



EVIDENCE-BASED MEDICINE: ROLE OF SYSTEMATIC REVIEWS AND META-ANALYSES

Date: February 23-27, 2026

Location:

February 23, 2026, Room 209, Block A

February 24, 2026, Room 209, Block A

February 25, 2026, Room 209, Block A

February 26, 2026, Room 209, Block A

February 27, 2026, Room C, Block H1

Cittadella Universitaria di Monserrato, University of Cagliari (UniCA),
Italy

Organizers:

Paola Fadda, Department of Biomedical Sciences, UniCA, Italy
Roberta Agabio, Department of Biomedical Sciences, UniCA, Italy

Registration is limited to a maximum of 30 participants

For information: agabio@unica.it

Registration link: <https://forms.gle/6rBWrsmaV8dcLkHm7>



**UNIVERSITÀ DEGLI STUDI
DI CAGLIARI**



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Day 1: MONDAY 23, FEBRUARY 2026 Chairs: Claudia Sardu, Paola Fadda	
14:30 – 15:00	<p align="center">Registration</p>
15:00 – 16:00	<p align="center">Opening remarks <i>Roberta Agabio</i></p> <p align="center">Welcome, aims of the course and questionnaire, brief introduction to the methodology for conducting a systematic review, pico, inclusion and exclusion criteria, protocol</p> <p align="center"><i>Salvatore Sardo, Marta Melis</i></p>
16:00 – 17:00	<p align="center">How to conduct a bibliographic search</p> <p align="center"><i>Lucia Deledda</i></p>
17:00 – 18:00	<p align="center">Questions and bibliographic search exercise</p> <p align="center"><i>Sara Pani, Lucia Deledda</i></p>

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Day 2: Tuesday 24 February 2026 Chair Roberta Agabio	
9:00 – 10:15	The methodology for conducting a systematic review <i>Silvia Minozzi</i>
10:15 – 10:30	Question and discussion <i>Silvia Minozzi</i>
10:30 – 11:00	Break
11:00 – 12:00	PICO, inclusion and exclusion criteria, protocol <i>Silvia Minozzi</i>
12:00 – 12:30	Question and discussion <i>Silvia Minozzi</i>
12:30 – 13:30	Lunch break
13:30 – 14:45	Assessing the risks of bias of included studies (Rob 2) <i>Silvia Minozzi</i>
13:45 – 15:00	Questions and discussion <i>Silvia Minozzi</i>
15:00 – 15:30	Break
15:30 – 16:45	Synthesis of the results: narrative synthesis and meta-analysis <i>Cinzia Del Giovane</i>
16:45 – 17:00	Questions and discussion <i>Cinzia Del Giovane</i>
17:00 – 18:00	Exercises <i>Silvia Minozzi, Roberta Agabio, Cinzia del Giovane</i>

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Day 3: Wednesday 25, February 2026 Chairs Roberta Agabio, Salvatore Sardo	
9:00 – 10:30	Exercises on Assessing the risks of bias of included studies (Rob 2) <i>Silvia Minozzi</i>
10:30 – 10:50	Break
10:50 – 12:15	What network meta-analyses are, what they tell us and how to read them <i>Cinzia Del Giovane</i>
12:15 – 12:45	Questions and exercises <i>Cinzia Del Giovane</i>
12:45 – 13:30	Lunch
13:30 – 14:45	What is the Grading of Recommendations Assessment, Development, and Evaluation (GRADE) approach and what information does it provide us? <i>Silvia Minozzi</i>
14:45 – 15:00	Questions and discussion <i>Silvia Minozzi</i>
15:00 – 15:30	Break
15:30 – 16:10	What is the Grading of Recommendations Assessment, Development and Evaluation (GRADE) approach and what information does it provide us? <i>Silvia Minozzi</i>
16:10 – 17:30	Questions, discussion and exercises <i>Silvia Minozzi, Roberta Agabio, Sara Pani, Francesco Salis</i>

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Day 4: Thursday 26, February 2026 Chairs Roberta Agabio, Marta Melis	
9:00 – 10:30	Quality of reporting and quality of conducting (tools and checklist) <i>Silvia Minozzi</i>
10:30 – 11:00	Break
11:00 – 12:30	Questions, discussion and exercises <i>Silvia Minozzi, Lucia Deledda, Roberta Agabio, Sara Pani, Francesco Salis</i>
12:30– 13:30	Lunch
13:30 – 14:30	<i>Evaluation questionnaire</i> <i>Silvia Minozzi, Lucia Deledda, Roberta Agabio, Sara Pani, Francesco Salis</i>
15:00 – 15:30	Break
15:30 – 16:30	<i>Questionnaire correction and discussion</i> <i>Silvia Minozzi, Roberta Agabio</i>
16:30 – 17:00	<i>Participation certificates</i> <i>Roberta Agabio</i>

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Day 5: Friday 27 February 2026 Chairs Paola Fadda, Claudia Sardu	
9:00 – 9:15	Opening remarks <i>Roberta Agabio</i>
9:15 – 10:30	Evidence-based medicine, systematic reviews and meta-analyses: A brief history <i>Silvia Minozzi</i>
10:30 – 10:45	Questions <i>Silvia Minozzi</i>
10:45 – 11:15	Break
11:15 – 12:15	Role of systematic reviews and meta-analyses in healthcare decision-making and translational research <i>Francesco Nonino</i>
12:15 – 12:45	Questions and discussion <i>Francesco Nonino</i>
12:45 – 13:00	Closing remarks <i>Roberta Agabio</i>
13:00	Lunch break

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