McMaster Evidence-Based Clinical Practice Workshops

Monday June 8th - Friday June 12th, 2020

PRELIMINARY

INFORMATION GUIDE

NOTE: Bring the Information Guide with you to help with orientation at McMaster University as it contains important maps!
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2020 EBCP Workshop - PARTICIPANT Schedule (Preliminary)

Monday, June 8, 2020
8:30 – 9:15 am  REGISTRATION for Pre-Course Registrants – Student Centre, CIBC Hall, 3rd Floor
9:30 – 2:30 pm  OPTIONAL LARGE GROUP PRE-COURSE – Basic EBM Concepts
                (with ½ hr Lunch provided), Rooms TBA
1:30 – 2:30 pm  GENERAL REGISTRATION— Student Centre, CIBC Hall, 3rd Floor
3:00 – 5:00 pm  Small Group Tutorial, Student Centre (see your small group schedule)
5:30 – 7:00 pm  Dinner with your Small Group, University Club

Tuesday, June 9, 2020
8:30 – 9:35 am  Large Group Presentation (Prognosis), Room TBA
9:40 – 10:30 am Basic Large Group Presentation (Therapy), Room TBA
10:45 – 12:45 pm Small Group Tutorial, Student Centre (see your small group schedule)
1:00 – 2:30 pm  Individual Study Time or Computer Lab
2:30 – 3:30 pm  Special Interest Group (Research), Room TBA
3:45 – 5:45 pm  Small Group Tutorial, Student Centre (see your small group schedule)

Wednesday, June 10, 2020
8:45 – 9:30 am  Basic Large Group Session (Systematic Review), Room TBA
9:35 – 10:30 am Large Group Presentation (GRADE), Room TBA
10:45 – 12:45 pm Small Group Tutorial, Student Centre (see your small group schedule)
1:00 – 2:30 pm  Individual Study Time or Computer Lab
2:30 – 3:30 pm  Basic Large Group Session (Harm), Room TBA
3:45 – 5:45 pm  Small Group Tutorial, Student Centre (see your small group schedule)

Thursday, June 11, 2020
8:00 – 9:00 am  Large Group Presentation — Grand Rounds “Lessons Learned from the MANAGE Trial”
                – Dr PJ Devereaux  Health Sciences Centre, Ewart Angus Room 1A1
9:15 – 11:15 am Small Group Tutorial, Student Centre (see your small group schedule)
11:15 – 2:30 pm  Individual Study Time or Computer Lab
2:30 – 3:30 pm  Basic Large Group Session (Clinical Diagnosis), Room TBA
3:45 pm – 5:45 pm Small Group Tutorial, Student Centre (see your small group schedule)
6:00 pm  BUSES leave 6:15 SHARP! Outside Student Centre (parking lot side)
6:30 – 11:00 pm Social – Networking Dinner, Royal Botanical Gardens, Burlington, ON
10:00 & 11:00 pm Buses return to McMaster University

Friday, June 12, 2020
8:30 – 10:30 am Small Group Tutorial, Student Centre (see your small group schedule)
11:15 – 12:00 noon Plenary Session – Evaluation, Feedback & Wrap-up, Room TBA
12:00 – 1:15 pm  Individual time to get lunch before Post-Course
1:15 – 4:45 pm  OPTIONAL LARGE GROUP POST-COURSE – Developing an EBHC Curriculum
                Room TBA
PRE-COURSE – BASIC EBM CONCEPTS

Additional Cost: $400 Cdn + 13% Harmonized Sales Tax

Session Summary:
The purpose of this half-day pre-course is to provide exposure to core concepts required to incorporate best evidence into practice and teaching prior to full the 4-day EBM workshop. The pre-course is intended for early learners who have limited experience with the critical appraisal process. The 4 hours will be structured in parts that mirror the evidence cycle:

1. constructing a structured clinical question;
2. assessing risk of bias;
3. understanding results; and
4. application.

