

CONFERENCE REPORT

NRSICON 2019

Nursing Research Society of India



23rd ANNUAL CONFERENCE



On

Systematic Review: A tool for evidence based practice



Organized by:

**MGM NEW BOMBAY COLLEGE OF NURSING
MGM INSTITUTE OF HEALTH SCIENCES**

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

On

28th, 29th & 30th November 2019

Venue:

**University Auditorium, 3rd floor,
MGM Institute of Health Sciences, Plot 1 & 2
Sector - 1, Kamothe, Navi Mumbai – 410 206.**

Table of contents

S. No	Content	Page No.
1	Background	1
2	Aim and Objectives	2
3	Participant Details	2
4	Proceedings	3-16
	a) Inauguration	3
	b) Welcome address	4
	c) Unfolding of theme	5
	d) Programme schedule	6-8
	e) Scientific sessions	9-12
5	Research Paper and Poster presentation	13-15
6	Cultural activities	16-18
7.	Valedictory	17-18
	a) Conference proceeding report	17
	b) Feedback about conference	18
8.	Feedback analysis	19-20

Background

Nursing Research Society of India - The birth of NRSI in the year 1987 had been a very significant landmark in the history of nursing profession in India in general and nursing research in particular. The society, NRSI, the first of its kind in India, is a premier organization. The society was formed with the main aim of providing forum to nurse scientists by organizing conferences and workshops throughout the country to promote nursing research activities.

Today, with 1700 members including 35 international members on its roll, it has moved to the fore front of promoting research, disseminating the research findings, providing the best evidence for nursing practice and positively influencing the quality of nursing practice and nursing education in India. The society is growing steadily larger and stronger. NRSI promotes synergistic collaboration in the conduct, dissemination and utilization of nursing research.

MGM New Bombay College of Nursing is well known for its excellence in academic, co-curricular and extra-curricular activities in the country and strives hard to keep up the quality of education to provide globally competent nurses. It is one among the pioneering institutes in India, for successfully conducting the NPCC programme (recognized by Indian Nursing Council and Maharashtra Nursing Council) from the academic year 2017-18.

Systematic reviews integrate conscientious, explicit and judicious use of best evidences for exemplary decision making. A high quality systematic review is the most reliable source of evidence based practice generated from synthesized research findings.

In the health care sector systematic reviews provide highest level of evidence for quality patient care. Nurses in various sectors perform vital roles in assimilating evidences for providing quality health services to the mankind globally. Despite nurses conducting independent and interdisciplinary researches, the contribution on systematic review continues to reside in a luminal space.

Considering the demand of the hour the national conference “Systematic Review: A tool for evidence based practice” was organized on 28th & 29th November 2019 and the Post conference workshop on “Protocol preparation of Systematic Review” on 30th November by MGM New Bombay College of Nursing in collaboration with Nursing Research Society of India (NRSI).

Aim

The aim of the National Conference was to introduce participants to various components of Systematic Review and familiarize them with different analysis software.

Objectives

At the end of the conference, the participant will be able to;

- explain basics of evidence based health care
- describe stages of systematic review
- formulate research review question
- conduct relevant literature search
- assess the quality of evidence
- analyse and interpret the findings
- write a review report

Participants-

The event brought together total 226 participants from various institutions across the country. The state wise distribution of participants were Maharashtra (14), Madhya Pradesh (15), Uttar Pradesh (2), Chhattisgarh (3), New Delhi (6), Gujarat (16), Assam (3), Tamil Nadu (3), Kerala (11), Dubai (1) and Nigeria (1). Among the participants there were 68 undergraduates, 71 post graduates, 13 PhD scholars and 74 faculties. The conference included 14 NRSI executive members, 2 members of Nursing honor society and nine resource persons from various reputed health institutions of India like, Sri Ramachandra Institute of Higher Education & Research (DU) Chennai, Q Med Knowledge Foundation Mumbai, Pondicherry Institute of Health sciences Pondicherry, MGM Institute of Health Sciences Mumbai, ACTREC Tata Memorial Center, Navi Mumbai, Kasturba Medical College, Mangalore.

