



# **St. John's Medical College & Research Institute**

**Bangalore, India**

**In Collaboration with faculty from  
McMaster University, Canada**

**14th Annual International One Week Course on**

**Health Research Methodology and Evidence Based Medicine (HRM EBM)  
March 13<sup>th</sup> to 17<sup>th</sup> 2023**



Designed & Conducted by  
**Division of Clinical Research & Training**  
St. John's Medical College & Research Institute, Bengaluru, India

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## **14th Annual International One Week Course on Health Research Methodology and Evidence Based Medicine (HRM-EBM) March 13<sup>th</sup> to 17<sup>th</sup> 2023**

This one week course on 'Health Research Methodology and Evidence Based Medicine (HRM-EBM)' is conducted in collaboration with faculty from McMaster University, Canada. This course have:

- Various study designs detailed sessions on each and evidence based medicines.
- Sessions on research publication and grant writing, data management, regulatory aspects, health policy and implementation science.

Overall, this course will provide the participants a comprehensive understanding of the various aspects of clinical research and project management.

### **Objective:**

- To familiarize a wide range of health professionals in fundamentals of health research methods, and in evidence based medicine.
- To provide an opportunity to interact with like-minded professionals from varied health fields and to explore collaborations.

### **Topics covered:**

<b>Methods in:</b>		
<ul style="list-style-type: none"><li>• Randomized Controlled Trials</li><li>• Observational Studies (Cross Sectional, Case Control and Cohort)</li><li>• Systematic Reviews &amp; Meta-analysis</li><li>• Qualitative Studies</li><li>• Registries</li><li>• Real World Evidence studies</li></ul>	<ul style="list-style-type: none"><li>• Evidence Based Medicine<ul style="list-style-type: none"><li>▪ Origin, Principles, Clinical Practice and Future</li></ul></li><li>• Research Publications</li><li>• Grants Writing</li><li>• Operations &amp; Regulatory<ul style="list-style-type: none"><li>▪ Human Research Ethics</li><li>▪ Regulatory Issues</li><li>▪ Project Management</li><li>▪ Budgeting</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Health Policy and Knowledge Translation</li><li>• Data Management</li><li>• Hands-on: SPSS</li><li>• Biostatistics<ul style="list-style-type: none"><li>▪ Parametric tests</li><li>▪ Non-parametric tests</li><li>▪ Correlation &amp; Regression</li><li>▪ Survival Analysis</li></ul></li></ul>

### **Course Outcomes:**

Skills and knowledge in

- Different research study designs (observational and experimental).
- Concepts and practice of evidence based medicine
- Regulatory and ethical frameworks that govern the health research to ensure patient safety and data integrity
- Grants writing and importance of publication

### **Who should attend:**

- Faculty, postgraduate and PhD students from medical, dental, nursing and pharmacy.
- Ethics committee members, regulators, librarians and health policy makers.
- Anyone looking to learn about health research and evidence based medicine practices.

### **Eligibility:**

Must have completed under graduation (Interns are eligible).

### **Methods:**

- 19 interactive lectures.
- 4 small group protocol discussions.
- 4 journal clubs.
- 4 project presentations.
- The course book will be given to the participants on the first day of the course.
- Other reading materials/scientific papers will be sent in advance to the registered participants.

### Speakers and Faculty:

Speakers include experienced researchers from St. John's Medical College, Bangalore, AIIMS, Bhopal and McMaster University, Canada.

**Dr. Deepak Kamath, M.D** is Assistant Professor at St. John's Medical College and Research Institute, Bangalore, India and an Indian Alliance (Wellcome Trust-DBT) Early Career research fellow. He has also worked on the NIH/NHLBI funded SPREAD study. As part of Indian Alliance project, he has developed and evaluated an intervention to improve self-care and clinical outcomes in heart failure patients.

He was selected as a World Heart Federation "Emerging Leader" in 2015. He has published several papers in reputed journals and has authored 3 textbook chapters.



**Dr. Denis Xavier MD, MSc**, is Professor of Pharmacology, and Head, Division of Clinical Research and Training at St. John's Medical College and Research Institute, Bangalore, India. With Prof. Prem Pais he set up the Clinical Research Division in 1999 and collaborations in about 200 Centers in India and recruited over 115,000 participants in about 45 major clinical research projects.

He was Principal Investigator of NIH Center of Excellence to counter chronic diseases (2009-14). He runs courses in Research Methods, Biostatistics and EBM. He has over 170 papers in leading journals such as the Lancet, NEJM, JAMA, Circulation, European Heart Journal, Heart, AHJ, Nature Cardiovascular, IHJ etc. He has four book chapters and is Section Editor of a cardiology textbook. He is listed in the top 2% of global scientists in the Stanford Ranking-2021 and has Scopus h-index of 66 and over 68,217 citations.

