

**MSHA 2023-Kalamazoo
Oral Seminar (1hr)**

Journal Clubs: Part of your professional tool box!

Lizbeth Stevens, Ph.D., CCC-SLP and Susan Oleson, M.A., CCC-SLP

Day/Time: Friday, March 24, 2023

<p><u>Learning outcomes</u> Participants will be able to: (1) Describe the history and components of journal clubs (2) Discuss the educational, professional, and social-emotional benefits of journal clubs (3) Create an action plan for starting a journal club</p> <p><u>Session Overview</u> Journal clubs are used widely in most areas of medical practice and related professions including nursing, pharmacy, psychiatry, social work, physical and occupational therapy, etc. As vehicles for information exchange and discussion, journal clubs inform practice. Within the communication sciences and disorders (CSD) professions, they are associated most frequently with academic institutions and clinics.</p> <p>Members of a successful journal club, started by the first author over 40 years ago, discuss its benefits along with suggestions for forming one. Leave this session with a plan to start a journal club of your own that will impact your career and potentially enrich you personally for years to come.</p> <p><u>Session Agenda:</u> 5 minutes—Introductions and Disclosures 10 minutes—Overview of journal clubs (i.e., purposes and history) 10 minutes- Description of journal clubs (including benefits) 15 minutes- Guidelines for starting a journal club 15 minutes—Small Group Discussions & Sharing 5 minutes- Questions and Wrap-Up</p> <p><u>Description and History of Journal Clubs</u></p> <p>◆ Simple definition of a journal club: “a group of individuals who meet regularly to discuss publications that are relevant to their professional interests” (Lam, Naqui, & Tang, 2021)</p>	<p><u>What our members say (continued):</u></p> <p>“Many years have passed since our “Journal Club” was born. These forty plus years were filled with professional support...teaching each other new techniques while we learned new technology and found a safe place to feel foolish and unknowing. In this environment we all grew professionally and personally...It was an open forum where questions were welcomed with recommendations and resolutions that came from a team approach.</p> <p>We attended many conventions and conferences together (sometimes four in a room) ...discussing what we learned and sharing handouts. Periodically, we took weekend trips that included chats around a campfire; long walks and making dinner together... Our professional growth spilled over into a sisterhood that has supported all the good times and sad times...If one of us struggled, we all were there for support. If one of us celebrated, we all celebrated. With retirements we have continued being there for each other. We share a good meal, catch up on our professional and personal lives and maybe plan an excursion or two.”</p> <p>-Helen Smiley</p> <p><u>Journal Clubs within CSD and Speech-Language Pathology</u></p> <p>◆ Literature review showed scant published information on and/or reference to journal clubs in speech-language pathology or audiology (Apel 2008, ASHA Leader 2002, Goldstein 2005)</p> <p>◆ Limited use of journal clubs to earn ASHA CEUs (personal communication, A. Hasselkus, 3.17.2022)</p> <p>◆ Face-to-face journal clubs in profession are mostly used by universities w/ clinical services to support continuing education of staff (personal communication, A. Hasselkus, 3.17.2022; personal communication, K.Carney, 3.21.2022)</p> <p>◆ New initiative of SIG sponsored “Journal Clubs” via Zoom where members discuss <i>Perspectives</i> articles to earn CEUs</p>
---	---

**MSHA 2023-Kalamazoo
Oral Seminar (1hr)**

♦ Purpose of the original journal clubs in Europe:
to extend knowledge of new discoveries in the sciences at a time when widespread access to publications was prohibitive

♦ Journal clubs appear in North America beginning in the 19th century; Sir William Osler credited with starting the first at McGill University in 1875 (Aronson 2017, Linzer 1987)

History of the “Tri-County Journal Club” established in 1982

♦ Journal Club established by Stevens who invited a number of SLP acquaintances from 3 counties in suburban Detroit to meet to discuss professional content (including journal articles, assessment instruments, recent workshops attended, etc.)

