjusting complexity in systematic Reviews of Public Health Interventions” and “Applications of Bayesian Meta-analysis in Public Health Systematic Reviews” presented by Mr. Ravishankar and Ms. Melissa Lewis at 32nd annual National Conference of Indian Society for Medical Statistics, Organized by Department of Statistics, University of Jammu, Jammu, from November 1-3, 2014.

4. An invited talk by Dr. N. Sreekumaran Nair on “Meta-analysis and Systematic Reviews in communication disorders during the All India Speech and Hearing Association Conference held on January 3, 2015, Manipal University, Manipal.

5. A talk by Dr. N. Sreekumaran Nair on “Evidence based practice in low and middle income countries: challenges and opportunities” during International Nursing Conference, January 24, 2015, Manipal University, Manipal.

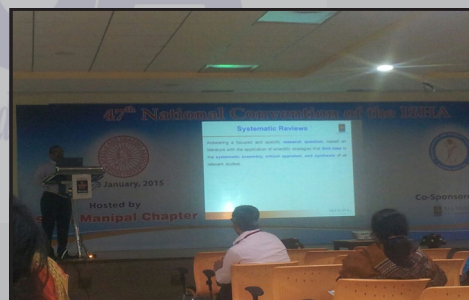
6. Mr. Ravishankar. N participated as a resource person in the workshop entitled “Systematic Reviews in Research” held during 4th and 5th May, 2015 at KLEU Institute Of Nursing Sciences, Belgaum.



At ISMS Conference, Jammu University, Jammu: November 1 - 3, 2014



Presentation at AIIMS, New Delhi: November 24, 2014



Presentation at Speech and Hearing Conference, Manipal University, Manipal: January 3, 2015



Presentation at International Nursing Conference, Manipal University: January 24 - 25, 2015

Awarded Projects

1. WHO

PHESA has been awarded the project entitled “The most effective rehabilitation measures for NCD-related disability that have been applied across different contexts that can result in improved functioning (i.e. reduce impairment, improve activities and participation) or at least maintain or prevent loss of functioning” in collaboration with Nossal Institute Limited, The University of Melbourne, Cochrane Public Health Group (CPHG) by World Health Organization Disability and Rehabilitation Team Non-communicable Disease-related disability: implications for policy and practice.

2. INCLN

PHESA has been awarded funding by The INCLN TRUST for the proposal call on Childhood Pneumonia and Public Health Program in India. The title of the project is “Determinants of Neonatal Pneumonia and the factors associated with mortality of Neonatal Pneumonia: A Systematic Review combined with Qualitative Research Approach”. The Investigators of the project are Prof. N. Sreekumaran Nair, PhD and Dr. Leslie Edward Lewis, DCH, DNB (Paediatrics).

3. National Institution for Transforming India (NITI) Aayog

PHESA was privileged to be approached by NITI Aayog to provide a critical analysis of evidence base Health Index of Twelfth Five Year Plan. NITI Aayog is a policy think-tank of the Government of India

established by Prime Minister Narendra Modi after dissolving the Planning Commission. The objective of NITI Aayog seeks to provide a critical directional and strategic input into the development process. The team included Prof. N. Sreekumaran Nair, Dr. Shirish Darak, Ms. Amitha Puranik, Dr. Sanjay Pattanshetty and Dr. Bhumika T.V who came out with a report titled “An insight into the evidence base for twelfth plan strategy” with an aim to critically look into strategies that may bring about transformations gradually. The team worked on the analysis of the existing strategies, carried out literature search; extracted required data from the research papers, various reports and articles to support the statement with the evidences. The work was appreciated and PHESA is looking forward to further collaborate and work with NITI Aayog.

