

# WHY TREAT JOURNAL CLUBS?

## A MANAGER'S PERSPECTIVE



### How are TREAT journal clubs different?

- TREAT is an evidence-informed journal club system for health professionals which uses principles of adult learning to **maximize interaction** and **relevance** to lead to changes in clinical practice.
- In contrast to standard journal clubs, the journal club sessions use: **structured**, dynamic **group-based discussion** and appraisal, **relevant topics** chosen by the team, and **defined roles** which rotate between the team.

### What are the benefits?

TREAT has been investigated in over 250 health professionals, with research finding:

- Greater **satisfaction** using the TREAT format compared to standard journal club formats **and increased interaction**<sup>1</sup>
- Improved **Evidence-Based Practice skills** and **confidence**<sup>2</sup>
- **Changes to clinical practice to optimise patient care**<sup>2</sup> including adopting new treatments and resources and updating clinical procedures.
- Contributes **positively to EBP culture**

*"Ultimately it's about trying to provide the best clinical care for patients based on evidence"*

Healthcare Director

Other benefits for the service:

- Participation can be counted towards **Continuing Professional Development points**.
- Can **address service gaps** by looking at the evidence to address priority problems
- **Raise team profile and satisfaction** by ensuring practice is informed by evidence
- **Free downloadable resources** and training ([www.treatjournalclubs.com](http://www.treatjournalclubs.com)) with easy to follow instructions to implement into your professional development programme.
- Helps with **succession planning**, giving staff leadership and evidence-based practice skills

### What is required of my team?

- It's recommended each journal club session runs for about 1 hour/month
- The **free online training** for staff to upskill in foundational EBP skills necessary to participate in the club takes about 30-40mins for general journal club members (basic training) and 2.5 hours for staff facilitating the journal club (more advanced training)
- Journal club format can be run in person or via **videoconference**
  - There is an **option to include food** running the sessions over breakfast or lunch

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



[Listen to real life manager perspectives here](#)