

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 professionals¹, 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 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**' 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

¹For further information on this research conducted please visit www.treatjournalclubs.com/about/