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REVIEW ARTICLE

Journal of Evaluation in Clinical Practice

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The effectiveness of evidence-based healthcare educational interventions on healthcare professionals' knowledge, skills, attitudes, professional practice and healthcare outcomes: Systematic review and meta-analysis

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Abstract

Objective: The primary aim of this systematic review is to assess the effectiveness of evidence-based healthcare (EBHC) educational interventions on healthcare professionals' knowledge, skills, attitudes, behaviour of EBHC, clinical process and care outcomes. A secondary aim of the review is to assess the effects of important pedagogical moderating factors for EBHC educational interventions.

Method: This systematic review used a forward and backward citation search strategy on the Web of Science platform (date of inception to 28 April 2023). Only randomised controlled trials (RCTs) and cluster RCTs which compared EBHC educational interventions for healthcare professionals were included. A random effects meta-analysis was undertaken for EBHC compared with an active and nonactive control for all outcomes.

Results: Sixty-one RCTs were identified which included a total of 5208 healthcare professionals. There was a large effect for EBHC educational interventions compared with waiting list/no treatment/sham control on knowledge (SMD, 2.69; 95% CI, 1.26–4.14, GRADE Low), skills (SMD, 0.88; 95% CI, 0.25–1.73, Very Low Certainty), attitude (SMD, 0.81; 95% CI, 0.16–1.47, Very Low Certainty) and behaviour of EBHC (SMD, 0.82; 95% CI, 0.25–1.40, Very Low Certainty). Over time the effect of EBHC educational interventions substantially decreased with no evidence of effect at 6 months for any outcome except behaviour (SMD,1.72; 95% CI, 0.74–2.71, Low Certainty). There was some evidence that blended learning, active learning and consistency in the individual delivering the intervention may be important positive moderating factors.

Registration: Protocol registered on PROSPERO CRD42022338152.

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Conclusion: These findings suggest that EBHC educational interventions may have a large short-term effect on improving healthcare professionals' knowledge, skills, attitude and behaviour of EBHC. These effects may be longer-lasting regarding EBHC behaviour. In terms of pedagogy, blended learning, active learning, and consistency of the individual delivering the intervention may be important positive moderating factors.

KEYWORDS

evidence-based, evidence-based healthcare, healthcare professionals, meta-analysis, systematic review

1 | INTRODUCTION

The importance of evidence-based healthcare (EBHC) has continued to grow.¹ Central to efforts to improve the quality of care, EBHC is considered key to effective decision-making within healthcare systems that are under constant and increasing pressure.^{2,3} In light of an ageing population grappling with persistent chronic conditions, the advent of expensive healthcare technologies, heightened expectations from both the public and professionals regarding service quality, and the constraints of limited funding, there exists a pressing need for healthcare professionals to possess expertise in EBHC.³⁻⁶ While approaches to, and interpretations of, EBHC have evolved, two central components remain constant.⁷ First, a multipillar model encompassing evidence from different sources, specifically external, scientific evidence, clinical expertise, and patient/service-user preferences. Second, a focus on the EBHC process, which typically involves five steps,^{1,7,8} including finding knowledge gaps and formulating focused research questions, identifying the evidence, appraising the best available evidence, applying the evidence (evidence informed decision making), and evaluating practice (establishing effectiveness based on outcomes and processes).^{9,10} Underpinning successful implementation of EBHC is the necessity for effective teaching strategies,^{11,12} whether through face-to-face (e.g., lectures), online (e.g., remote seminars), blended learning (e.g., online educational and physical place-based sessions)^{10,12,13} or self-directed learning (e.g., journal club, e-learning).^{12,14}

Given concerns that the implementation of EBHC as part of patient care occurs irregularly, attention has focused on the most effective approach to educating health professionals in EBHC.¹⁵ Although a recent umbrella review on educational interventions for EBHC identified multiple systematic reviews,¹² most had substantial methodological issues and were either out of date or selective in focus. Of the only four systematic reviews considered of high or moderate quality on the Measurement Tool to Assess Systematic Reviews (AMSTAR 2), four are over 10 years old¹⁶⁻¹⁹ and the fifth only focused on the effectiveness of online delivery of EBHC.¹⁴ Of the remaining six more recent systematic reviews, all six were classified to have critical methodological concerns.¹⁹⁻²⁴ Given the apparent inadequacies in previous systematic reviews on the most effective approach to educating health professionals in EBHC, we undertook a comprehensive and up-to-date SR.

2 | AIMS

The primary aim of this review is to assess the effectiveness of educational interventions compared with nonactive interventions (e.g., no education/placebo/sham intervention) on healthcare professionals' knowledge, skills, attitudes, and behaviour concerning EBHC, as well as on clinical processes and care outcomes. A secondary aim of the review is to assess important pedagogical moderating factors that may influence effectiveness of the intervention.

3 | METHODS

Our systematic review is reported in accordance with the PRISMA reporting standards²⁵ and was registered in PROSPERO before commencement (Registration number: CRD42022338152).

3.1 | Search strategy and study selection

This systematic review used a search strategy based upon citation analysis techniques, following the methods used in another review in this area.²⁶ The first stage of study selection involved rescreening 46 randomised controlled trials (RCTs) identified in a previous umbrella review on educational interventions for EBHC.¹²

All RCTs which met the inclusion criteria were then used as 'seed' studies for forward and backward citation retrieval on the Web of Science platform from date of inception to 28 April 2023 (All databases: SCI-EXPANDED; SSCI; AHCI; SPCI-S; CPCI-SSH; ESCI; BIOSIS Previews; KCI-Korean Journal Database; MEDLINE; Preprint Citation Index; SciELO Citation Index) (see Supporting Information File S1: Appendix 22 for search strategy details).

3.2 | Inclusion criteria

Only RCTs and cluster RCTs which compared educational interventions for EBHC to any active and nonactive comparator where included. RCTs were selected due to the methodological strength of this approach and the awareness of a large existing body of evidence

which utilised this study design.¹² The target population for the educational interventions for EBHC needed to be healthcare professionals (i.e., nurses, doctors, allied health workers, general practitioners, other primary care workers, pharmacists, midwives, health visitors, mental health workers, psychological professionals, psychiatrists, surgeons, paramedics, and students of any of these professions). Educational interventions for EBHC were defined as any mode of teaching which is aimed to improve any component of EBHC (i.e., defining a question, searching, and retrieving evidence, selection and screening, critical appraisal, synthesis, application, and dissemination of evidence). Despite the review having a specific focus on the outcomes concerning knowledge, skills, attitudes, and behaviour concerning EBHC, as well as clinical processes and care outcomes, no inclusion criteria were set based upon the outcomes reported.

3.3 | Study selection

Initial screening for developing the citation-based search strategy involved a single reviewer assessing manuscripts identified in the previous umbrella review, with decisions checked by a second reviewer (J. E. H., N. G., J. C., L. C.). Abstract and title of papers identified through forward and backward citation searching were then screened by a single reviewer and verified by a second reviewer using Rayyan (J. E. H., N. G., J. C., L. C., E. D.).²⁷ Full paper screening was undertaken by a single reviewer and verified by a second (J. E. H., N. G., J. C., L. C., E. D.).²⁷ Full paper screening was undertaken by a single reviewer and verified by a second (J. E. H., N. G., J. C., L. C., E. D.). Disagreements were resolved by discussion or use of a third reviewer if consensus was not able to be achieved (J. E. H., N. G., J. C., L. C., E. D.).