4. SARH (DFID)

Two proposals by PHESA has been approved for funding by the South Asia Research Hub (SARH), DFID under the Systematic Review Programme for South Asia on the following questions

1. “Effectiveness of different ‘gender-responsive policing’ initiatives designed to enhance confidence, satisfaction in policing services and reduce risk of violence against women in South Asia Region - A systematic review”
2. “What is the systematic review level evidence for effectiveness of behaviour change communication intervention in delivering health messages for improving maternal and child health indicators in a limited literacy setting? - Evidence summary”

GLIMPSES OF PHESA ACTIVITIES AT 22nd COCHRANE COLLOQUIUM

1. “Handling complexity in reviews - Tools in development”, Methods Symposium, 21st September 2014.
2. “Bayesian methods for Meta-analysis in Public Health Synthesis”, Methods Symposium, 21st September 2014, by Dr. N. Sreekumaran Nair.

3. Poster presentation on “A Tool to measure Complexity in Public Health Interventions”, 24th September 2014 by Mr. Ravishankar. N.

4. Poster presentation on “Complexity in Public Health Interventions - Stakeholders’ Perspective: A Quantitative Analysis”, 26th September 2014 by Ms. Melissa Glenda Lewis.

5. Poster presentation on “Interventions for the control of Childhood Obesity in the South Asian Region; A Systematic Review, 26th September 2014 by Dr. Judith Norohna.

6. Poster presentation on Prevalence of Obesity and Overweight in South Asian Children: A Systematic Review, 26th September 2014 by Dr.N. Sreekumaran Nair.

GLIMPSES OF PHESA COLLOQUIUM FEBRUARY 5-7, 2015, MANIPAL UNIVERSITY, MANIPAL

PHESA organized Public Health Evidence South Asia Colloquium, from Feb 5 - 7, 2015 . The aim of this colloquium was to build a common platform to aid evidence building and policy framing of effective interventions which contributes to the enhancement of health of the population in LMICs. It also provided an opportunity for all levels of researchers to gather and exchange information and ideas on various public health issues which directly or indirectly contributed to strategize and address the existing and emerging public health issues of South Asian countries. The three days event had invited talks, workshops, paper presentations, panel discussions and entertainment. The symposium and workshop was open to anyone interested in health and development of the people.

Themes for oral/poster presentation

- » Childhood obesity in South Asia: Evidence on Magnitude, Determinants, Interventions to Prevent and Control
- » Non-communicable disease related burden, disabilities and strategies
- » Communicable disease related burden, treatment and strategies
- » Official Statistics and Public Health
- » Social Science and public health
- » Strategies for Health communication and dissemination
- » Methods in public health evidence synthesis
- » Nutrition and Public Health
- » Systematic review Protocols

Workshop

- » Risk of bias assessment in Evidence Synthesis
- » GRADE for organizing strength of evidence
- » The Story-Telling Toolbox: Learning to Drive Change through Effective Evidence Dissemination
- » Qualitative methods in public health research

Keynote speakers



Inauguration of Cochrane Colloquium by
Ms. Melissa Lewis



With editors of CPHG

PHESA NEWSLETTER

AUGUST 2015

VOLUME 3, ISSUE 1



Prof. Subhadra Menon, PhD
Professor, Health Communication, The Public Health Foundation of India



Dr. Shrinivas Darak, PhD
Faculty of Spatial Sciences, Department of Demography, University of Groningen, The Netherlands



Dr. Hilary Thomson, PhD
Editor, Cochrane Public Health Group (CPHG), MRC | CSO Social & Public Health Sciences Unit, University of Glasgow



Prof. Unnikrishnan.B, MD
Professor and Head, Community Medicine, Kasturba Medical College, Mangalore



Prof. N. Sreekumar Nair, PhD
Director, PHESA, Dr. TMA Pai Endowment Chair in Systematic review and Evidence Based Public Health, Manipal University, Manipal



Prof. Sundar Sarukkai, PhD
Director, Manipal Centre for Philosophy and Humanities, Manipal University, Manipal

“PHESA Colloquium 2015 was a successful event with 75 participants, 4 plenary talks, 38 oral presentations, 25 posters and 3 workshops”



Inauguration of PHESA colloquium 2015 by Prof. K. Kasturirangan, PhD
Chief Mentor, Manipal University and former Chairman, ISRO