Pre-Course Faculty
- Pre-course Co-Directors: Sheri Keitz and Gordon Guyatt
- The pre-course topics will be taught by a combination of experienced tutors for the main 4-day EBM workshop

Learning Objectives
Following the pre-course, participants will be able to:
- Form a clinical question using a structured PICO framework
- Describe concepts used to assess risk of bias in study design
  - Randomized Trials: why do we randomize?
  - Cohort Studies: Adjusted analysis
- Demonstrate understanding of reporting of results
  - Calculate and interpret measures of association: risk ratio, odds ratio, risk difference, number needed to treat/harm
  - Demonstrate understanding of p-values and confidence intervals
  - Describe results of a systematic review when summarized in a Forest Plot
- Demonstrate understanding of key principles in applying evidence
  - Describe when is it okay to generalize findings (or when it is not)

Who should attend?
- Participants in the practice stream with minimal or no prior exposure to basic concepts in evidence-based practice
- Participants in the teaching stream may wish to attend to see new techniques in interactive large group teaching and teaching tips for key concepts that are covered.

Teaching Method
- The pre-course will be in a large group setting
- Presenters will utilize interactive and active participant learning techniques

Pre-Course Registration Information
- Pre-course Registration must occur at the same time as registration for the EBM course
- Additional cost associated with attending the pre-course is $400 + 13% HST

DETAILED PRE-COURSE AGENDA WILL BE PROVIDED WITH YOUR PACKAGE ON REGISTRATION DAY
POST-COURSE

DEVELOPING AN Evidence-Based Health Care (EBHC) CURRICULUM

Additional Cost: $300 Cdn + 13% Harmonized Sales Tax

Session Summary:
The purpose of this three-hour post-course is to provide exposure to core concepts and steps in EBHC curriculum development and very practical approaches to curriculum implementation. The 3 hours will be structured in 2 parts:

5. EBHC curriculum development process
6. EBHC curriculum implementation process

Post-Course Faculty
- Post-course Director: Alexandra Halalau
- The post-course sessions will be taught / moderated by a combination of experienced tutors from the main 4-day EBCP workshop

Learning Objectives
Following the post-course, participants will be able to:
- Define the framework for curriculum development
- Apply the steps for curriculum development and implementation
- Identify and address barriers to curriculum development and implementation
- Identify online curricular resources
- Identify scholarly activity opportunities through curriculum development

Who should attend?
- Participants in the practice stream that completed the 4-days EBCP workshop who are interested in or charged with developing an EBHC curriculum at their home institution
- Participants in the teaching stream that completed the 4-days EBCP workshop who are interested in or charged with developing an EBHC curriculum at their home institution

Teaching Method
- The post-course will be in a large and small group settings
- Presenters will utilize interactive, collaborative and active participation learning techniques

Post-Course Registration Information
- Post-course registration must occur at the same time as registration for the EBCP course
- Additional cost associated with attending the post-course is $300 + 13% HST
The EBCP workshop is proud to provide you with the 3rd Edition Users’ Guides to the Medical Literature.

WHAT TO EXPECT EBCP WORKSHOP IMPROVE PRACTICE STREAM SPECIFICS

Learning objectives:
To help participants advance their skills in critically appraising the literature and their skills in acknowledging and incorporating values and preferences in clinical decision making. To acquire an understanding of common epidemiological concepts (e.g. interpreting hazard ratios, confidence intervals, critical appraisals of a systematic review) and advance their skills in using the literature for quality assurance, improving practice, and judging comparative effectiveness of health care interventions.

Who should attend:
Clinicians, physicians, nurses, pharmacists, occupational and physiotherapists, dentists, chiropractors and other health-care professionals with limited prior exposure to concepts in evidence-based practice.

Improve Practice stream format:
The workshop uses small-group formats for participants to acquire new EBP skills, and to practice those skills. Learners will be expected to actively engage in small group learning including identifying learning priorities and sharing responsibility for the learning environment in the small group. For example, learners will be asked to identify key papers, concepts and examples of evidence that matters to their home practice. Learners will actively problem solve, critically appraise articles and verbalize key EBM concepts to facilitate understanding.