3.4 | Data extraction (selection and coding)

Data extraction for each included RCT was carried out by a single reviewer using a prepiloted form (J. E. H., J. H., A. K., O. H.) (see Supporting Information File S1: Appendix 21 for blank data extraction form). The data items extracted were country; type of healthcare professionals; clinical setting; number of participants; pedagogical approach; educational contents; frequency; duration; total time of intervention in minutes; mode of delivery; control group description; outcomes; time of outcome collection; mean measurement of effect and a measure of variability (e.g., standard deviation). Where multiple tools were used to report a single outcome, the data extracted was either the primary outcome identified in the study or by the first outcome of that type reported within the article.

3.5 | Risk of bias (quality) assessment and rating the certainty of evidence

Study level risk of bias was assessed by a single reviewer using the Cochrane Collaboration risk of bias tool (RoB-1) (J. E. H., J. H., A. K., O. H.).²⁸ An additional criterion, use of validated tool for outcome

assessment, was also assessed. Study level risk of bias was classified into three levels of Low risk of bias (The trial is judged to be at low risk of bias for all domains for this result), Some concerns (The trial is judged to raise some concerns in at least one domain for this result, but not to be at high risk of bias for any domain), High risk of bias (The trial is judged to be at high risk of bias in at least one domain for this result).²⁸ All statistically significant findings or multistudy meta-analyses were assessed using the Grading of Recommendations, Assessment, Development and Evaluation (GRADE) approach by two reviewers (J. H., C. H.).²⁹

3.6 | Strategy for data synthesis

A narrative synthesis was undertaken to describe study characteristics. When describing the intervention, the term 'workshop' was used to indicate a single session delivery and the term 'course' was used to indicate multiple sessions. The primary comparison of effect was any teaching-based programmes of EBHC compared with no education, placebo, or sham intervention. Where provided, primary comparisons were categorised into three follow-up periods of end of intervention, short-term follow-up (≤ 6 months) and long-term followup (>6 months). Secondary analyses were undertaken comparing any teaching-based programmes of EBHC against any active comparator.

Evidence on the effectiveness of EBHC educational interventions was pooled through meta-analyses, using a random effects model due to preperceived heterogeneity.²⁸ As a range of measures were used to assess the same underlying construct, we estimated standardised mean difference (SMD) with 95% confidence intervals (CI) (95% CI).²⁸ Where comparisons were limited to a single study. the effect estimate, and 95% CI were converted to SMDs and presented on forest plots to allow some comparison. If standard deviation (SD) were not reported, other measures of variability (e.g., 95% CI or standard errors) were used to calculate an SD.³⁰ Heterogeneity was assessed through visual inspection of forest plots and the I² statistic.²⁸ Assessment of publication bias was undertaken using the Egger's test and visual inspection of a funnel plot for any comparison where there was greater than 10 studies.^{31,32} All metaanalyses were performed using comprehensive meta-analysis software.28,33-36

Given the concerns around missing data (e.g., SD), we conducted an analysis on all outcomes using an additional vote counting approach.²⁸ This enabled the presentation of all study findings when there were inadequate data available for meta-analysis, which may reduce the impact of reporting bias.³⁷ A positive effect was counted if a benefit in the outcome was reported in the intervention group compared with the control group at the given point of time (end of treatment, short-term follow-up, and long-term follow-up). These findings were interpreted as evidence of directional effect (Is there any evidence of an effect?) rather than a specific estimation of effect.²⁸ Alongside this, the number of statistically significant (*p* = <0.05) differences between the intervention and control groups at these time periods were reported. The number of statistically significant differences were interpreted as an indication of the probability of the improvement occurring by chance within these individual studies.

3.7 | Subgroup and sensitivity analysis

A subgroup analysis was undertaken for any outcome with more than 10 studies³¹ for the following potential moderating factors: type of healthcare professionals, clinical setting, pedagogical approach, educational contents, frequency, duration, total time of intervention in minutes, and mode of delivery. A sensitivity analysis was undertaken to explore the effects of the inclusion of cluster RCTs.

4 | RESULTS

Forty-six RCTs were identified from the umbrella review by Bala et al.,¹² with 41 RCTs included after full paper screening. These were then used as seed papers for forward and backwards citation searching in the Web of Knowledge database, resulting in 1830 citations (see Figure 1 for PRISMA diagram). After title, abstract and full paper screening, a further 21 papers were identified, making a

total of 61 RCTs (total sample 6257 healthcare professionals) which were included in this review.³⁸⁻¹⁰¹ The review included 37 individual participant RCTs, 21 cluster RCTs and three crossover RCTs.

4.1 | Study characteristics

The 61 RCTs took place across 24 countries (see Table 1 for Full Study Characteristics). Most studies took place in a single country, with only six RCTs being undertaken in multiple countries. Studies were largely conducted in eight countries: the USA (n = 15), UK (n = 8), Hong Kong (n = 4), Australia (n = 3), Netherlands (n = 3), Canada (n = 3), Taiwan (n = 3), and Iran (n = 3). Other studies were conducted in Norway (n = 2), Philippines (n = 1), Mexico (n = 1), Finland (n = 2), India, (n = 1), Germany (n = 1), Japan (n = 1), Malaysia (n = 1), Israel (n = 1), Ethiopia (n = 1) and Croatia (n = 1). The remaining six multicountry RCTs were undertaken in Argentina, Brazil, Democratic Republic of Congo, India, Philippines, South Africa and Thailand (n = 1), Australia and Malaysia (n = 1), Mexico and Thailand (n = 1), UK and Netherlands (n = 1), USA and Canada (n = 1) and USA and Lebanon (n = 1).

Studies took place across a range of clinical settings specifically, secondary care (n = 26), universities (n = 20), primary care (n = 4),



FIGURE 1 PRISMA flow diagram. *Consider, if feasible to do so, reporting the number of records identified from each database or register searched (rather than the total number across all databases/registers). **If automation tools were used, indicate how many records were excluded by a human and how many were excluded by automation tools. *From*: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. BMJ 2021;372:n71. doi:10.1136/bmj. n71. For more information, visit: http://www.prisma-statement.org/.