**Dr. Gordon Guyatt MD, OC, FRSC** is a Distinguished Professor in the Departments of Medicine and Health Research Methods, Evidence and Impact at McMaster University, Hamilton, Ontario, Canada. In 1990, Dr. Guyatt coined the term '**evidence-based medicine**' and since then he has provided leadership in developing the methods for evidence-based clinical decision making and evidence-based practice guidelines worldwide. He has published over 1600 papers in peer-reviewed journals; his work has been cited over 160,000 times.





**Dr. Onil Bhattacharyya MD, PhD** is the Frigon Blau Chair in Family Medicine Research at Women's College Hospital. He practices family medicine and is an Associate Professor in the Department of Family and Community Medicine and the Institute of Health Policy, Management and Evaluation at the University of Toronto.

His research focuses on the application of service design, quality improvement and implementation science to care integration using digital tools. Dr. Bhattacharyya received his medical degree from the University of Montreal, and PhD in health services research from the University of Toronto. He has been a Harkness Fellow in Health Care Policy at the Commonwealth Fund in New York City and a Takemi Fellow in International Health at the Harvard School of Public Health.

**Dr. PJ Devereaux**, is a cardiologist, perioperative care physician, and clinical epidemiologist. He is the Director of the Division of Perioperative Care at McMaster University. He is a Senior Scientist and the Scientific Leader of the Anesthesiology, Perioperative Medicine and Surgical Research Group at the Population Health Research Institute. He has published >370 peer reviewed papers and >80 book chapters, editorials, and commentaries and has an h-index of 102 and 132,754 citations.



**Dr. Prem Pais, MD**, is the former Dean and Head of Department of Medicine at St John's Medical College, Bangalore India. He is the Chief Mentor of the Division of Clinical Research and Training at St. John's Research Institute. He was instrumental in setting up the St. John's Research Institute within the medical college campus and later set up the Division of Clinical Research and Training.

He is currently Chair of Scientific Advisory Group of division of NCD of the ICMR New Delhi as well as a member of the ICMR Scientific Advisory Board. He is also Chairperson of the CVD Research Group and member of the Scientific Advisory Group of the National Centre for Disease Informatics and Research (ICMR), Bengaluru.



**Dr. Ramesh A, MD** is Professor, Otolaryngology Head & Neck Surgery, St. John's Medical College Hospital. He did MBBS at JIPMER, Pondicherry and post-graduation at AIIMS, New Delhi. He further pursued his interests and training in molecular biology and medical Intelligence & language engineering at the Indian Institute of Science, Bengaluru. He headed the sub-committee, Ministry of Health & Family welfare, to formulate Standard Treatment workflows (National guidelines) for Paediatric Hearing Impairment. He is a member, national health authority to formulate guidelines and costing of Otolaryngology procedures for Universal Health Coverage - Ayushman Bharat (PMJAY). He has designed and manufactured 7 innovations for early detection and rehabilitation of hearing impairment and two for noise reduction. His team has conducted 90 workshops, trained 3066 faculty, designed 15 innovative teaching aids and published an educational app - Research Genie hosted on Playstore & Appstore.



**Dr. Rajnish Joshi MD, MPH, PhD** is Professor and Head of Medicine at AIIMS, Bhopal. After completing his MD in Medicine he obtained Fogarty fellowship (2005-2009) to pursue MPH (2006, Epi/Biostats program) and further PhD in Epidemiology (2009) from School of Public Health at University of California at Berkeley. He has experience in program implementation, and has worked for Bill and Melinda Gates Foundation funded technology based health-care

delivery project in Bihar, India.

He was a Principal Investigator for a multi-centric NIH-funded project involving Community Health Worker led interventions for primary prevention of cardiovascular outcomes. He was engaged in collaborative research with researchers in leading academic institutes (UC Berkeley, UC San Francisco, McMaster, and McGill Universities) and granting agencies (NHLBI-NIH, ICMR). He has various publications in high impact international and national journals.

**Dr. Tinku Thomas, PhD**, is Prof and head of Biostatistics at St. John's Medical College. She is actively involved in the design and conduct of several longitudinal and experimental studies. She has been teaching biostatistics to postgraduate students, medical and nursing students for the past 16 years. She also taught in NIH sponsored research methodology courses held by the Division of Clinical Research & Training, St. John's Research Institute.



**Note:** Most speakers have been on the last year's course and are subject to change based on their availability. Since some faculty members are from abroad, they may give their talk via videoconference.

