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Cyhoeddi eich Gwaith

Gydag Alesha Wale, Uwch Ddadansoddwr Tystiolaeth a Gwybodaeth, Iechyd Cyhoeddus Cymru

Fel rhan o'n cyfres "Cyhoeddi eich Gwaith", mae e-Lyfrgell GIG Cymru wedi bod yn tynnu sylw at awduron cyhoeddedig ar draws y maes iechyd a gofal cymdeithasol yng Nghymru, gan chwalu rhai o'r mythau ac egluro'r heriau a wynebir ar y daith i gyhoeddi eich gwaith, a chlywed gan gyhoeddwyr, golygyddion ac awduron, yn eu geiriau eu hunain, am eu profiadau o gyhoeddi eu gwaith.

Yn y postiad blog hwn, cawn glywed gan Alesha Wale, Uwch Ddadansoddwr Tystiolaeth a Gwybodaeth yn Nhîm y Gwasanaeth Tystiolaeth yn Iechyd Cyhoeddus Cymru. Mae'r Gwasanaeth Tystiolaeth yn cefnogi gweithredu ym maes iechyd y cyhoedd, gan gynhyrchu adolygiadau systematig, mapiau tystiolaeth a chrynodebau cyflym, ac mae'n darparu cymorth a chyngor arbenigol i gydweithwyr yn Iechyd Cyhoeddus Cymru sy'n ymwneud â phrosiectau tystiolaeth.

Ymunodd Alesha â thîm y Gwasanaeth Tystiolaeth yn 2021 ac mae hi wedi cyhoeddi nifer o erthyglau. Yn fwyaf diweddar, Alesha oedd prif awdur yr erthygl, 'The effectiveness and cost-effectiveness of community diagnostic centres: a rapid review', a gyhoeddwyd yn yr International Journal of Public Health.

C: Helo Alesha. A allwch chi ddweud ychydig mwy wrthym am eich prosiect ymchwil? Beth yw'r prosiect a sut ddechreuodd e?
A: Mae'r Gwasanaeth Tystiolaeth yn Iechyd Cyhoeddus Cymru yn cydweithio â Chanolfan Dystiolaeth Ymchwil Iechyd a Gofal Cymru (HCRW) i gynhyrchu tystiolaeth o ansawdd uchel i lywio polisi ac ymarfer. Fel rhan o'r gwaith hwn, gofynnodd Y Gell Cyngor Technegol yn Llywodraeth Cymru i ni gynnal adolygiad cyflym i archwilio effeithiolrwydd canolfannau diagnostig cymunedol fel datrysiad posibl i gynyddu capasiti a lleihau'r pwysau ar ofal eilaidd yn y DU. Mae adolygiad cyflym yn defnyddio methodoleg adolygu systematig symlach i gynhyrchu tystiolaeth yn brydlon gan ddal i dalu sylw i duedd.
Canfuom fod y dystiolaeth o effeithiolrwydd yn ymddangos yn gymysg. Roedd tystiolaeth i awgrymu y gall canolfannau diagnostig leihau amseroedd aros amrywiol a lleihau'r pwysau ar ofal eilaidd. Fodd bynnag, gall cost-effeithiolrwydd ddibynnu ar b'un a yw'r ganolfan ddiagnostig yn rhedeg i'w chapasiti llawn. Daethpwyd i'r casgliad bod angen rhagor o ymchwil o ansawdd uchel wedi'i ddylunio'n dda i ddeall yn well effeithiolrwydd a chost-effeithiolrwydd canolfannau diagnostig cymunedol.
Fel rhan o'n proses ledaenu arferol cyhoeddwyd yr adolygiad ar weinydd rhagargraffu. Mae gweinydd rhagargraffu yn blatfform ar-lein lle gall ymchwilwyr rannu fersiynau cynnar o'u papurau cyn eu cyhoeddi mewn cyfnodolyn a adolygwyd gan gymheiriaid i ganiatáu mynediad agored i ganfyddiadau ymchwil a sicrhau eu bod yn cael eu lledaenu'n gyflym. O ystyried perthnasedd y pwnc a'r diddordeb a fynegwyd gan eraill, fe wnaethom ni benderfynu troi'r adolygiad cyflym yn erthygl cyfnodolyn, a chyhoeddi'r canfyddiadau mewn cyfnodolyn a adolygwyd gan gymheiriaid.