	Outcomes	KA	(Fresno test no separation of outcome) Self- perception of EBP Skills (unclear categories no data was able to be extracted)	K, S (medium reported only)	S	KAS	Ś
	Control/ control groups	Waiting-list control	Face-to-face EBP Workshop (Didactic lectures with problem- based approaches and journal club discussion)	Waiting-list control	Face-to-face workshop (on literature searching)	Face-to-face EBP course	Face-to-face EBP Workshop
	Intervention group	Online course (synchronous)	Face-to-face EBP workshop using the Simulated RCT to learn Critical Appraisal (SiRCA)	Online course (Asyn- chronous)	Face-to-face workshop + one-to-one support (on literature searching)	Online course	Blended learning: Online Workshop (Asynchro- nous) + face to face Workshop (received by both groups)
	Number of arms	5	N	7	2	3	N
	Total time of intervention in minutes	N/R	e/u	N/R	N/R	15	NR
	Duration of sessions minutes	N/R	n/a	N/R	N/R	ო	Z/R
	Frequency of intervention	N/R	n/a	υ	N/R	5	€1
	Number of participants total at randomisation	52	118	114	10	175	2
	Clinical setting	University	University	Secondary care (hospital)	Secondary care (hospital)	University	University
	Student/ Qualified	Qualified	Student	Qualified	Qualified	Student	Student
	Type of healthcare professionals	Doctors	Doctors	Doctors	Doctors	Doctors	Nurses
stics.	Type of random controlled trial	Standard RCT	Standard RCT	Standard RCT	Standard RCT	Clustered RCT	Standard RCT
dy characteri	Location	Ethiopia	India	Germany	USA	Norway	ž
TABLE 1 Stuc	References	Awedew and Abera ⁹⁷	Basheer et al. ³⁸	Bergold et al. ³⁹	Bradley et al. ⁴⁰	Bradley et al. ⁴¹	Brettle and Raynor ⁴²

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References	Location	Type of random controlled trial	Type of healthcare professionals	Student/ Qualified	Clinical setting	Number of participants total at randomisation	Frequency of intervention	Duration of sessions minutes	Total time of intervention in minutes	Number of arms	Intervention group	Control/ control groups	Outcomes
Brouwers et al. ⁴³	Canada	Standard RCT	Multidisciplinary team	Qualified	Community network	87	T	N/R	X/X X	ო	Online EBP workshop + Practice examples	Received instructions on how to use approach French or Online EBCH workshop (active control group)	σ
Cabell et al. ⁴⁴	ž	Standard RCT	Doctors	Student	University	48	ო	60	8	2	Face-to-face EBP workshop + practical activity and access to online databases	Face-to-face EBP workshop (sessions focused on literature searching)	۵
Campbell et al. ⁴⁵	Australia	Clustered RCT	Multidisciplinary team	Qualified	Community	135	ო	N/R	Z/R	7	Face-to-face course + online evidence- based information resource + decision- making tools	Workshop on communica- tion skills	КАВ
Chao et al. ⁹⁸	Taiwan	Standard RCT	Nurses	Qualified	Secondary care (hospital)	114	N, R	N/R	X/X X	7	Online course (synchronous) + face-to-face (learner focused flipped classroom)	Face-to-face course (didactic instruction)	KAB
Cheng ⁴⁶	Hong Kong	Standard RCT	Multidisciplinary team	Qualified	Secondary care (hospital)	571	1	180	180	7	Face-to-face EBP workshop	Waiting-list control	¥

TABLE 1 (Continued)

TABLE 1 (Cor	itinued)												
References	Location	Type of random controlled trial	Type of healthcare professionals	Student/ Qualified	Clinical setting	Number of participants total at randomisation	Frequency of intervention	Duration of sessions minutes	Total time of intervention in minutes	Number of arms	Intervention group	Control/ control groups	Outcomes
Cheng et al. ⁹⁹	Taiwan	Standard RCT	Doctors	Student	Secondary care (hospital)	97	N/R	N/R	X R	2	Face-to-face EBM course (evidence- based reward rounds & conference) + Online course (asyn- chronous)	Face-to-face course (didactic instruction)	KAB
Davis et al. ⁴⁷	Х	Standard RCT	Doctors	Qualified	Secondary care (hospital)	55	1	N/R	N/R	7	Online workshop (Asyn- chronous)	Face-to-face EBP workshop	KA
Davis et al. ⁴⁸	ž	Standard RCT	Doctors	Student	University	229	Ţ	N/R	N/R	0	Online workshop (Asyn- chronous)	Face-to-face EBP workshop	KA
Dizon et al. ^{49,50}	Philippines	Standard RCT	Physiotherapists	Qualified	Secondary care and tertiary care	54	1	N/R	N/R	0	Face-to-face EBP workshop + online support	Waiting-list control	AB
D'Souza et al. ⁵¹	India	Clustered RCT	Nurses	Qualified	University	51	n/a	n/a	1800	2 (with 3 clusters each)	Face-to-face course on EBP	Did not receive training on EBHC	KAB
Farokhzadian et al. ⁵²	Iran	Clustered RCT	Nurses	Qualified	Critical care units	60	ო	480	1440	0	Face-to-face EBP training workshops	Did not receive training on EBHC	KSB
Forsetlund et al. ⁵³	Norway	Standard RCT	Doctors	Qualified	Primary care	148	1- 5	N/R	N/R	N	Face-to-face course on EBP + additional access to online databases +	Did not receive training on EBHC	KAB
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Control/ control groups Outcom		Did not P 3P receive training on EBHC	e Face-to-face K EBP workshop	e Face-to-face KAB EBP course (Didactic sessions) te	P Face-to-face K EP workshop (Didactic session)	 Face-to-face ASB on EBP workshop (2 h only) and no feedback 	e Face-to-face K 1) course on EBP	Did not B preceive
ber Intervention ms group	information service	Face-to-face course on EE	Online cours (Asyn- chronous)	Online cours (Asynchro- nous): Self- paced, interactive, multimedia module on th application of EBM	Face-to-face EBP worksho (active session: Team- Learning)	Face-to-face EBP worksho + Tutorial support	Online cours (self-directec	Face-to-face EBP worksho
e of on Numl s of arr		N	р	Ν	0	7	7	7
Total time ns interventi in minute		N/R	N/A	N/R	60	N/R	120	N/A
Duration of of session minutes		N/R	N/A	N/N	60	N/R	30	N/A
Frequency o intervention		ю	N/A	99	H	N/R	4	13
Number of participants total at randomisation		N/A	237	127	82	308	93	108
Clinical setting		Secondary care (hospital)	Secondary care (hospital)	Quartenary care children's hospital	Secondary care (hospital)	Secondary care (hospital)	Secondary care (hospital)	Primary and
Student/ Qualified		Qualified	Qualified	Student	Qualified	Both	Qualified	Qualified
Type of healthcare professionals		Multidisciplinary team	Doctors	Doctors	Doctors	Doctors	Nurses and midwives	Occupational health
Type of random controlled trial		Clustered RCT	Clustered RCT	Clustered RCT	Standard RCT	Standard RCT	Standard RCT	Clustered RCT
Location		Mexico and Thailand	N	USA	USA	Canada	Japan	The Nether-
References		Gulmezoglu et al. ⁵⁴	Hadley et al. ⁵⁵	Hadvani et al. ⁵⁶	Haidet et al. ⁵⁷	Haynes et al. ⁵⁸	Horiuchi et al. ⁵⁹	Hugenholtz et al. ⁶⁰