PROCEEDINGS

Day One - 28/03/2019

The two days National conference on “**Systematic Review: A tool for evidence based practice.**” was held at MGM New Bombay College of Nursing (MGMNBCON), Kamothe On 28th, and 29th November 2019. The conference was inaugurated on 28th November 2019 at 9.30 am in the Auditorium of MGM Institute of Health Sciences (MGMIHS), Kamothe, Navi Mumbai. Dr. Shashank Dalvi, Hon. Vice Chancellor, MGMIHS, Dr. Silva Titus Chacko, President NRSI & Former Dean, CMC College of Nursing Vellore, and Dr. Anil Sharma, Secretary NRSI inaugurated the Conference and addressed the participants. Dr. R. Ponchitra, Professor & Vice Principal MGMNBCON and Organising Secretary welcomed the Guests of Honor. Dr. Prabha K. Dasila Professor & Director MGMNBCON and Organizing Chairperson unfolded the theme by emphasizing the increase in use of evidences from previously conducted studies and briefed about various activities planned for all the three days of the conference.



WELCOME ADDRESS

The formal inaugural ceremony commenced with welcome address by Dr. R. Ponchitra, the Organising Secretary. She gave a brief introduction about the guests of honour Dr. Shashank Dalvi, Hon. Vice Chancellor, MGMIHS. She also elaborated on the history of MGMIHS and MGMNBCON. The dignitaries were felicitated with saplings. The inaugural lamp was lighted by the dignitaries which was followed by the address from Dr. Anil Sharma, Secretary NRSI. He introduced the NRSI, their achievements and the future plans. Dr. Shashank Dalvi addressed the gathering & appreciated the initiative for organizing the conference with the right theme at the right need of the hour.

Nursing honors Society “Hall of Fame 2019” was awarded to Dr. Usha Ukande, Former President NRSI. She was felicitated with a shield and Shawl by the Hon’ Vice Chancellor MGMIHS, President NRSI and Director MGMNBCON. The inaugural ceremony ended with the vote of thanks by Mrs. Preethi Maria Mathews, Associate Professor, MGM New Bombay College of Nursing, Kamothe.



UNFOLDING THE THEME



The theme of the National conference on “**Systematic Review: A tool for evidence based practice.**” was unfolded by Dr. Prabha K. Dasila, Professor and Director, MGM New Bombay College of Nursing, Kamothe, Navi Mumbai.

She addressed the audience that today's health care environment is very complex and greatly different from the past. Over the period there is enormous explosion in technologies, methods of treatment, drugs and opportunities to disseminate knowledge, which places the health care professionals including nurses in a challenging position to keep themselves abreast with the new knowledge. The discovery of new knowledge provides the foundation for high-quality evidence-based practice.

She also mentioned that the researchers in nursing carryout work in nursing education, administration and patient care with an ultimate goal to develop a body of knowledge for the profession. Nowadays the researchers are increasingly using evidences from previously conducted studies to inform their own research question. These are considered as the gold standard for summarizing evidence found in research literature.

Considering the fact the organizing committee had extensive deliberations on various themes and subthemes and finally concluded to conduct NRSICON 2019 on **Theme - Systematic Review: A tool for Evidence Based Practice**

