



Canadian Cancer Society  
Société canadienne  
du cancer

MANITOBA DIVISION

## KNOWLEDGE EXCHANGE NETWORK

Process for creating evidence-based information packages

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The purpose of CCS KEN's evidence-based information packages is to support evidence-based decision-making in designing programs and anticipating outcomes.

CCS KEN searches sources that are known and respected by the research community for creating rigorous systematic literature reviews or evaluating already published systematic reviews:

- [Health-evidence.ca](http://Health-evidence.ca)
- [Effective Public Health Practice Project \(City of Hamilton\)](#)
- [Cochrane Reviews \(The Cochrane Collaboration\)](#)
- [CRD Databases \(Centre for Reviews and Dissemination\)](#)
- [The Guide to Community Preventive Services](#)
- [National Institute for Health and Clinical Excellence](#)
- [EPPI-Centre](#)
- [The Campbell Collaboration](#)
- [Agency for Healthcare Research and Quality](#)

All relevant reviews on the topic are read for evidence. This includes:

- Recommendations from any rigorously designed interventions that were effective in eliciting behaviour change\*
- Recommendations for any effective strategies used in the interventions

A summary is created that amalgamates all found evidence and recommendations.

All interventions found to be well-designed and effective in eliciting behaviour change are further evaluated for relevance to the topic, research design and strength, and specific outcomes of the interventions. A description is created for each intervention.

\*If an intervention is found to be effective in eliciting behaviour change but is of moderate-strength design quality, it is further explored and presented in a separate package of moderate-strength interventions.

### Intervention research design criteria:

#### Effective:

- Must show effectiveness in eliciting desired changes
- Gathered from systematic reviews and/or meta-analyses
- Has a high quality of design (e.g. Randomized controlled trial with large sample, rigorously evaluated)

#### Moderate Strength:

- Must show effectiveness in eliciting desired changes
- Gathered from systematic reviews and/or meta-analyses or through separate literature searches
- Has a lower quality of design (e.g. RCT with small sample, quasi-experimental design, etc.)