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Location	Type of random controlled trial	Type of healthcare professionals	Student/ Qualified	Clinical setting	Number of participants total at randomisation	Frequency of intervention	Duration of sessions minutes	Total time of intervention in minutes	Number of arms	Intervention group	Control/ control groups	Outcomes
USA	Standard RCT	Doctors	Student	University	50	7	360	720	7	Face-to-face EBM training workshops (2 workshops)	Journal club	SB
The Nether- lands	Clustered RCT	Doctors	Qualified	Community	132	ц	360	1800	7	Face-to-face course	Did not receive training on EBHC	AB
Finland	Clustered RCT	Nurses	Qualified	University	80	N/R	N/R	N/R	7	Face-to-face EBM workshops	Self-directed learning module	KASB
NSA	Standard RCT	Osteopath	Student	Secondary care (hospital)	77	1	60	360	7	Face-to-face course on EBP	Receive the usual curriculum	¥
UK and Nether- lands	Clustered RCT	Doctors	Qualified	Secondary care (hospital)	70	N/R	N,R	R R	7	Blended learning: (Asynchro- nous) + face- tto-face tutorial support	Face-to-face EBP course (Didactic sessions)	¥
Argentin Brazil, Demo- cratic Republic of Cong(India, Philip- pines, South Africa, ai	a, Clustered RCT o,	Multidisciplinary team	Qualified	clinical training units	204	Ś	09	30	0	Blended learning: Online course (Asynchro- nous) + face- tuorial tutorial support	Online course (Asyn- chronous)	ž

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Outcomes	Ž	S	۵	AB	Ψ	(Continues)
Control/ control groups	Two hour lecture on Munchau- sen's syndrome by proxy	Did not receive training on EBHC	Did not receive training Or Pocket card plus face-to- face workshop on EBP.	Lectures on adult physical assessment	Journal club run by chief medical resident with invited subspecialists	
Intervention group	Online EBP Workshop	Face-to-face course	Face-to-face course on EBP (interactive sessions) + Info-Retriever group (face- to-face course clinical decision- making tool support)	Face-to-face course (didactic) + EBP Toolkit + mentoring intervention + environmental prompts	Face-to-face Journal club (led by a chief medical resident with invited subspecialists	
Number of arms	N	2	m	N	7	
Total time of intervention in minutes	99	240	A/A	1440	۲/Z	
Duration of sessions minutes	Q Q	40-60	360	120	۲/N	
Frequency of eintervention	-	ч	8	5	A/A	
lumber of articipants otal at andomisation	ω	55	69	v	t	
Clinical to setting r	Secondary 5 care (hospital)	Secondary 1 care (hospital)	University 1	Community 4	Secondary 5 care (hospital)	
Student/ Qualified	Qualified	Student	Student	Student	Qualified	
Type of healthcare professionals	Nurses	Doctors	Doctors	Nurses	Doctors	
Type of random controlled trial	Crossover RCT	Standard RCT	Standard RCT	Clustered RCT	Standard RCT	
Location	USA	Hong Kong	Hong Kong	USA	USA	
References	Laibhen-Parkes ⁷³	Lee et al. ⁷⁴	Leung 75	Levin et al. ⁷⁶	Linzer et al. ⁷⁷	

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TABLE 1 (Continued)

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TABLE 1 (Con	tinued)												
References	Location	Type of random controlled trial	Type of healthcare professionals	Student/ Qualified	Clinical setting	Number of participants total at randomisation	Frequency of intervention	Duration of sessions minutes	Total time of intervention in minutes	Number of arms	Intervention group	Control/ control groups	Outcomes
Linzer ⁷⁸	USA	Standard RCT	Doctors	Qualified	Secondary care (hospital)	44	Ŷ	60	360		Face-to-face Journal club	Conference series on ambulatory medicine	KSB
Liou et al. ⁷⁹	Taiwan	Clustered RCT	Nurses	Student	University	209	N/R	N/R	N/R	0	Face-to-face course (enhance interactive 'earning)	Face-to-face EBP course (Didactic sessions)	Ą
Long et al. ⁸⁰	USA, Lebanon	Standard RCT	Multidisciplinary team	Student	University	159	N/A	A/N	A/A	N	Face-to-face workshop on EBP plus Evidence- based yractice tool	Did not receive training on EBHC	s
MacRae et al. ⁸¹	Canada	Standard RCT	Doctors	Qualified	Secondary care (hospital)	86	ω	N N	X	8	Internet journal club group (Asynchro- nous: 8 months)	Control group received 8 clinical articles and had online access to major medical journals and were sent a were sent a monthly reminder to read the article.	ν
Martinic et al. ¹⁰⁰	Croatia	Standard RCT	Multidisciplinary team	Student	University	589	N/R	N/R	N/R	0	Online course (asyn- chronous)	Web-based PRISMA checklist	¥
McLeod et al. ⁸²	USA, Canada	Clustered RCT	Doctors	Qualified	Secondary care (hospital)	443	N/R	N/R	N/R	0	Online journal club group (Asyn- chronous)	Face-to-face journal club.	S

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	Outcomes	(Fresno test no separation of AB	ASB	v	KAS	×	Unclear and missing data on quality of advice on return-to-	(Continues
	Control/ control groups	PowerPoint learning module regarding pain management OR Receive No intervention	Did not receive training on EBHC	Did not receive training on EBHC	Aviation Medicine course	Face-to-face workshop	Did not receive training on EBHC	
	Intervention group	Online course (asyn- chronous)	Online learning via e- mail (journal club of research summaries)	Face-to-face EBP course and an online course (Asyn- chronous)	Face-to-face EBM course	Blended learning: Face- to-Face workshop + online learning + mentoring intervention	Face-to-face EBP course (stimuli for applying EBM performing a PubMed	
	: Number of arms	ო	р	m	7	Ν	р	
	Total time of intervention in minutes	XX	A/N	960	1680	480	N/R	
	Duration of sessions minutes	N/R	۲/۲	X/R	120 min	240	X/R	
	I Frequency of to Intervention	1/R	2	A/R	4		~	
	umber of irticipants tal at ndomisation i	7	86 (107 mpleted einterven- on survey)	2	65		3	
	N Pa Clinical to setting ra	Secondary 19 care (hospital)	Primary 13 care co pr tio	University 90	University 28	Secondary 77 care (hospital)	Secondary 10 care and Private enterprise	
	Student/ Qualified	Qualified	Qualified	Both	Students	Qualified	Qualified	
	Type of healthcare professionals	Nurses	Doctors	Nurses	Doctors	Nurses	Occupational health physicians (OHPs)	
	Type of random controlled trial	Standard RCT	Standard RCT	Crossover RCT	Standard RCT	Standard RCT	Clustered RCT	
	Location	USA	USA	Iran	Mexico	Finland	Nether- lands	
	References	Moore ¹⁰¹	Mukohara and Schwart2 ⁸³	Rostamnia et al. ⁸⁴	Sanchez- Mendiola et al. ⁸⁵	Saunders et al. ⁸⁶	Schaafsma et al. ⁸⁷	

TABLE 1 (Continued)