NRSICON 2019

SYSTEMATIC REVIEW: A TOOL FOR EVIDENCE BASED PRACTICE

Programme Schedule

Conference: Day 1- 28th November 2019

Time	Session	Resource Person	Chairperson
8.00 am to 9.00 am	Registration & Break fast		
9.00 am to 10.00 am	Session 1. Introduction to systematic Review <ul style="list-style-type: none"> • What is Systemic Review & its significance? • Types of Systematic Reviews • Systemic Review protocol & Protocol Registries 	Dr. Silva Titus Chacko NRSI President	Dr. Prabha K. Dasila Professor & Director MGMNBCON, Navi Mumbai
10.00 am to 11.00 am	Session 2. Steps to conduct Systemic Review <ul style="list-style-type: none"> • Formulating a systematic Review Question – PICOS, SPICE Frame work 	Dr. S. Venkatesan Senior Lecturer, Department of Bioinformatics, Sri Ramachandra Institute of Higher Edu. & Research [DU], Chennai.	Mrs. Lata Mandal, Jt Secretary NRSI
11.00 am to 11.30 am	Inauguration		
11.30 am to 11.45 am	Tea break		
11.45 am to 12.15 pm	Session 3. Basics of Search Strategies a. Search methods - Principles of searching, simple steps for conducting a Pub Med search; Advanced search in Pub Med for finding studies for systematic reviews	Dr. Vasumathi Sriganesh, Founder & Hon CEO, ‘Q’ Med Knowledge Foundation, Mumbai	Dr. Mary Mathews Professor & Principal MGM College of Nursing Navi Mumbai
12.15 pm to 1.00 pm	b. Different types of data bases - Some Key data bases, Hand searching and Citation indexes.		
1.00 pm to 2.00 pm	Lunch		
2.00 pm to 4.30 pm	Session 4. Reference Management <ul style="list-style-type: none"> • Using a Reference Manager to Store all references, remove duplicates and use for Citations and Referencing. 		Mrs. Shanta De Jt. Editor NRSI
4.30 pm to 5.00 pm	Tea		
5.00 pm to 6.30 pm	Concurrent paper & Poster Presentation		
6.30 pm onwards	Entertainment & Dinner		

Conference Day 2: 29th November 2019

Time	Session	Resource Person	Chairperson
8.00 am to 9.00 am	Break fast		
9.00 am to 10.00am	Session 5: Data Extraction, synthesis & Interpretation of results <ul style="list-style-type: none"> • Risk of bias & Assessment of Risk of bias • Data synthesis 1. Narrative synthesis 2. Statistical synthesis • Identifying Heterogeneity • Calculation of Effect Size –Fixed Effect & Random effect models • Statistical Vs Clinical Importance 	Dr. Aneesh Basheer, Professor of Internal Medicine , Vice Dean-Medical Education ,	Dr. Blessy Antony Treasurer, NRSI
10.00 am to 11.00 am	Session 6: Meta-analysis <ul style="list-style-type: none"> • Use of Meta-analysis • Bias in meta-analysis • Sensitivity analysis • Forest Plots and interpretation • Funnel plots and interpretation 	Pondicherry Institute of Medical Sciences, Puducherry.	Dr. Suresh Sharma NRSI –Executive member
11.00 am to 11.15 am	Tea Break		
11.15 am to 12:30 pm	Session 7: Reporting standards PRISMA-E , QUOROM, EQUATOR, RAMESES, CONSORT	Dr. Maninder Singh Setia, Consultant Epidemiologist, MGMIHS, Mumbai	Dr. Jyoti Chaudhari Associate Professor MGMNBCON, Kamothe
12.30 pm to 01.15 pm	GBM NRSI and Election for three post of Executives	NRSI Membership and Returning officer	
1.15 pm to 2.00 pm	Lunch		
2.00 pm to 2.30 pm	Nursing Honor Society Meeting		
2.30 pm to 3.45 pm	Session 8 :Statistical approaches and Software for Meta-analysis <ul style="list-style-type: none"> • Rev man 	Mrs. Sadhana Kannan, Biostatistician Department of Clinical Research Secretariat, ACTREC, Tata Memorial Center, Navi Mumbai	Dr. Usha Ukande Former NRSI President
3.45 pm to 4.40 pm	Session 9: Implications for Evidence Based practice & further research <ul style="list-style-type: none"> • Role of feasibility, appropriateness, meaningfulness, effectiveness • Factors to be considered when interpreting results in systematic Reviews. 	Dr. Assuma Beevi. T. M. Vice President, NRSI	Dr. Chanu Bhattacharya, Editor in chief NRSI Dr PVVF College of Nursing, Pad, Ahmednagar.
4.40 pm to 5.10 pm	Valedictory		
5.10 pm	Tea		