WHAT TO EXPECT EBCP WORKSHOP TEACH STREAM SPECIFICS

Learning objectives:
To help participants advance their skills in critically appraising the literature, and their skills in incorporating values and preferences in clinical decision making.

To help participants advance their skills in teaching EBCP using a variety of educational models in different settings, with different types of learners.

Who should attend:
Physicians, nurses, pharmacists, occupational and physiotherapists, dentists, chiropractors and other health-care professionals who have an understanding of the fundamentals of EBCP who anticipate future opportunities to teach the skills of EBCP to their learners.

Teaching stream format:
What many people don’t realize: If you enroll in the teaching stream, you will be doing some of the teaching. The workshop uses small-group formats for participants to acquire new EBP teaching skills and to practice those skills. Role play will simulate the teaching environments of the participants.
PARTICIPANTS - HOW TO GET THE MOST OUT OF THE EBCP WORKSHOP

Here is exactly what we would like you to do to get ready for the workshop:

**Think about your learning goals.**
Due to the learner-centred nature of the small groups, you will get the most out of the workshop if you have assessed your learning needs and specific goals prior to the workshop.

**Think about your teaching and practice setting**
Try to identify a specific patient, clinical scenario, or teaching dilemma that has challenged you recently. We will use YOUR cases, YOUR teaching settings, and YOUR clinical questions as much as possible in the workshop.

**Review the materials in advance**
The workshop schedule and materials will be posted on the workshop website 1 month prior to the Workshop. [http://ebcp.mcmaster.ca](http://ebcp.mcmaster.ca)

**Go to your library or via electronic resources, pull at least one paper you would be interested in reading and learning from**
Not only will you be finding material at the workshop for consideration, you will also be identifying what resources you have at home and what barriers there might be to your getting papers when you need them. Remember, in the end, our job is to help you be successful at home (not just at the workshop). Therefore if you know about your resources and barriers we can be most helpful when you're here.

**Be excited! (No stress please)**
The best thing about EBM is that it can be so much fun. We hope that you will review these materials with eager excitement in anticipation of the EBCP Workshop. We are fully aware of the probability that each of you is very busy without much extra time to prepare for this workshop. We do not mean to add to your ‘do-to’ list. However, if you simply pull a paper or two, we will be able to hit the road running in your small group. While we will review many different resources, we want to be sure that we spend some time reading original literature to practice the critical appraisal process.

**Don’t be shy**
Please do not hesitate to contact us with questions or concerns.

WORKSHOP OVERVIEW AND PARTICIPANT EXPECTATIONS

**Large group sessions**
These sessions are run by the faculty in order to cover core curriculum and also to model teaching strategies for the small group.

**Small group sessions**
These sessions are based on the model of a small group for facilitated learning. The curriculum for the small groups is based on the learning needs of the participants. Each participant will be expected to take responsibility for a portion of the learning time. Two tutors, one tutor-trainee, and one librarian are available to assist and mentor participants in preparing for and carrying out their part of the session and will facilitate small groups.

There will also be a session with your small group librarian on searching the literature and managing information.

**Preparation for small group**
- This is about personal learning goals and expectations for the workshop; be prepared to share these with your small group.
- This is about current clinical problems or “hot topics” for your teaching session.
  - Identify possible articles to use for your learning needs.
  - Identify issues or concepts within the EBM process that you would want to use as topics for your small group activity.

**Self Study Time**
This time is set aside for your own learning pursuits and as time to prepare for your small groups. In addition, there will be a computer lab set aside for independent research.
COMPUTER REQUIREMENTS

LAPTOPS are preferred

NOTE:
If you are using a MAC computer, please bring your own adapter for use with the data projectors available for your individual presentations. Workshop will not provide MAC Computer adapters.

We advise that you PRINT the FINAL INFORMATION GUIDE including the MAPS (In colour if possible), as this is helpful upon your arrival at McMaster University campus. As with most university campuses, McMaster can be difficult to navigate. You will not have access to wifi until after registration. Please leave plenty of time to find the EBCP Workshop registration located at the Student Centre.