TABLE 1 (Coi	ntinued)												
References	Location	Type of random controlled trial	Type of healthcare professionals	Student/ Qualified	Clinical setting	Number of participants total at randomisation	Frequency of intervention	Duration of sessions minutes	Total time of intervention in minutes	Number of arms	Intervention group	Control/ control groups	Outcomes
											search and case-method learning sessions)		work interven- tions and S
Schilling et al. ⁸⁸	USA	Standard RCT	Doctors	Student	University	238	1	60	60	7	Online course (Asyn- chronous)	Did not receive training on EBHC	KSB
Shuval et al. ⁸⁹	Israel	Clustered RCT	Primary care doctors	Qualified	Primary care	101	3 workshops +6 individual visits	300 min per workshop	300-900 (workshop)	N	Face-to-face workshops and individual visits	Did not receive training on EBHC	KBP
Stark et al. ⁹⁰	USA	Standard RCT	Doctors	Student	Secondary care (hospital)	77	Ø	09	360	0	Face-to-face searching tutorial, answering clinical questions regarding hospitalised patients	Usual medical conference	S
Stevenson et al. <mark>91</mark>	Š	Clustered RCT	Physiotherapists	Qualified	Primary care	õ	F	00	30	7	Face-to-face EBHC workshop	Clinical management of knee dysfunction and pathology (5 h of training)	×
Stevermer et al. [%]	2 USA	Standard RCT	Doctors	Student	Commu- nity-based and University	59	1	15	15	2	Face-to-face workshop	Did not receive training on EBHC	S
Taylor et al. ⁹³	UK	Standard RCT	Multidisciplinary team	Qualified	Primary, secondary and tertiary	145	Ţ	180	180	5	Face-to-face EBP workshop	Did not receive	KSB

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inor	care (Across health authori	care (Across health authori	care (Across health authori
e tiar	Qualified Tertiar care	Aultidisciplinary Qualified Tertiar eam care	Multidisciplinary Qualified Tertiar team care
uc	Qualified secon	AHPs Qualified secon	AHPs Qualified secon
ond	Qualified Second care (hospit	Dbsterticians Qualified Second and midwives care (hospit	Obstetricians Qualified Second and midwives care (hospit

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TABLE 1 (Continued)

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community (n = 4), tertiary care (n = 1), clinical training centre (n = 1) and unclear (n = 1). Four studies were conducted across two or more clinical settings these were primary, secondary, and tertiary care (n = 1), community and university (n = 1), primary and secondary care (n = 1) and secondary care and tertiary care (n = 1),

Although doctors (n = 31), nurses (n = 12) and multidisciplinary teams (n = 9) were the focus of most studies, other studies looked at physiotherapists (n = 2), occupational health physicians (n = 2), midwives (n = 2), osteopaths (n = 1), allied health professionals (n = 1), and obstetricians (n = 1). Of the 61 studies, 36 studies included only qualified healthcare professionals, 23 studies only included students (unqualified) and two studies included both qualified and student participants. Sample sizes ranged from 10 to 571 participants (total at randomisation).

4.2 | Pedagogical approach

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The majority of studies used a face-to-face workshop (single session) (n = 18) or a face-to-face course (multiple session) (n = 16). The remaining studies used an online (n = 16), blended learning (n = 6), journal club (n = 4) or information sheet (n = 1) primary based approach.

Using the essential educational elements recommended by Khan and Coomarasamy (2006) the most common approaches of the included studies were learning using an interactive approach (n = 50), multifaceted strategies in teaching and learning (n = 44), learning incorporated into clinical practice (n = 43) and individual feedback with the opportunity for self-assessment (n = 37) (see Supporting Information File S1: Appendix 20 for full educational elements and course contents). Course contents commonly focused on accessing the literature (n = 45), critical appraisal (n = 40), critical thinking (n = 40), applying the results (n = 40) and asking questions (defining the research question) (n = 36).

The frequency of interventions ranged from 1 to 13 sessions and was not reported in 17 studies. The duration of each intervention session ranged from 30 to 480 min and was not reported in 32 studies. The total time of an intervention, from the information available, ranged from 15 to 1800 min.

Most studies had only two arms (n = 57), with 29 using a nonactive control. The nonactive control groups either did not receive any training on EBHC (n = 16), had sham non-EBHC educational training (n = 9) or were waiting-list controls (n = 4). There were 28 two-armed active control studies with active control groups using face-to-face EBP workshops (n = 10), face-to-face EBHC courses (n = 9), journal club-based interventions (n = 6), an online course (Asynchronous) (n = 1), web-based PRISMA checklist (n = 1), or a self-directed learning module (n = 1). Four studies had three arms comparing active and nonactive comparisons.

Knowledge (n = 35) (e.g., recalling information regarding key factors for developing a research question and search strategies), skills (e.g., undertaking tasks such as search strategies and critical appraisal) and behaviour (e.g., how many literature searches were carried out and number of studies read this week) (n = 27), and attitudes toward (e.g., attitude toward research and evidence-based practice) (n = 23) EBHC were the most commonly reported outcomes. Two studies reported clinical process improvements. These process improvements were recorded by counting the number of processes which were undertaken in each group based upon recommendations from guidelines (e.g., use of statins and receiving of social support). Five studies did report outcomes on both knowledge and skills of EBHC but did not report appropriate information to be included in the review's meta-analysis or vote counting process (e.g., missing result findings, lack of separation of outcomes and lack of clarity of reporting). No studies reported patient level outcomes.

4.3 | Risk of bias

The four main areas of concern regarding risk of bias (high/unclear) were the lack of blinding of those who were delivering the intervention (n = 56), the lack of blinding of participants (n = 50), reporting bias (n = 44), and attrition bias (n = 44) (see Figure 2 for risk of bias for all included studies). Overall, all studies were judged to be at high risk of bias.

4.4 | Educational interventions for EBHC compared with waiting list/no intervention/ sham control

A meta-analysis of educational interventions for EBHC compared with nonactive comparators (i.e. waiting list/no intervention/sham control) showed a large positive effect on knowledge (SMD, 2.69; 95% CI, 1.26–4.14, Low Certainty [The true effect might be markedly different from the estimated effect]) at the end of the intervention (see Table 2 for full results and Supporting Information File S1: Appendix 1 - 11 for all forest plots and corresponding studies). However, for skills (SMD, 0.88; 95% CI, 0.03-1.73, Very Low Certainty [The true effect is probably markedly different from the estimated effect]), attitude (SMD, 0.82; 95% CI, 0.16-1.47, Very Low Certainty) and behaviour of EBHC (SMD, 0.82; 95% CI, 0.25-1.40, Very Low Certainty) the effects were large but there was less certainty due to the lower estimates of the CI resulting in a small or negligible effect. The additional reasons for downgrading of the certainty of evidence within all estimates were due to substantial heterogeneity and high risk of bias (see File S2 for all GRADE tables). Unfortunately, there was a limited number of studies for all outcomes which made it inappropriate to examine the possible causes for heterogeneity.^{28,102} Similarly, due to there being less than 10 studies for all comparisons a statistical assessment of publication bias and subgroup analyses were not performed. Using vote counting, most studies demonstrated a positive improvement for knowledge, skills, attitude, and behaviour of EBHC at the end of intervention (see Table 2 for full vote counting results).

Over time the effect of EBHC educational interventions decreased. With knowledge of EBHC showing a moderate positive effect (SMD,



FIGURE 2 Risk of bias of all included studies.

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0.40; 95% Cl, 0.07–0.73, Very Low Certainty) at short-term follow-up (3–6 months dependent on study) and there was no evidence of effect for skills and attitude of EBHC at short-term follow-up (1–6 months). Similarly, there was no evidence of effect for knowledge, skills, and attitude of EBHC at long-term follow-up (7–12 months). However, there was a borderline statistically significant large effect of behaviour at short-term follow-up (3–6 months) (SMD, 0.75; 95% Cl, 0.00–1.50, Very Low Certainty) and long-term follow-up (7–10 months) (SMD, 1.73; 95% Cl, 0.74–2.71, Low Certainty).