Post Conference Workshop on Systematic Review

Day 3rd- 30th November 2019

This workshop is designed to teach participants on how to plan, conduct and communicate the results of a Systematic Review. This will cover the basics of Evidence Generation including, identifying research priorities, refining the research question, protocol preparation and steps in carrying out Systematic Reviews. At the end of the workshop the participants will be able to:

1. Define evidence based health care, meta-analysis and Systematic Review
2. Formulate research question
3. Outline the steps while conducting Systematic Reviews
4. Data management in Systematic Reviews

Time	Topic	Resource Persons	
08.50 am to 09.00 am	Welcome Address		
09.00 am to 09.15 am	Introduction to Evidence Informed health care	Dr. B. Unnikrishnan, Associate Dean & Professor of Community Medicine, Kasturba Medical College, Mangalore.	
09.15 am – 09.45 am	Identifying the Research Question and “PICO” development		
09.45 am – 10:30 am	Preparation of Protocol		
Tea break – 10 minutes			
10:40 am – 11:40 am	Search strategy + De-duplication		
11:40 am – 12:10 pm	Group work		
12:10 pm – 01:00 pm	Screening using Softwares + Group work		
Lunch break – 45 minutes			
01:45 pm – 02:45 pm	Assessing risk of bias + Group work		Dr. Prasanna Mithra P, Associate Professor of Community Medicine, Kasturba Medical College, Mangalore.
02:45 pm – 03:15 pm	Data extraction		
Tea break – 10 minutes			
03:25 pm – 03:55 pm	Group work		
03:55 pm – 04:30 pm	Introduction to Meta – Analysis		
04:30 pm – 05:00 pm	Introduction to RevMan software and GRADE Pro		

SCIENTIFIC SESSIONS: DAY 1 - 28.11.2019

Session - 1

Introduction to Systematic Review

Dr. Silva Titus Chacko, President NRSI briefed about Systematic Review, difference between traditional reviews, types of systematic review and systematic review protocols and Registries.



Session - 2

Steps to conduct Systematic Review

Dr. S. Venkatesan, Senior Lecturer, Department of Bio informatics, Sri Ramachandra Institute of Higher Edu. & Research [DU], Chennai. He elaborated on framing research questions with PICO, SPICE.



Session - 3 & 4

Basics of search strategies & Reference Management

Dr. Vasumathi Sriganesh Founder & Hon CEO, Q Med Knowledge Foundation, Mumbai. She focused on mapping resources to needs, fundamentals of searching, Principles of searching, search methods, Boolean operators, MESH terms, PUB MED advanced search, Key databases, Hand searching & citation Indexes, Mendeley Reference manager .



DAY 2 -29.11.2019

Session - 5 & 6

Data Extraction, Synthesis, Interpretation & Meta Analysis

Dr. Aneesh Basheer, Professor of Internal Medicine, Vice Dean, Medical Education, Pondicherry Institute of Medical Sciences. He discussed on Meta-analysis in systematic reviews, effect measures, Bias in RCT and assessing the Risk of Bias, synthesizing the results of included studies, Meta-analysis and its nuances. He made the session interactive with hands on exercises



Session - 7

Reporting Standards

Dr. Maninder Singh Setia, consultant, Epidemiologist, MGMIHS, Mumbai. He briefed the delegates on PRISMA statement & checklist, MOOSE, PROSPERO



Session - 8

Statistical Approaches and Software for Meta-Analysis

Mrs. Sadhana Kannan, Biostatistician, Department of Clinical research Secretariat, ACTREC, Tata Memorial Centre, Navi Mumbai demonstrated on Live soft wares for meta analysis.



Session - 9

Implications For Evidence Based Practice & Future Research

Dr. Assuma Beevi. T, Vice President, NRSI discussed on Implications of EBP and further research, challenges for moving EBP forward, Role of feasibility, appropriateness, meaningfulness, effectiveness, factors to be considered when interpreting results in systematic reviews.