McMaster is well represented on Google Maps and the “Street view” accessed by drag can be very useful for those who can connect before receiving the individualised wifi information.

CLOTHING AND SPENDING MONEY:

We would like to suggest that you bring casual apparel (blue jeans, shorts, sweats), as all courses and social functions are informal - business apparel is optional. It can be very hot or very cool in June with a daytime average 25.2C (80F). Evenings can dip to below 13.8C (58F). so layers are good.

Folks have asked us how much money should they bring with them for the week, and this, of course, is a personal preference. It has been recommended that you allow yourself about $40.00 to $50.00 per day for the meals that you will need to purchase.

BANKING FACILITIES:

McMaster Health Sciences Centre houses ATM machines for your convenience. One is located in the lobby area of the Student Centre and one on the first floor in the Health Sciences Centre, Ewart Angus section. Other banking facilities located off campus are:

<table>
<thead>
<tr>
<th>Bank</th>
<th>Location</th>
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<tbody>
<tr>
<td>CIBC – Westdale</td>
<td>1015 King Street West, (905) 572-3333</td>
</tr>
<tr>
<td>TD Canada Trust</td>
<td>938 King Street West (905) 523-5111</td>
</tr>
<tr>
<td>Scotiabank</td>
<td>999 Main Street West (905) 525-2640</td>
</tr>
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NOTE: We recommend that you carry cash with you as sometimes the ATM machines on campus are not working and the banks are a distance from the campus.
ACCOMMODATIONS

Please be advised that reserving accommodations is the responsibility of the individual participant. Registration fees DO NOT include living accommodations.

MCMASTER UNIVERSITY ON CAMPUS:

Online direct link to Les Prince Hall reservation form -
Will be available in January 2020

NOTE: Deadline for on-line campus residence reservation is MAY 8, 2020

<table>
<thead>
<tr>
<th>LES PRINCE HALL</th>
<th>Double occupancy rooms</th>
<th>Single Occupancy rooms</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>$62 per person, per night</td>
<td>$77 per person, per night</td>
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<tr>
<td></td>
<td>($124 per room, per night)</td>
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</table>

BEDROOM FEATURES:
- Single and double occupancy rooms, equipped with one ensuite washroom per room (sink, mirror, shower, toilet)
- Bedroom includes a twin bed with drawers, desk, chair, wardrobe with drawers

FLOOR FEATURES AND AMENITIES:
- Shared furnished lounge with cable TV
- Shared kitchenette with fridge, stove, microwave, toaster and kettle (dishes, cookware and cutlery not supplied)
- Study room with table and chairs

BUILDING FEATURES AND AMENITIES:
- Complimentary wireless internet and hardwired connection
- Large multi-purpose room located on first floor equipped with pool table and piano
- Air conditioned
- Laundry facilities equipped with irons and ironing boards
- Elevator accessibility
- Adjacent to the beautiful Cootes Paradise and Royal Botanical Gardens nature trails
- Secured entry
**HOTELS IN THE GREATER HAMILTON AREA:**

Please be sure to **BOOK YOUR OWN** accommodations early as space is not guaranteed.

The information provided is designed to help find suitable and appropriate accommodation during your stay in Hamilton while attending the “2020 McMaster Evidence-Based Clinical Practice Workshops”. Hotel prices vary.

