

ANNUAL REPORT COCHRANE MÉXICO UNAM NOVEMBER 2023-2024

I. Teaching and dissemination

Teaching and dissemination of the Cochrane Network, its methodology and library resources within the programs of undergraduate and postgraduate subjects at the Faculty of Medicine UNAM and Postgraduate Unit in the courses (full professor):

o Undergraduate: Teaching two subjects of Clinical Epidemiology and Evidence-Based Medicine and Biomedical Informatics (Period 2025-1) in the Medical Surgeon Career.

o Postgraduate: Research Methodology (Period 2025-1) in the disciplinary field of Clinical Epidemiology in the Master's Degree in Sciences, in the field of knowledge of Health Sciences. Group: CS40

Subject Program Management.

o Course on Critical Analysis of the Literature and Cochrane Systematic Reviews, at the specialties level in the Department of Public Health of the Bachelor's Degree in Medical Surgery.

II. Consultancy and services

In August 2024, the program “Personalized Advising” was started, which seeks to individually support the community of the Health Sciences area of our university in all its faculties and related careers (Medicine, Dentistry, Nursing, Human Nutrition, Physiotherapy, and other universities in Mexico and Latin America) with methodological advisory activities and translation services of scientific evidence in clinical responses through the Cochrane Mexico UNAM group and in conjunction with the services of the Library Center. The objective is to increase the quality and critical mass of health professional methodologists, and to have an impact on the promotion and creation of content for evidence-based practice.

Asesorías personalizadas
dirigidas a profesores e investigadores del área de Ciencias de la Salud.

- Revisiones sistemáticas y meta-análisis
- Metodología de la Investigación
- Práctica en salud basada en evidencia
- Perspectiva de género en investigación
- Nutrición
- Fisioterapia
- Enfermería

¡Agenda tu cita!
Jueves 09:00 – 13:00 h
Responde el formulario

Coordinadoras:
D. en C. Lucía Sánchez Sánchez

Colaboradoras:
M. en C. Samantha Flores Rodríguez
D. en C. Doris Lina Sánchez

Facultad de Medicina
Cochrane México

- Tutoring activities are carried out at the postgraduate level at the Master's and Doctoral level in the area of Health Sciences, Master's and Doctoral Program in Medical, Dental and Health Sciences, Clinical Epidemiology Field.
- Members of the Cochrane Mexico UNAM group also serve as members of tutorial committees in Master's and Doctorate, in the Master's and Doctorate Program in Medical, Dental and Health Sciences, Clinical Epidemiology Field.
- Cochrane Basic Course. Held virtually from November 18-29, 2024: https://cochrane.unam.mx/curso_introduccion/



- Dissemination of the Cochrane network and the rational use of evidence in other faculties of the Health Sciences area outside UNAM: <https://www.facebook.com/BibliohertzOficial/videos/1574643506750601>
- Promotion of Cochrane and rational use of the evidence: https://www.youtube.com/live/yNPaROIxidM?si=WKY_RtYtte8VfyOf
- Inclusion of the class: Cochrane and the rational use of evidence. Within the Diploma in Health Sciences, which took place from February to April 2024, in virtual modality, with a duration of 132 hours, of which I participated in 30 hours with the topic: “Strategies for information search and tools for literature evaluation in Health Sciences”.
- Training in Cochrane reviews and research methodology to social service students of the Bachelor's Degree in Medical Surgeon of the Faculty of Medicine UNAM. Advising and training of students during the period February 2024 to January 2025.
 - Paul Miramontes
 - Ana reyes
 - Victoria Merino
 - Sergio Ortiz

III. Research and productivity promotion

As part of the project's research and productivity promotion activities, the following productivity is presented.

- Submission of the Cochrane Systematic Review protocol: Intervention

COCHRANEEMD-2024-01240: Efficacy and safety of Romosozumab vs placebo or any other anti-osteoporotic drug in the prevention of fragility fractures in postmenopausal women with osteoporosis

- **Publication of non-Cochrane systematic reviews**

- **In press (First author and corresponding author)** Incidence of secondary fractures and re-fractures after implementation of different models of FLS secondary prevention programs. Clark P, Méndez-Sánchez L, Ramírez-García E, Sánchez-García S, Medina Chávez J H, Medina, A.

- New members of the group were included along with their specialties and multidisciplinary contributions:
 - Florina Gatica
 - Sandra Moncada
 - Vanessa Gutierrez
 - Diana Montiel
 - Adriana Cruz
 - Berenice Araiza

- Publication of eight podcast on the Cochrane Library page:

Orlando Cerón:

1. ¿Qué medicamentos por vía oral o inyectados funcionan mejor para tratar una enfermedad de la piel llamada psoriasis en placas? 8 Mar 2024
2. ¿Cuáles son los beneficios y los riesgos de las metilxantinas (medicamentos estimulantes suaves) para los recién nacidos prematuros cuya respiración se detiene durante el sueño (apnea)? 8 Mar 2024
3. ¿El metilfenidato es un tratamiento eficaz para los niños y adolescentes con trastorno de déficit de atención e hiperactividad (TDAH) y provoca efectos no deseados? 8 Mar 2024
4. ¿Cómo comunicarse mejor con las personas y las comunidades acerca de las medidas que ayudan a prevenir y controlar la covid-19? 8 Mar 2024
5. Efecto de las intervenciones individuales para reducir el estrés laboral del personal sanitario 8 Mar 2024
6. Atención a las familias para el bienestar de los niños indígena en la primera infancia 4 Dec 2023
7. Seguridad y efectividad relativas de diferentes epoetinas para el tratamiento de la anemia en personas con enfermedad renal crónica 4 Dec 2023

Berenice Araiza Nava

1. ¿Cuáles son los beneficios y los riesgos de los medicamentos que actúan sobre el sistema inmunitario para tratar la esclerosis múltiple recurrente remitente? 4 Jun 2024

IV. Management and academic administrative processes

- Actualization and creation of content for dissemination of evidence-based information for the UNAM community (November 2023-2024)
 - **Official Website:** Cochrane UNAM (<https://cochrane.unam.mx/>)
 - **Facebook:** Cochrane México (<https://www.facebook.com/profile.php?id=100077715669536>)

Patricia Clark

Director

Cochrane México UNAM