

I am a PHD student in University of Bergen, but working in Kenya. I was able to attend the PhD-course **“CISMAC900A Systematic review and meta-analyses PhD-course”**, organized by FHI, hosted by University of Bergen, Norway from five –12 June 2019. I was also able to arrive in Bergen early in the week to prepare and have my Midway Evaluation for my PHD course. This worked very well being able to kill two birds with one stone.

The course covered various topics ranging from searching the literature, developing criteria for selecting studies for inclusion criteria, assessing risk of bias and extracting data from the included studies to looking at systematic reviews of qualitative studies and health system interventions. Finally, we worked on developing a protocol, which proved to be a very good learning process. The modalities of teaching were also varied and very suitable for adult learners. The lecturers used small group discussions to delve into difficult discussions, two people discussions to get a feel of what the topics and sub-topics were before presenting the different sections in the slides. The different lectures were amazing each knew their work well. We had a class dinner very early in the week, which really helped to break the ice, getting to know each other for the rest of the week. This was new to me as I had been to class dinners always held at the end of the course, but this really worked well.

Being able to understand the work that goes into systematic reviews, how the searches and analysis is done and interpretation of the results has been very useful as systematic reviews form a core part of my reading when doing literature review. This has really made me appreciate knowledge gained from this systematic review papers and learnt to be very critical with my literature.

I was able to meet other colleagues from Uganda, Sudan, Rwanda and Tanzania all who are working with my supervisor in one way or another. We shared our experiences and we will be able to connect in the future. This is a course I would highly recommend to other PHD students, for the simple reason that we normally read many systematic reviews in the course of our study period and this would be helpful to them.





With my friend from Zambia.