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<thead>
<tr>
<th>Hotel</th>
<th>Location</th>
<th>Contact Information</th>
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| Hamilton Plaza Hotel and conference centre (on bus route) | 150 King Street East Hamilton, ON L8N 1B2 | (905) 528-3451 or 1-877-660-8550  
  www.hamiltonplaza.ca |
| Visitors Inn (within 30 min walking distance) | 649 Main Street West Hamilton, ON L8S 1A2 | (905) 529-6979 or 1-800-387-4620  
  www.visitorsinn.com  
  Will provide “McMaster” rate if requested |
| Staybridge Suites (on bus route)            | 20 Caroline St S Hamilton, ON L8P 0B1 | (905) 527 1001 or 1-877-660-8550  
  www.staybridgehamilton.com  
  Will provide “McMaster” rate if requested |
| McMaster University Housing/Conferences (on campus) | McMaster Campus Hamilton | Les Prince Hall (Residence)  
  - Double occupancy with ensuite: $62 per person, per night ($124 per room, per night)  
  - Single occupancy with ensuite: $77 per person, per night  
  *Booking Link available in January 2020* |
TRANSPORTATION

LOCAL AIRPORTS:

- Hamilton International Airport is located approximately 18 km away from McMaster, 15 minutes from downtown Hamilton (60 minutes from downtown Toronto).
- Toronto Pearson International Airport is located 68 km east of Hamilton-Wentworth, approximately a 45-minute drive from downtown Hamilton.
- Buffalo U.S.A. Airport is approximately 110 km or 90-minute drive by car from Hamilton – border and immigration (passport) control will be done when crossing the land border, this border crossing can take up to 1.5 hours.

TAXI FROM TORONTO PEARSON AIRPORT:

The taxi company that services Toronto Pearson airport is “co-op cab” (416 504 2667) They have red and yellow cars. The cost is approximately $210.00/one way.

AIRPORT SHUTTLE FROM TORONTO PEARSON - AIRWAYS TRANSIT SERVICE LIMITED

Airways Transit is proud to offer McMaster Evidence based Clinical Practice workshop participants the preferred, single passenger shared ride fare of approximately $75.00 (HST included) for one way transportation between Toronto Pearson Airport and downtown Hamilton. **If two or more persons are travelling together on the same reservation, group fares will be applied and noted on your confirmation.** Advanced reservations and prepayment are required for preferred fare eligibility.

To book your preferred rate round trip or one way transportation, please visit [https://www.airwaystransit.com/](https://www.airwaystransit.com/) and use the reference code EBCP2020 Or Call, 905-689-4460 and mention code EBCP2020.

**Note:** Fares are CAD; gratuity not included. Luggage and cancellation policy applies

PARKING AT MCMASTER UNIVERSITY:

Free parking is available to all participants who requested parking when they registered for the workshop. Pre-requested exit cards will be in your registration package. Parking passes will be issued during registration. Parking is preferred at the Underground Stadium parking lot but parking is available in all lots if space is available. **Note:** If you require parking, and did not request tickets ahead of time, please speak to the Administrative Staff at Registration.

ENTRANCE TO MCMASTER CAMPUS is at the Sterling Street entrance near the Student Centre.
OTHER USEFUL INFORMATION

IT IS HIGHLY RECOMMENDED THAT YOU ARRIVE THE DAY BEFORE THE WORKSHOP STARTS

LOCAL TAXI:

Hamilton Cab is the company we normally use. Call 905 777 7777 or visit their website: www.hamiltoncab.com

BIKE SHARE:

In Hamilton we have SoBi, which is an app based bike share. There are many locations all over Hamilton including at least 9 on our campus it is an economic effective way to get around the city. Check it out at https://hamilton.socialbicycles.com/ or call 289 768 2453 for more information.

BOOK STORES:

There are two university bookstores: one for specialty medical literature located on the first floor of the Health Sciences Centre (just outside the cafeteria); and the other is located via the Student Centre (Titles Bookstore) in the basement of Gilmour Hall (beside the Student Centre). This is where you may purchase more general books and souvenirs from McMaster University.

CAMPUS LIBRARIES:

We have many libraries on campus: Health Sciences, Innis, Thode, and Mills.

MCMASTER UNIVERSITY ATHLETIC & RECREATIONAL FACILITIES:

Located in the Northeast corner of the McMaster campus, the Athletic Complex contains many first-rate facilities. The David Braley Athletic Centre is situation behind the Student Centre.