## **Participants Feedback:**

### **What they liked about the course?**

- Engaging, well thought of lectures. Superb faculty that knew what they were talking about. Great focused group sessions that solidifies the learning process.
- Hand on approach to statistical exercises, timeliness and punctuality.
- The power of thank you, value of others' opinion and importance of respecting others.
- Inclusivity of every participant, topics covered were crisp, especially Dr. Ramesh Sir's class. It was fun while learning.
- Active participation during the whole of the course period by the participants and faculty.
- Random selection of participants for presentations and small group discussions – most important learning experience I had.
- Strict monitoring and mentoring, discipline of the organizers, every class was conducted on time, and there was no delay.
- Time management, idea of Zen Protocol and JC. It was an eye opener to the wonderful world of research.
- The trainer's perspective really pushed my thinking from being an ordinary student of science to a scientifically oriented thinker. The course really made me enjoy group discussions on science.
- The Journal Clubs and Project Presentations and the way question and answer session happened after the presentations.
- Excellent team work of the coordinators, systematic organization, useful topics and eminent speakers.

## **About Division of Clinical Research & Training at St. John's**

The Division of Clinical Research & Training (DCRT) is led by Dr. Prem Pais MD, Professor of Medicine and former Dean, St. John's Medical College (SJMC) and Dr. Denis Xavier MD, MSc, Professor of Pharmacology, SJMC.

We design and conduct several large National and International clinical trials and observational studies mainly in non-communicable diseases. Since 1999 we have recruited about 115,000 participants in over 60 research projects.

Our clinical research activities started with observational studies to identify risk factors in ischemic heart disease (Pais, Lancet- 1996, Pais, Lancet – 2004). Then we moved on to large clinical trials in acute coronary syndromes, strokes, diabetes, DVT, perioperative ischemia etc. Most of these studies are Investigator initiated studies funded by peer-reviewed grants and some are supported by Industry.

Some of the landmark studies are:

INTERHEART, INTERSTROKE, PREMISE, CREATE-ACS, INSPIRE, MACE, RELY-AF, HOPE-3, CREATE, OASIS 5 & 6, POISE, CURRENT, FUTURA, RELY, PRoFESS, VITATOPS, ASPIRE, VISION, PEGASUS, APOLLO, MANAGE, AUGUSTUS, ARISTOTLE, POISE-2, POISE-3, TIPS, TIPS-K, TIPS-3, ACHIEVE, ENRICH-AF, COP-AF.

Our studies have been published in leading journals, such as, the Lancet, JAMA, NEJM, Nature Cardiovascular, American Heart Journal, Heart, Circulation, European Heart Journal, Indian Heart Journal, JAPI etc.

We were selected as a Centre of Excellence (CoE) to counter chronic diseases in developing countries (2009-2014) by the National Institutes of Health (NIH, USA). Over 5 years, we conducted 3 large multi-center knowledge translation studies. This included primary (PREPARE) and secondary (SPREAD) prevention of ischemic heart disease and an observational studies in stroke (INSPIRE).

One of our key goals is to train the next generation of health professionals and researchers in India and other countries. We started training in health research methods with a NIH grant in 2009 for 5 years and continued thereafter.

In the last 13 years we have trained over 2000 health professionals from India and abroad.

**Pope Paul Auditorium**



**Session in progress**



**Individual Award**



**Group Award**



## Application Process


Interested and eligible candidates must register for the course. For spot registration, please do write to us and get your eligibility verified before making your travel arrangements.

Once registered, applications will be screened. Eligible participants will receive payment details and enrollment will be confirmed once the payment is done.

[Click here for registration](#)

Contact at [hrmebm\\_training@sjri.res.in](mailto:hrmebm_training@sjri.res.in) for further details.

## Registration fee including GST\*:

	Academics/Regulators/ Ethics comm. members	Industry	QR code for registration 
Early bird (Before 25 <sup>th</sup> Feb)	Rs.9,500/-	Rs.12,000/-	
From 25 <sup>th</sup> Feb to 12 <sup>th</sup> Mar	Rs.12,000/-	Rs.14,000/-	
Spot registration	Rs.14,000/-	Rs.16,000/-	

\*Registration fee includes course material, breakfast, Coffee/tea/snacks & lunch.

## Concession Criteria

25% discount in the registration fees:

- For students/ trainees, candidates from our network institutions
- For 3 or more candidates from the same institution

To avail of the discount, a letter from your Department / Institution Head should be sent to [hrmebm\\_training@sjri.res.in](mailto:hrmebm_training@sjri.res.in) & addressed to the Course Director, Dr. Denis Xavier.

<b>Venue</b> St. John's Medical College and Research Institute, Bangalore.	<b>Accommodation:</b> On-campus accommodation is available on request (subject to availability).  <b>Non-AC:</b> Twin Sharing: Rs.560/- per day; Single: Rs.840/- per day
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**Note:** Scholarships and Travel bursaries are available for select candidates (T&C apply).

### Course director:

Dr. Denis Xavier, MD, MSc (Clin Epi)  
Former Vice Dean (PG), Professor of Pharmacology,  
Head, Division of Clinical Research and Training,  
St. John's Medical College and Research Institute.  
Bangalore



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