A sensitivity analysis focusing on individual participant RCTs (excluding cluster RCTs) resulted in a statistical significant increase of knowledge of EBHC (SMD, 6.38; 95% Cl, 2.91–9.84, three studies, $l^2 = 93.74\%$) and uncertainty as to the effects on skills (SMD, 0.52; 95% Cl, -0.23 to 1.26 4 studies, $l^2 = 90.94\%$), attitudes (SMD, 0.55; 95% Cl, -0.37; 1.47, 3 studies, $l^2 = 93.75\%$) and behaviour associated with EBHC (SMD,0.75 95% Cl, 0.20–1.31, 3 studies, $l^2 = 78.59\%$) at the end of intervention.

4.5 | Active comparison

Active educational interventions compared differed considerably, limiting the opportunity to pool outcomes. Only six comparisons were evaluated by two or more studies, with 18 assessed by a single study (see Table 3 and Supporting Information File S1: Appendices 12-15). When assessed, all studies were found to be at high risk of bias (see Figure 2). Blended learning workshops/courses had a moderate to large effect in increasing knowledge of EBHC compared with a face-to-face workshop (SMD, 0.65; 95% CI, 0.32-0.97, Low Certainty) or an online course (Asynchronous) (SMD, 0.79: 95% CI. 0.50-1.09, Low Certainty) (see Table 3). When combined with tutorial support, blended learning resulted in a moderate effect in increasing knowledge of EBHC compared with a face-to-face workshop approach (SMD 0.58; 95% CI, 0.12-1.04, Very Low Certainty). A similar moderate benefit was found in developing EBHC skills following a blended learning workshop/course compared with an online course (Asynchronous) (SMD, 0.42; 95% CI, 0.14-0.71, Very Low Certainty). Furthermore, there was a large effect when comparing blended learning course to a face-to-face course on behaviour of EBHC (SMD, 0.83; 95% CI, 0.41-1.25, Low Certainty).

Active workshops led to large improvement in staff satisfaction concerning EBHC education interventions compared with a didactic workshop (SMD, 1.22; 95% Cl, 0.92–1.51, Low Certainty). Large benefits were reported for behaviour of EBHC following a single specialist journal club compared with a multiple specialist journal club (SMD, 0.74; 95% Cl, 0.30–1.18, Very Low Certainty). For education on systematic reviews, an online workshop (Asynchronous) resulted in a large improvement in knowledge of EBHC compared with providing only a web-based PRISMA checklist (SMD, 0.92; 95% Cl, 0.70–1.15, Low Certainty). With low or very low certainty evidence underpinning the estimates, the actual effect may differ from those

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Outcome	Number of studies included in the meta-analysis	Standard means difference	95% confidence interval	Prediction Interval	Meta-analysis estimates <i>p</i> =	I-squared. (I ²)	I-squared p =	Number of positive studies (Intervention vs. control)	Number of statistically significant studies (intervention vs. control)	Appendix number (supplement information one)
Knowledge of EBHC end of the intervention	v	2.69	1.26-4.14	-2.33 to 7.70	>0.001	96.3%	>0.001	10/10	9/10	1
Knowledge of EBHC (follow-up 6 months and less)	7	0.40	0.07-0.73	N/A	0.017	%0	0.52	3/3	1/1	7
Knowledge of EBHC (long-term follow-up 6 months plus)	Ļ	0.19	-0.52 to 0.90	N/A	0.60	N/A	N/A	2/2	1/1	e
Skills of EBHC (end of intervention)	Q	0.88	0.03-1.73	-2.22 to 3.98	0.044	79.6	>0.001	8/9	7/7	4
Skills of EBHC (follow-up 6 months and less)	Ţ	0.16	-0.49 to 0.82	N/A	0.62	N/A	N/A	3/3	1/3	ų
Skills of EBHC (long- term follow-up 6 months plus)	N/R	N/R	N/R	N/R	N/R	N/R	N/R	N/R	N/R	N/A
Attitude of EBHC (end of intervention)	7	0.82	0.16-1.47	-1.52 to 3.16	0.014	92.5%	>0.001	8/9	4/8	Q
Attitude of EBHC (follow-up 6 months and less)	t.	0.16	-0.39 to 0.71	N/A	0.57	N/A	N/A	1/2	N/R	7
Attitude of EBHC (long-term follow-up 6 months plus)	e	1.39	-0.41 to 3.19	-21.49 to 24.27	0.13	95.4%	>0.001	3/3	3/3	8
Behaviour of EBHC (end of intervention)	6	0.82	0.25-1.40	-1.20 to 2.85	0.005	88.0%	>0.001	9/10	6/8	6
Behaviour of EBHC (follow-up 6 months and less)	e	0.75	0.00-1.50	-8.40 to 9.89	0.049	86.6	0.001	4/4	3/3	10
Behaviour of EBHC (long-term follow-up 6 months plus)	т	1.73	0.74-2.71	-10.23 to 13.68	0.001	84.44	0.002	4/4	4/4	11

TABLE 2 EBHC educational intervention Vs waiting list/no treatment.

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(Continued)

TABLE 2

Outcome	Number of studies included in the meta-analysis	Standard means difference	95% confidence interval	Prediction Interval	Meta-analysis estimates <i>p</i> =	l-squared. (I ²)	I-squared <i>p</i> =	Number of positive studies (Intervention vs. control)	Number of statistically significant studies (intervention vs. control)	Appendix number (supplement information one)
Practice improvement end of the intervention	N/A	N/A	N/A	A/A	N/A	N/A	N/A	0/2	N/R	N/A
Practice improvement (follow-up 6 months and less)	N/A	N/A	N/A	A/A	N/A	N/A	N/A	0/1	N/R	N/A
Note: The number of po: at this given time point Abbreviations: N/A, not	sitive studies and si in the related stud applicable; N/R, n	tatistically sig lies. ot reported.	snificant differer	nce number of stud	ies is different dı	ue to the statist	cal comparison	of the intervention grou	p and the control group r	not being carried out

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presented. One study stated it found a statistically significant improvement in skill of EBHC when comparing an online journal club to an emailed based journal club (estimate not reported). There was no evidence that an online course/workshop was more effective compared with a face-to-face course/workshop for knowledge, skills, attitudes of EBHC (Low Certainty).

5 | DISCUSSION

This systematic review and meta-analyses found supportive evidence that educational interventions for EBHC may have a large positive effect on knowledge, skills, attitude, and beliefs of EBHC at the end of the intervention (Low [The true effect might be markedly different from the estimated effect]/Very Low Certainty [The true effect is probably markedly different from the estimated effect]). These benefits tended to diminish over time (≤6 months), with no evidence of long-term effects (>6 months) (Very Low Certainty). Only the effects on behaviour persisted, and appear to strengthen, over the longer term (Very Low Certainty). Although the findings suggest that people may benefit from regular updates (e.g., 6 monthly), getting an understanding of how changes to behaviour are maintained would be helpful. Importantly, caution is necessary in interpreting these findings as the certainty in these estimates were judged to be low to very low. This uncertainty reflects both high risk of bias of the included studies and issues of heterogeneity. Unfortunately, due to the limited evidence base, it was not possible to explore causes and effects of heterogeneity further.^{28,102} However, on visual inspection of the included RCTs there was notable variation in participants clinical discipline, frequency of intervention, duration of sessions and the pedagogical approach. These factors may be important moderating factors and require further exploration.