Please contact the David Braley Centre directly for further information: 905-525-9140 x 24464

The campus borders on an area of The Royal Botanical Gardens, which is criss-crossed with paths and trails which are very popular with joggers and cyclists. There is also a running track near the residence.
# PLACES TO EAT

## ON CAMPUS:

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Dates</th>
<th>Hours</th>
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<tbody>
<tr>
<td><strong>Togo Salmon Hall</strong></td>
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<tr>
<td>TwelveEighty</td>
<td>Monday - Friday</td>
<td>11:00am – 3:00pm</td>
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<tr>
<td><strong>McMaster University Student Center (MUSC)</strong></td>
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<tr>
<td>La Piazza</td>
<td>Monday – Thursday</td>
<td>8:00am – 6:00pm</td>
</tr>
<tr>
<td>Tim Horton’s</td>
<td>Friday</td>
<td>8:00am – 4:00pm</td>
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<tr>
<td>William’s Coffee Pub</td>
<td>Monday – Friday</td>
<td>8:00am – 3:00pm</td>
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<tr>
<td></td>
<td></td>
<td>8:00am – 4:00pm</td>
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<tr>
<td><strong>Health Sciences Centre (HSC)</strong></td>
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<td></td>
</tr>
<tr>
<td>Market Place Cafeteria</td>
<td>Monday – Thursday</td>
<td>7:00am – 6:00pm</td>
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<tr>
<td></td>
<td>Friday</td>
<td>7:00am – 2:30pm</td>
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## LOCAL RESTAURANTS:

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Beasleys Bistro &amp; Bar</td>
<td>96 Locke Street</td>
<td>905-527-1440</td>
</tr>
<tr>
<td>Ancaster Mill</td>
<td>548 Old Dundas Road, Ancaster</td>
<td>905-648-1828</td>
</tr>
<tr>
<td>Maccheroni Cucina Alfresco</td>
<td>1560 Main Street West</td>
<td>905-527-6422</td>
</tr>
<tr>
<td>Beijing Hut</td>
<td>1467 Main Street West</td>
<td>905-521-8886</td>
</tr>
<tr>
<td>Dough Box Pizza &amp; Pasta</td>
<td>1457 Main Street West</td>
<td>289-389-2050</td>
</tr>
<tr>
<td>Edens Café and Grill</td>
<td>1548 Main Street West</td>
<td>289-389-6493</td>
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THE FOLLOWING RESTAURANTS ARE WITHIN A 10 MINUTE WALKING DISTANCE LOCATED IN QUAIN “WESTDALE VILLAGE”

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean Bar</td>
<td>1012 King Street West</td>
<td>905-524-2326</td>
</tr>
<tr>
<td>Valentinos</td>
<td>824 King Street West</td>
<td>905-523-4240</td>
</tr>
<tr>
<td>Saigon Asian Restaurant</td>
<td>1024 King Street West</td>
<td>905-528-1096</td>
</tr>
<tr>
<td>Snooty Fox Pub</td>
<td>1011 King Street West</td>
<td>905-546-0000</td>
</tr>
<tr>
<td>Basilique</td>
<td>1065 King Street West</td>
<td>905-524-3444</td>
</tr>
</tbody>
</table>

If you are staying on-campus and wish to purchase food, the closest grocery store is within walking distance: FORTINOS, 1579 Main Street West
**EBCP Workshop**
1. Faculty Club (Monday Dinner)
2. Student Centre (Registration & Small groups)
3. Kenneth Taylor Hall (Computer Labs)
4. Togo Salmon Hall
5. Stadium parking
6. Les Prince Hall Residence
7. Sterling street Entrance
8. Grand Rounds (Thurs Large Group Presentations)
9. Chester New Hall
University Club – Dinner on Monday evening

Student Centre – Registration (3\textsuperscript{rd} Floor, CIBC Hall)
Walking from the Student Centre to the University Club
And Les Prince Hall to Student Centre

McMASTER CAMPUS MAP

Note – Parking is available at the Stadium Underground and various lots on campus BUT NOT AT THE HOSPITAL
LES PRINCE HALL – Residence (On-Campus Housing)