Release of Abstract book of PHESA colloquium 2015



Prof. K. Kasturirangan addressing the gathering



Plenary talk by Prof. Subhadra Menon



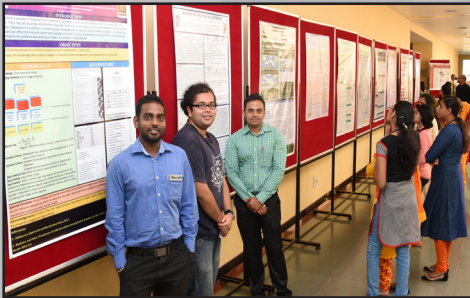
Workshop on Qualitative methods in Public Health Research



Oral presentation



Discussion during the workshop



Poster presentations



Group Photograph

AWARDS AND RECOGNITIONS

1. Mr. Ravishankar.N and Dr. Judith Noronha were awarded “Developing Countries Stipend” to attend 22nd Cochrane Colloquium at Hyderabad.
2. Ms. Melissa Lewis was chosen as the beneficiary of the Anne Anderson award by Prof. Elizabeth Waters during 22nd annual Cochrane Colloquium held in Hyderabad.
3. Mr. Ravishankar. N was awarded certificate of appreciation for the poster presentation during the Manipal University Scientific meet for PhD scholars held on 3rd January, 2015 at Manipal University, Manipal.
4. Ms. Melissa Lewis has been awarded the “Developing Countries Stipend” to attend 22rd Cochrane Colloquium at Vienna.



Ms. Melissa Lewis with Prof. Elizabeth Waters

OUR VISITORS



Dr. Elissa Ladd, Associate Professor
MGH Institute of Health Professions
Boston MA, USA



Dr. Hilary Thomson, PhD
Editor, Cochrane Public Health Group
(CPHG), MRC | CSO Social & Public Health
Sciences Unit, University of Glasgow

TESTIMONIALS TO PHESA

"It was an unexpected visit that I could make to this department today and needless to say that it was a pleasure meeting a young, enthusiastic team of researchers! I hope we have very fruitful interaction, networking and hopefully collaboration too!"

Vasumathi Sriganesh

QMed knowledge foundation, Mumbai

"This trip has truly revealed to me how public health-statistics and several other disciplines can work together in harmony to bring greater impact. I am most grateful to Dr. Sreekumaran Nair for this invitation that has allowed me to see your wonderful institution where the motivation and commitment of all staff is a great thing. Manipal University can become the leader of multi-disciplinary convergence for public health. This is great!"

Prof. Subhadra Menon

Professor, Health communication
Public Health Foundation of India, New Delhi

"I have enjoyed again my visit to Manipal! Every time I visit, I learn about new inspiring activities that are taking place here- more specifically today I learned about the extensive mentoring that is taking place here: systematic review- wonderful important work!"

Prof. Elissa Ladd

764 Institute of health professions,

Boston, MS, USA

"It's been an honour to be at Manipal University!! This is the first time I've come here and I'm simply awed by it all!! You have a fantastic department here and a very lively and competent team!! Thank you for your warm hospitality and we look forward to collaboration with you".

Dr. Anjana

MDRF, Chennai

"Thank you Dr. Sreekumaran Nair. It was a pleasure meeting you again and to see how your institution and team has grown. Looking forward to take our discussion forward and working together"

Prof. Sandra Albert

Director (acting), PHFI, Shillong

Congratulations to Public Health Evidence South Asia, it's partners, distinguished leaders, the wonderful students, staff and affiliates. In such a relatively short time, Public Health Evidence South Asia, incorporating the satellite of the Cochrane Public Health Group, has gone from strength to strength, investing in capacity building, methods development, collaboration on related regional conferences, investment and advice on important Cochrane Public Health review topics, engagement with international agencies such as the World Health Organisation, and a significant representation to the hugely successful Cochrane Colloquium in Hyderabad, September 2014. With the vision of Professor Nair and senior leaders of Manipal University, I would like to congratulate and thank you – understanding, analysing and synthesising the evidence relevant to important public health decisions assists decision makers – at policy, program and population and citizen level. Combining this with action will make a meaningful and significant impact to the region and internationally.