The pedagogical approach of the interventions varied in quality of reporting, method of delivery, course contents, number of sessions and duration of sessions across the included studies, there were some common aspects. Educational interventions for EBHC typically included a multifaceted interactive approach which were linked to clinical practice, provided individual feedback and opportunities for self-assessment. The most common topics covered were accessing the literature, critical appraisal, critical thinking and how to apply results to practice. The educational interventions for EBHC were mainly delivered face-to-face with some studies taking an online or blended approach. When compared directly, there was some evidence that blended learning may provide an enhanced delivery method for improving knowledge, skills and behaviour of EBHC compared with face-to-face or online (Low Certainty). When compared with online delivery, there was no evidence that face-toface delivery provided an enhanced mode of delivery for knowledge, skills, or attitudes of EBHC (Low Certainty). It was shown that active delivery and consistency in individuals delivering the sessions may provide an enhancement in satisfaction of the EBHC educational intervention and behaviour of EBHC, respectively (Very Low Certainty). There was a dearth of evidence regarding the effects of

Comparison	Number of studies	Standard means difference	95% confidence interval	Prediction Interval	= d	2	"	Number of positive studies (intervention vs. active intervention)	Number of statistically significant studies (intervention vs. control)	Appendix number (supplement information one)
Knowledge of EBHC at the end c	of the interven	tion								
Active workshop versus didactic workshop	7	1.00	-1.22 to 3.23	N/A	0.38	98.78%	>0.001	2/3	2/3	12
Blended learning + tutor support versus face-to-face workshop	T	0.583	0.12-1.04	N/A	0.013	N/A	N/A	1/1	1/1	12
Blended learning course versus face-to-face course	7	0.65	0.32-0.97	N/A	0.002	%0	0.41	2/2	2/2	12
Blended learning versus online course (asynchronous)	1	0.79	0.50-1.09	N/A	>0.001	N/A	N/A	1/1	1/1	12
Enhanced journal club versus standard journal club	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1/1	N/R	N/A
Problem based learning approach on EBHC versus face- to-face course on EBHC (standard approach)	N/A	N/A	N/A	N/A	N/A	N/A	A/N	N/R	0/1	A/A
Face-to-face course versus self- directed module	1	0.26	-0.24 to 0.75	N/A	0.31	N/A	N/A	1/1	0/1	12
Online versus face-to-face course/workshop	9	-0.1	-0.37 to 0.16	-0.08 to 0.68	0.44	60%	0.028	2/6	0/5	12
Single specialist journal club versus multiple specialists journal club	N/A	N/A	N/A	A/A	N/A	N/A	N/A	1/1	0/1	N/A
Flipped teaching model versus didactic instruction (face- to-face)	1	0	-0.37 to 0.37	A/A	N/A	N/A	N/A	0/1	0/1	12
Online workshop (asynchronous) versus Web-based PRISMA checklist	1	0.92	0.70-1.15	A/A	N/A	N/A	N/A	1/1	1/1	12
Skills of EBHC (end of interventic	(uc									
Face-to-face EBHC workshop versus journal club	1	0.05	-0.52 to 0.60	N/A	0.87	N/A	N/A	1/1	0/1	13

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	Number of	Standard means	95% confidence	Prediction				Number of positive studies (intervention vs. s	Aumber of statistically A ignificant studies ()	Appendix number supplement	AL.
Comparison	studies	difference	interval	Interval μ		2	"	active intervention) (intervention vs. control) ii	nformation one)	
Blended learning course or workshop versus face-to-face course or workshop	7	2.37	-2.69 to 7.42	N/A 0).36 9	8.8%	0.001	1/2	1	5	
Blended learning course versus online course (asynchronous)	Ł	0.42	0.14-0.71	N/A 0	0.003	4/A	A/V	1/1	1.	13	
Enhanced journal club versus standard journal club	N/A	N/A	N/A	N/A	4/A	A/A	A/A	1/1	1/R	4/A	
Face-to-face course versus self- directed module	4	0.60	-0.43 to 0.55	N/A 0).81 N	A/A	A/A	1/1 0	1 1/1	13	
Online EBHC + practice examples versus online EBHC workshop	Ţ	-0.20	-0.82 to 0.42	N/A 0).523 N	1/A	4/4	0/1	1/R	<u>ញ</u>	
Online journal club versus emailed based journal club	N/A	N/A	N/A	A/A	4/A	4/A N	A/A	1/1	/1	1/A	
Online versus face-to-face course/workshop	7	-0.15	-0.34 to 0.03	N/A 0	0.10 0	%	319 (0/2 0	/2	4/A	
Tutorial support versus nontutorial support	N/A	N/A	N/A	N/A	4/A N	4/A N	4/A	0/1	1/R	4/A	Journal of
Attitudes of EBHC (end of interv	rention)										of <mark>Eval</mark> urnal of Pu
Active workshop versus didactic workshop	7	0.23	-1.12 to 1.59	N/A 0	0.73 9	7.1% >	0.001	1/2	./2	4	.uation in (blic Health Policy a
Blended learning course versus face-to-face course (1 month)	1	-0.025	-0.43 to 0.38	N/A	06.0	4/A	A/A	1/2	./2	[4	Clinical Pr and Health Service
Enhanced journal club versus standard journal club	N/A	N/A	N/A	N/A	4/A	4/A	A/A	1/1	1/R	A/A	ractice es Research
Problem based learning approach on EBHC versus face- to-face course on EBHC (standard approach)	N/A	N/A	N/A	N/A	A/A	A/A	A/A	1/1	7	٨/A	
Face-to-face course versus self- directed module	1	-0.018	-0.51 to 0.47	N/A 0).944 N	1/A N	4/A (0/1 (1/1	4	Vile
Online versus face-to-face course/workshop	1	0.082	-0.22 to 0.39	N/A 0	09.0	4/A	A/A	1/1 0	1 1/0	[4	Y—⊥
										(Continues)	21

TABLE 3 (Continued)

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Comparison	Number of studies	Standard means difference	95% confidence interval	Prediction Interval	= d	2	=	Number of positive studies (intervention vs. active intervention)	Number of statistically significant studies (intervention vs. control)	Appendix number (supplement information one)	<u> </u>
Tutorial support versus nontutorial support (10 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1/1	0/1	N/A	
Flipped teaching model versus didactic instruction (face- to-face)	1	0.11	-0.26 to 0.48	A/A	0.56	N/A	N/A	1/1	0/1	14	
Behaviour of EBHC (end of interv	/ention)										Interna
Active session versus didactic session	1	-0.185	-0.54 to 0.172	N/A	0.310	N/A	N/A	0/1	0/1	15	ational Journal of
Blended learning course versus face-to-face course	1	0.83	0.41-1.25	N/A	>0.001	N/A	N/A	2/2	2/2	N/A	Public Health Poli
Enhanced journal club versus standard journal club	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0/1	N/R	N/A	cy and Health Ser
Face-to-face course on EBHC (Problem based learning approach on) EBHC versus face- to-face course on EBHC (standard approach)	A/A	N/A	A/A	N/A	N/A	N/A	A/A	1/1	0/1	N/A	vices Research
Face-to-face course versus self- directed module	1	-0.19	-0.68 to 0.30	N/A	0.45	N/A	N/A	0/1	0/1	15	
Single specialist journal club versus multiple specialists journal club	1	0.74	0.30-1.18	N/A	0.001	N/A	N/A	1/1	1/1	15	
Tutorial support versus nontutorial support (2-10 months)	N/A	N/A	N/A	A/A	N/A	N/A	N/A	1/1	0/1	N/A	
Flipped teaching model versus didactic instruction (face- to-face)	1	-0.05	-0.42 to 0.32	N/A	0.78	N/A	N/A	0/1	0/1	N/A	
Satisfaction of EBHC educational	interventions	(end of intervent	ion)								
Active session versus didactic session (all sessions were face- to-face)	1	1.22	0.92-1.51	N/A	>0.001	N/A	N/A	2/2	1/1	15	
Online versus face-to-face	1	0.41	-0.06 to 0.89	N/A	0.09	N/A	N/A	1/2	0/2	15	