C: Dywedwch wrthym am y broses ysgrifennu a chyflwyno. Ble mae dechrau?
A: Dylid ystyried nifer o ffactorau wrth ddewis cyfnodolyn i gyhoeddi ynddo, megis cynulleidfa arfaethedig y cyfnodolion, y ffactor effaith, amserlenni disgwyliedig adolygiadau gan gymheiriaid, costau, a yw'r cyfnodolyn yn rhyngwladol, ac a oes opsiwn ar gyfer mynediad agored.
Gan fod ein hadolygiad yn cynnwys llenyddiaeth ryngwladol roeddem ni eisiau dewis cyfnodolyn rhyngwladol gyda mynediad agored yn y gobaith o rannu'r canfyddiadau'n ehangach. Fe wnaethom ni edrych ar yr astudiaethau unigol a oedd wedi'u cynnwys yn ein hadolygiad i weld lle cawsant eu cyhoeddi i gael syniad o ba gyfnodolion a allai fod yn fwyaf addas, ac fe wnaethom ni lunio rhestr o gyfnodolion rhyngwladol mynediad agored i'w hystyried. Yna fe wnaethom ni gymharu'r ffactor effaith a chostau pob cyfnodolyn a phenderfynu ar yr International Journal of Public Health (IJPH).

C: A oedd gan y cyhoeddwr unrhyw ffordd benodol yr oeddent am i'ch gwaith gael ei gyflwyno?
A: Bu'n rhaid golygu'r adolygiad cyflym i gydymffurfio â gofynion y cyfnodolyn. Roedd canllawiau ar gael ar-lein a oedd yn amlinellu'n glir sut, er enghraifft, y dylid fformatio'r llawysgrif, a'r arddull cyfeirio y dylid ei ddefnyddio. Roedd hon yn broses weddol syml a'r her fwyaf oedd gwneud yr adolygiad cyflym yn fwy cryno i gydymffurfio ag uchafswm geiriau'r cyfnodolyn.
Derbyniwyd y llawysgrif i'w hadolygu gan gymheiriaid yn y cam cyntaf. Gall amserlenni'r broses adolygu gan gymheiriaid amrywio yn dibynnu ar y cyfnodolyn rydych yn cyflwyno iddo, argaeledd adolygwyr cymheiriaid a'r math o adroddiad yr ydych yn ei gyflwyno. Yn yr achos hwn, cafodd y cyfnodolyn anhawster dod o hyd i adolygwyr cymheiriaid a gofynnwyd i ni ar ddau achlysur i ddarparu manylion cyswllt ar gyfer adolygwyr posibl. Pan gafwyd gafael ar ddau adolygwr cymheiriaid, fe wnaethon nhw ddarparu sylwadau ar y llawysgrif. Diweddarwyd hwn a gwnaed rhai mân olygiadau cyn i'r adolygiad gael ei dderbyn i'w gyhoeddi.
Oherwydd yr oedi cyn cael gafael ar adolygwyr cymheiriaid, cymerodd y broses lawn, o'r cyflwyno i dderbyn yr erthygl i'w chyhoeddi, tua wyth mis.

C: Felly pa gyngor fyddech chi'n ei roi i staff eraill y GIG neu fyfyrwyr sydd am gyhoeddi eu hymchwil?
A: Gall gweithio fel rhan o dîm fod yn ddefnyddiol iawn wrth gyhoeddi, gan y gall helpu i rannu'r llwyth gwaith a gan fod angen prawf ddarllen gofalus trwy gydol pob cam i leihau'r risg o gamgymeriadau. Dylai pob cyd-awdur adolygu a chymeradwyo'r llawysgrif cyn ei chyflwyno, ac mae'n gyfle da i dderbyn unrhyw adborth ychwanegol gan eraill cyn cyflwyno'r llawysgrif i'w hadolygu gan gymheiriaid. Mae rhai cyfnodolion yn anfon e-bost at bob cyd-awdur yn gofyn iddyn nhw gymeradwyo'r cyflwyniad ar-lein felly dylech sicrhau bod pob cyd-awdur yn ymwybodol o hyn pan fyddwch yn paratoi i gyflwyno er mwyn i chi allu cydlynu â nhw, yn enwedig pan fo llawer o gyd-awduron.
Mae'n bwysig dangos eich gwerthfawrogiad i adolygwyr cymheiriaid y cyfnodolyn gan eu bod wedi cymryd yr amser i adolygu eich gwaith. O bryd i'w gilydd gall adolygwyr cymheiriaid ddarparu sylwadau sy'n gwrthdaro. Felly cyn belled â'ch bod yn egluro'r penderfyniadau a'r golygiadau a wnaethoch, nid oes angen i chi gytuno a gwneud pob newid a awgrymir os gallwch roi cyfiawnhad pam yr ydych wedi/heb wneud rhywbeth.
Unwaith i'r adolygiad gael ei gyhoeddi, fe'i rhannwyd ar draws y sefydliad ac roedd ar gael ar wefan HCRW. Mae cyhoeddi yn ffordd wych o ledaenu eich canfyddiadau i gynulleidfa eang, ac wrth wneud hynny mae'n cynyddu'r siawns y gall eich gwaith gael effaith yn y byd go iawn a lleihau dyblygu gwaith ymchwil.

