WHY MENTOR A TREAT JOURNAL CLUB? AN ACADEMIC’S PERSPECTIVE

Why are TREAT Journal clubs unique?

- TREAT is an evidence-informed journal club system, researched in over 250 health professionals\(^1\), shown to significantly improve EBP skills, EBP confidence and maximize interaction and lead to changes in clinical practice.
- In contrast to standard journal clubs, the journal club sessions use: active group-based discussion and appraisal, relevant topics chosen by the team, and defined roles which rotate between the team.
- Each TREAT journal club has a structured session outline and are facilitated by health professionals who receive free training and resources through the [www.treatjournalclubs.com](http://www.treatjournalclubs.com) website. See video link for more details.

**What Is Involved In being a mentor?**

Journal clubs run 1 hour/month (in person or via videoconference). Your role can vary depending on your availability and interest and may include:

- Being contactable over email to provide ad-hoc advice (e.g., interpreting statistics or study design) as needed by the health professional facilitator of the journal club.
- Participate in the journal club (in person or via videoconference)
- Helping to initially co-facilitate sessions (facilitator can send facilitator guide) to support health professional facilitating and gradually reducing your hands-on support as they build confidence.

**What’s In It for me as a busy academic?**

- Network and build relationships with local health professionals in your clinical field.
- Understand first-hand the clinical problems health professionals face
- Appraise current evidence in your clinical area to identify gaps and inform potential future collaborative research
- Maintain and extend your own Evidence-Based Practice skills and confidence
- Contributes positively to EBP culture and build confidence of health professional’s ability to use research evidence in practice in your local area.
- Count towards ‘Community engagement’\(^1\) hours as part of your academic role or Continuing Professional Development points if you are also practicing as a health professional.

For more information visit [www.treatjournalclubs.com](http://www.treatjournalclubs.com)

\(^1\)For further information on this research conducted please visit [www.treatjournalclubs.com/about/](http://www.treatjournalclubs.com/about/)