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Comparison	Number of studies	Standard means difference	95% confidence interval	Prediction Interval	= d	12	= d	Number of positive studies (intervention vs. active intervention)	Number of statistically significant studies (intervention vs. control)	Appendix number (supplement information one)
Online EBHC workshop + Practice examples versus Online EBHC workshop	1	0.33	-0.29 to 0.95	N/A	0.30	N/A	N/A	1/1	0/1	15
Online journal club versus emailed based journal club	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1/1	N/R	N/A
<i>Note</i> : The number of positive studie at this given time point in the relat	es and statistica ted studies.	ally significant dif	ference number of	studies is differe	ent due to	the statis	tical com	barison of the intervention ${\mathfrak g}$	roup and the control group;	not being carried out

(Continued)

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Abbreviations: N/A, not applicable; N/R, not reported.

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educational interventions for EBHC for both process improvement and patient outcomes.

5.1 | What does this review contribute to the existing evidence

The results of our review corroborate previous findings regarding educational interventions for EBHC having a positive effect on knowledge, skills,^{21,23,24} and attitude,^{21,24} with their narrative findings suggesting the effects were small.^{21,23} Although another review contradicted the beneficial effects on behaviour found in our review, they included both before and after studies and RCTs.²³ When only considering the RCTs evidence, the findings from the other review are in line with ours. This is the first systematic review to identify that educational interventions for EBHC may only have a short-term (<6 months), effect on improving knowledge of, skills in, and attitude toward EBHC, although the effect on behaviour around implementing EBHC may be longer lasting.

Our findings appear to concur with those of previous systematic reviews in that blended learning¹⁴ and active learning²² may provide an enhanced method of delivery compared with alternative methods. Furthermore, our review aligns with the suggestion that there was no evidence of effect when comparing online compared with face-to-face delivery,¹⁴ the lack of patient reported outcomes¹⁹ and the need of standardisation of reporting.^{21,23} This review did also identify that the individual delivering the intervention may be an important moderating factor.

5.2 | Strengths and limitations

To our knowledge, this is the first systematic review which has undertaken a meta-analysis on educational interventions for EBHC compared with nonactive comparisons (waiting list/no treatment/ sham control). This review used a unique search strategy of forward and backward citation retrieval which identified an additional 20 new RCTs and three link papers from the original seed papers. Out of these 23 newly identified papers, 11 of the papers had publication dates which overlapped with the previous reviews which used traditional search strategies.^{49,60,62,63,67,83,87,94-96,101} As demonstrated previously in assessments of this technique,¹⁰³⁻¹⁰⁵ this method has the capability to outperform traditional term-based search strategies in specific circumstances. An assessment of bias was conducted for all the studies included, followed by a grading assessment for all primary outcomes.

This review also had multiple limitations which need to be considered when interpreting the findings in context to practice. These limitations were that the effect estimates presented in this review are based upon low to very low certainty evidence. Forward and backward citation searching have been previously indicated to be potentially influenced by positive publication bias.²⁸ It has been proposed that positive studies are more likely to be cited, which

would result in these studies being more easily identified using these techniques.²⁸ There were inconsistencies in reporting of interventions which makes it difficult to ensure that the classifications of the interventions are fully representative. Regrettably, owing to decreased team capacity, the prescribed screening and data extraction methods outlined in the review protocol could not be adhered to. Consequently, a single reviewer was tasked with conducting the data extraction and bias ascsessment, potentially introducing errors into the review process.¹⁰⁶ Nonadjustment of cluster RCTs may have led to overestimation of precision within the 95% Cls.²⁸ Due to the limited number of studies, no assessment of publication bias or heterogeneity was undertaken.^{31,32}

6 | FUTURE RESEARCH

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Due to the substantial inconsistency in reporting of interventions, future research should ensure it adopts a relevant reporting standard, such as the guideline for reporting evidence-based practice educational interventions and teaching (GREET).¹⁰⁷ Without this standardisation it will be difficult to explore key pedagogical moderating factors which may be causing the substantial observed heterogeneity within these effect estimates. Furthermore, future research should focus on active comparisons of standardised moderating factors of frequency of delivery, duration, course contents, and pedagogical approach. Due to the lack of reporting of practice change and patient outcomes, it is important that future research include outcomes at this level. Educational interventions for EBHC only had a lasting effect on behaviour longer than 6 months after the intervention. Future research examining this time point should take a mixed method approach to explore why this discontinuation of effect may be occurring.

7 | CONCLUSION

Educational interventions for EBHC appear to have a large, although short-term (<6 months), effect on improving knowledge of, skills in, and attitude toward EBHC. In contrast, their effects on behaviour around implementing EBHC may last longer. Blended learning, active learning and consistency in the individual delivering the intervention may be important positive moderating factors. Online and face-to-face delivery of educational interventions differed little in their effects. Future research should focus on RCTs, reported in accordance with recognised standards, examining practice and patient outcomes and, where relevant, compare active and nonactive interventions.

AUTHOR CONTRIBUTIONS

James Hill: Study design; literature search, title and abstract screening; full paper review and selection; data extraction and analysis; coauthorship of paper. Nikki Gratton: Study design; literature search, title and abstract screening; full paper review and selection; data extraction and analysis; coauthorship of paper. Amit Kulkarni: Study design; literature search; title and abstract screening; full paper review and selection; data extraction and analysis; coauthorship of paper. **Oliver Hamer**: Full paper review and selection; coauthorship of paper. **Joanna Harrison**: Full paper review and selection; coauthorship of paper. **Catherine Harris**: Study design; literature search; coauthorship of paper. Jen **Chesters**: Study design; literature search; title and abstract screening; coauthorship of paper. **Elaine Duddy**: Study design; literature search; title and abstract screening; coauthorship of paper. **Lindsey Collins**: Study design; literature search; title and abstract screening; coauthorship of paper. **Andrew Clegg**: Study design; literature search; coauthorship of paper.

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CONFLICT OF INTEREST STATEMENT

The authors declare no conflict of interest.

DATA AVAILABILITY STATEMENT

The data that support the findings of this systematic review are available on request from James Hill Email: Jehill1@uclan.ac.uk.

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SUPPORTING INFORMATION

Additional supporting information can be found online in the Supporting Information section at the end of this article.

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