Os oes gennych unrhyw ymholiadau ynghylch sut y gall y Gwasanaeth Tystiolaeth eich cefnogi, cysylltwch â: evidence.service@wales.nhs.uk
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Getting Published

With Alesha Wale, Public Health Wales' Senior Evidence and Knowledge Analyst

As part of our "Getting Published" series, the NHS Wales e-Library has shone a spotlight on published authors across health and social care in Wales, demystifying some of the myths and challenges faced on the journey to getting published, and hearing from publishers, editors, and in the author's own words, their experiences of getting published.

In this blog post, we hear from Alesha Wale, Senior Evidence and Knowledge Analyst in the Evidence Service Team at Public Health Wales. The Evidence Service supports public health action, producing systematic reviews, evidence maps and rapid summaries and provide specialist support and advice to colleagues in Public Health Wales who are involved in evidence projects.

Alesha joined the Evidence Service team in 2021 and has published a number of articles. Most recently, Alesha was the lead author for the article, 'The effectiveness and cost-effectiveness of community diagnostic centres: a rapid review', published in the International Journal of Public Health.

Q: Hi Alesha. Can you tell us a little more about your research project? What is it? How'd it get started?
A: The Evidence Service in Public Health Wales collaborates with the Health and Care Research Wales (HCRW) Evidence Centre to produce high quality evidence to inform policy and practice. As part of this work we were asked by the Welsh Government Technical Advisory Cell (TAC) to conduct a rapid review examining the effectiveness of community diagnostic centres as a potential solution to increase capacity and reduce pressure on secondary care within the UK. A rapid review uses streamlined systematic review methodology to generate evidence promptly whilst maintaining attention to bias.
We found the evidence of effectiveness appeared to be mixed. There was evidence to suggest diagnostic centres can reduce various waiting times and reduce pressure on secondary care. However, cost-effectiveness may depend on whether the diagnostic centre is running at full capacity. It was concluded that further well-designed, high-quality research is needed to better understand the effectiveness and cost-effectiveness of community diagnostic centres.
As part of our usual dissemination process we published the review on a preprint server. A preprint server is an online platform where researchers can share early versions of their papers before publishing in a peer reviewed journal to allow rapid dissemination and open access to research findings. Given the relevancy of the topic and the interest expressed by others, we decided that we would adapt the rapid review into a journal article and publish the findings in a peer reviewed journal.

Q: Tell us about the writing and submission process. Where does one start?
A: Many factors should be considered when selecting a journal to publish in, such as the journals' intended audience, the impact factor, expected peer review timelines, costs, whether the journal is international, and whether there is an option for open access.
As our review included international literature we wanted to select an international journal with open access in the hopes of sharing the findings more widely. We looked at the individual studies included in our review to see where they had been published to get an idea of which journals may be most suitable and made a list of open access international journals for consideration. We then compared the impact factor and the costs of each journal and decided on the International Journal of Public Health (IJPH).

Q: Did the publisher have any specific way they wanted your work to be submitted?
A: The rapid review then had to be edited to comply with the journal's requirements, guidance was available online that clearly outlined for example how the manuscript should be formatted, and the reference style to be used. This was a fairly straightforward process with the biggest challenge being making the rapid review more concise to comply with the word count limits put forward by the journal.
The manuscript was accepted for peer review at the first stage. The timelines involved in the peer review process can vary depending on the journal you're submitting to, the availability of peer reviewers and the type of report you are submitting. In this case, the journal did have some difficulty finding peer reviewers and we were asked on two occasions to provide contact details for potential reviewers. When two peer reviewers were identified they provided comments on the manuscript. This was updated and some minor edits were made before the review was accepted for publication.
Due to the delay in identifying peer reviewers the full process from submission to acceptance for publication took around eight months.

Q: So, what advice would you give to other NHS staff or students looking to get their research published?
A: Working as part of a team can be very helpful when publishing, as it helps to share the workload and as careful proof reading is needed throughout all stages to reduce the risk of errors. All co-authors should review and approve the manuscript before submission, and it's a good opportunity to receive any additional feedback from others before putting the manuscript forward for peer reviewing. Some journals may email each co-author and ask for them to approve the submission online so you should ensure all co-authors are aware when you are planning to submit so you can co-ordinate with them, particularly when there are many co-authors.
It's important to show your appreciation to the journal's peer reviewers as they have taken the time to review your work. On occasion peer reviewers may provide conflicting comments so as long as you explain the decisions and edits you have made clearly, you do not need to agree and make every change suggested if you can provide a justification as to why you have/have not done something.
Once the review had been published it was shared across the organisation and was made available on the HCRW website. Publishing is a great way to disseminate your findings to a wide audience, and in doing so increases the chance that your work can have a real-world impact and reduce duplication of research.

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