Prof. Elizabeth Waters

Coordinating Editor,
Cochrane Public Health Group (CPHG)

UPCOMING EVENTS

- » Workshop on systematic reviews and meta-analysis in Guwahati, 14-16 September 2015, organized by ICMR.
- » 23rd Cochrane Colloquium, October 3-7, 2015, Vienna.
- » Winter school on “Qualitative Methods for Health Research in Asia”, in collaboration with University of Groningen, December 7 – 12, 2015, Manipal University, Manipal.
- » 43rd Annual National Conference of Indian Association of Preventive and Social Medicine (IAPSMCON), January 6-9, 2016, jointly organised by Department of Community Medicine, GMERS Medical College and Indian Institute of Public Health, Gandhinagar, Gujarat.
- » Indian Biometric Society - Indian Region (IBS-IR) and Public Health Evidence South Asia (PHESA) Joint Conference, January 11-12, Manipal University, Manipal.
- » Evening certificate courses on summary of evidence, introduction to systematic reviews and behavioural change communication to health care professionals.

PHESA activities in the 23rd Cochrane Colloquium

- » Poster presentation on “Applications of Bayesian Meta-analysis in Public Health Evidence Synthesis”, on 5th October 2015 by Ms. Melissa Lewis.
- » Workshop on “Bayesian Meta-analysis Hands-on in WinBUGS”, 4th October 2015 by Prof. N. Sreekumaran Nair and Ms. Melissa Lewis.
- » Oral Presentation on “Story of an epidemic - public health evidence South Asia - creating a social epidemic by experimenting with few” by Prof. N.

Sreekumaran Nair on Sunday 4th October 2015.

Winter school on Qualitative Methods for Health Research in Asia

While the importance of understanding people's experiences for better public health through qualitative research have been largely acknowledged, efforts are needed to engage health researchers in all the essential steps in qualitative research; from defining research questions to analysing the data and disseminating the findings to multiple stakeholders. There is also an urgent need for enhancing the capacity of the public health researchers in synthesising evidence using qualitative methods. The winter school will be concluded by a seminar on the ‘Emerging issues in qualitative public health research in Asia’, where the students/participants will also give short presentations. Public health and health systems research in Asia faces multiple challenges. The plurality of the health systems, the top down planning of the health programmes and the lack of representation of people's voices are a few examples of the challenges. For effective public health, there is a growing need to go beyond numbers to examine the lived experiences of people. This entails educating health researchers and professionals in the use of qualitative research methods which will equip them with skills to better understand people's problems and find solutions in a participative manner.

Components;

- » Understanding the need for qualitative research
- » Designing a qualitative research project
- » Applying a range of qualitative methods
- » Ethics and qualitative research
- » Managing qualitative data
- » Analysing qualitative data
- » Summarising qualitative evidence
- » Reporting to multiple stakeholders

Seminar on “Emerging issues in qualitative public health research in Asia”

PHESA activities in IAPSMCON 2016, IIPHG

Pre conference “Introduction to Systematic Review and Meta-analysis, January 6, 2015

PHESA NEWSLETTER

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CALL FOR INTERNSHIP

PHESA proposes to offer internship opportunity on different dynamic projects. Internships in our organization are a great way to learn and enhance your skills in evidence building, communicating, policy framing and getting an experience in various research methods. This will also open up an opportunity to interact and work with international organizations. Graduate/postgraduate students of any discipline (Allied Health, Sciences, Medicine, Dentistry, Public Health, Nursing, Biostatistics, Sociology, Economics, Arts, Humanities, Communication, Management, Engineering), who are well-organized, able to complete tasks in a timely and efficient manner, able to work in a team as well as independently and should have professional level of fluency in written and spoken English. Having good analytical skills will be an added advantage. Interested candidates can apply for an internship programme of duration 1 month, 2 months or 6 months. Please mail your CV to ph.cochrane@manipal.edu

**Winter school on “Qualitative Methods for Health Research in Asia”,
in collaboration with University of Groningen, December 7 – 12,
2015, Manipal University, Manipal
www.rug.nl/winterschools**

CERTIFICATE COURSES

**Evening certificate courses on summary of evidence,
introduction to systematic reviews and behavioural change
communication to health care professionals**

CONTACT

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