NRSI GENERAL BODY MEETING

NRSI General Body meeting was conducted and the names of three elected executive members were announced. NRSI Post Doctoral fellowship was awarded to Dr. Suresh Sharma and Dr. Sivabalan. The invocation and Oath taking ceremony of newly registered members of Nursing Honor society was conducted.



DAY 3 -29.11.2019

The post conference workshop on Systematic review was conducted by Dr. B. Unnikrishnan, Associate Dean, Professor of Community medicine, and Dr. Prasanna Mithra P, Associate Professor of Community medicine Kasturba Medical College, Mangalore on the third day of the conference.

The workshop consisted of hands on sessions on identifying research questions, searching literature reviews, de-duplicating the literatures, screening using software, assessing risk of bias and data extraction.

Introduction to Rev man Software was also done and hands on exercise using Rev-man Software was demonstrated.



PAPER & POSTER PRESENTATION



Posters were presented on the topics related to the theme of the conference. Twenty six papers and fifteen posters were presented on 28/11/2019. Dr. Selva Titus Chacko, Dr. H.C. Rawat, Dr. Suresh Sharma and Sr. Doris evaluated the paper presentations. Dr. Nancy Fernandes and Dr. Blessy Antony evaluated the posters based on preset criteria. **Three best papers and posters were awarded.**

POSTER PRESENTATION PRIZE DISTRIBUTION

The prize winners for the poster presentation competition was awarded with certificate



Ms. Persis Gracy Philip
Second Year M.Sc Student, MGMNBCON
1st Prize



M V Smitha,
Reader, College of nursing, All India Institute of
Medical Science, Bhubaneswar, Odisha
2nd Prize



Ms. Arathi Chandran
Second Year M.Sc Student, MGMNBCON
3rd Prize.

PAPER PRESENTATION PRIZE DISTRIBUTION

The prize winners for the paper presentation competition was awarded with certificate



Prof. Dr. S. J. Nalini,
Principal, Faculty of Nursing
Shri Ramachandra Institute of Higher
Education and Research (DU) Tamil Nadu
1st Prize



Dr. Swapna Jose,
Professor, College of Nursing
Thalassery, Kerala
2nd Prize



Ms. Salina S, PhD. Scholar
3rd Prize.



Mr. Sunil Joshi, Quality Nurse Manager,
H M Patel Centre for Medical Care and
Education and Shree Krishna Hospital,
Gokal Nagar. **3rd Prize**

CULTURAL ACTIVITIES



VALEDICTORY FUNCTION

Proceeding Report and Vote of Thanks



Dr. Ponchitra R. Professor & Vice Principal, Organising Secretary read out the report of the 2 days National Conference. She gave in depth detailing of the sessions carried out on 28th & 29th November 2019.

The session concluded with a valedictory function and a vote of thanks proposed by Mrs. Sarika Nair, Faculty, MGM New Bombay College of Nursing.



FEEDBACK ABOUT THE CONFERENCE



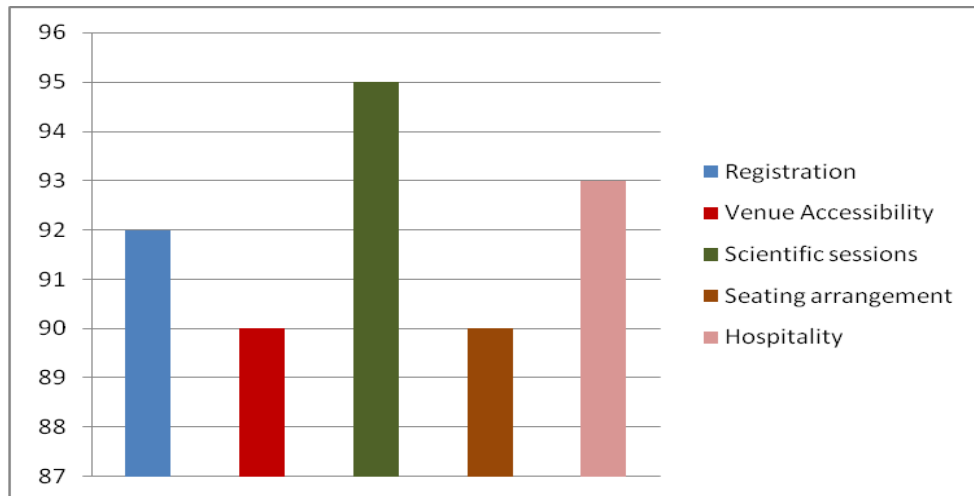
The feedback about the National Conference was delivered by the representatives from the participants, NRSI Secretary and the Organizing Chairperson. The analysis of the feedback submitted by all the participants is as follows.

