



Sharing high-quality evidence in newsletters



There is such a lot of new information about COVID-19 published every week, but most people do not have the time to find and read detailed research studies.

We are producing one-page newsletters to summarize and share new evidence with healthcare consumers, healthcare professionals, journalists and policy-makers.

What we did



Aim

Research about COVID-19 is growing fast during the pandemic. Healthcare professionals, journalists, policy-makers and people with an interest wanted simple summaries of the latest evidence in Portuguese to help inform their decisions.



Activity

We produced regular newsletters in the Portuguese language. We included short summaries about new COVID-19 research from around the world. We shared the newsletters through our mailing list and on our website.

People are busy so we made sure that every newsletter was not longer than one page and took less than seven minutes to read. We focused on high-quality studies that were relevant in clinical practice. We wrote the newsletters in a non-technical way so they could be used by people who were not doctors. Newsletters were sent out twice a week.



Collaboration

Cochrane Portugal produced the newsletters. We received funding from the Institute for Evidence Based Healthcare at the University of Lisbon School of Medicine.

What we achieved

We have produced and shared 50 COVID-19 newsletters so far. Our mailing list consists of 600 email addresses to medical and pharmacy schools, health professionals and associations, patient associations, journalists, health managers and student associations. We also share the newsletters via our Facebook.

A wide range of people are reading our newsletters, not just doctors. Nurses, pharmacists, university students and journalists are all using the newsletters.

Sending regular newsletters helps people get information quickly, in a format and language that is easy to use.

“Thank you for writing in a way that non-technical people can understand.”

- Patient reader of newsletter



See more here: <https://portugal.cochrane.org/sars-cov-2-newsletters>

What we learnt

1

Cochrane surveyed people about the best way to share new research. 831 people from around the world provided feedback. People said it would be useful to receive regular updates or newsletters directly by email. Our Cochrane Portugal **newsletters give people what they said they wanted.**

2

It helps to share evidence in a short, **easy to read format.** People do not have a lot of time, and there are many other information sources. Sending newsletters regularly helps our readers stay up-to-date without spending too much time. This is becoming a ‘go to’ place for evidence about COVID-19 in Portugal.

3

It takes time to find and summarize evidence. We have **built this into our day-to-day work**, so we are always looking for new material and we have ringfenced time to prepare the newsletters. People rely on us to find and share this information. It is one of the few regular sources of evidence available in Portuguese.



Learn more

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