FEEDBACK ANALYSIS

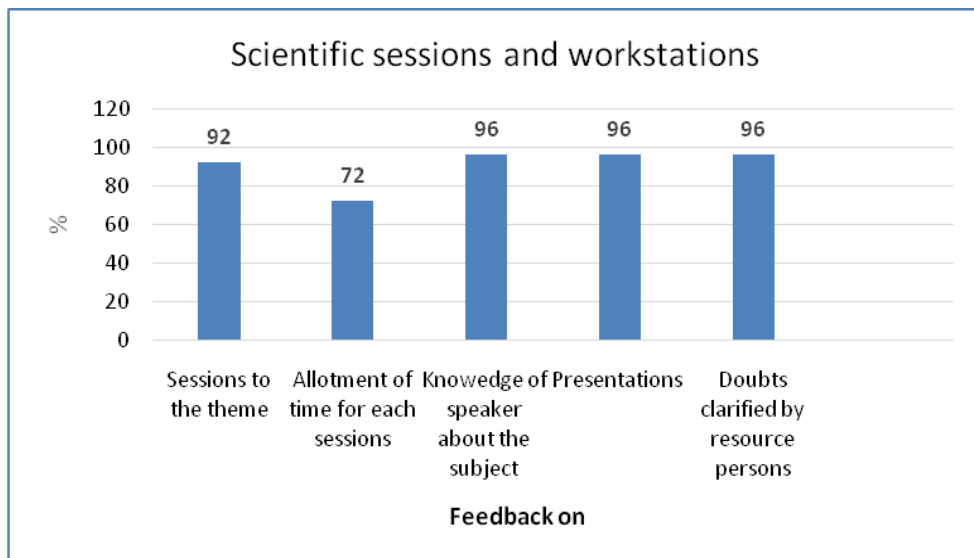
The conference was attended by **226** delegates. Feedback was obtained on overall organization and quality of the sessions

The feedback was obtained on 5 point Likert scale, with highest score (5) indicating as excellent and lowest score (1) poor quality.

1. Feedback on overall quality of Conference



2. Feedback on Scientific



Sessions and workstations

All participants provided positive feedback with regard to overall scientific sessions of the conference. The feedback analysis on quality of overall sessions and workstation denotes that majority (96%) had responded that resource persons had enough knowledge, presentations were effective and their doubts were certified.

All participants provided positive feedback with regard to overall scientific sessions of the workshop.

Scientific Sessions	Mean score (Max. Score 5)	Score in %
Introduction to systematic Review	4.6	92
Steps to conduct Systemic Review	4.8	96
Basics of Search Strategies	4.3	86
Reference Management	4.4	88
Approach for Data Extraction	4.0	80
Data synthesis & Interpretation of results	4.4	88
Meta-analysis	4.6	92
Reporting standards	4.4	88
Statistical approaches and software for Meta-analysis	4.4	88
Implications for Evidence Based practice & further research	4.4	88

The overall session-wise feedback was found to be $\geq 89\%$.

Conclusion: The Conference had been an excellent source of information for all the participants especially post graduate students. The sessions were highly appreciated.