♦ Monthly meetings were scheduled for weekday evenings and hosted by members who provided refreshments and were responsible for content

♦ Over the years a few members left and were replaced by new ones; the content of the meetings also changed and expanded beyond discussion of journal articles to problem solving related to clinical cases as well as professional issues.

♦ Our Journal Club evolved into a professional support group.

What our members say:

“About 40 years ago I was invited to join a professional group of Speech-Language Pathologists to share recent research, methodology, and news about our Speech and Language Therapy in the school setting. We were busy with our careers and young families so this was the perfect solution to sharing ...information...Every month...we gathered at someone’s home and each of us summarized an interesting journal article or news about conferences, events or jobs. Over the years, I was fortunate to find several wonderful jobs through our connections. I have enjoyed inspiration, professional and personal support, and encouragement from my Journal Club friends.

School based Speech and Language Pathologists don’t often have the opportunity to

Characteristics of successful journal clubs

- ♦ Size of group (fewer than 10)
- ♦ Regularity of meetings
- ♦ Motivation and/or preparedness of participants
- ♦ Structure and leadership of group (Van Diggele, Burgess, & Mellis, 2019)

Guidelines for starting a journal club

- (1) Define the nature of the group and invite individuals to join (e.g., those who share common clinical interests, job setting)
- (2) Determine number of members for the group (more than 3 but fewer than 10)
- (3) Establish schedule for meetings and format.
- (4) Provide incentives for attendance such as refreshments, dinner, etc.
- (5) Determine goals for the group (accomplished collectively once club has formed)

(Cohen 2015; Stevens et al. 1999; VanDiggele, Burgess, Mellis, 2019)

Action plan: Ready, set, go!!

- (1)
- (2)
- (3)
- (4)
- (5)

**MSHA 2023-Kalamazoo
Oral Seminar (1hr)**

<p>share with other SLPs on a daily basis. The Journal Club fills the need to be with others... who understand the joys and struggles of our profession. ...Although we are all now retired, we continue to meet... to check in, eat some good food, laugh, and cry together.”</p> <p>-Suzanne Potter</p>	<p>DISCLOSURES</p> <p>Lizbeth Stevens and Susan Oleson</p> <p><u>Nonfinancial Relationships:</u> We have no nonfinancial relationships relative to the content of this presentation.</p> <p><u>Financial Relationships:</u> We have no financial relationships relative to the content of this presentation</p> <p>For more information, contact Lizbeth Stevens at: lstevens@emich.edu 248-219-1307</p>
---	---

REFERENCES

Apel, K. (2008). On Continuing Education. *Language, Speech, & Hearing Services in schools*, 39 (2), 143.

Aronson, J.K. (2017). Journal Clubs: 1. Origins. *Evidence Based Medicine*, 22 (6), 231.

Cohen, H.S. (2015). A career in inquiry. *American Journal of Occupational Therapy*. 69 (6). 6906150010. <http://dx.doi.org/10.5014/ajot.2015.696001>

Establish a journal club or study group and earn ASHA CEUs (2002). *ASHA Leader*, 7 (1), 9.

Goldstein, B. A., (2005). From the editor. *Language, Speech, & Hearing Services in schools*, 36 (4).

Lam, W.L., Naqui, Z., & Tang, J.B. (2022). Journal Clubs: what they are and why we should think more seriously about them. *Journal of Hand Surgery (European volume)*, 47(1) 225-228.

Linzer, M. (1987). The journal club and medical education: over one hundred years of unrecorded history. *Postgraduate Medical Journal*, 63, 475-478.

Stevens, L.J., Oleson, S.H., & Stonestreet, R.H., (2022). “Evolution of a Journal Club: From 1982 through 2022,” American Speech-Language-Hearing Association Annual Convention, New Orleans.

Stevens, L.J., Stonestreet, R.H., Oleson, S.H., Potter, S., Smiley, H.I., McCarus, C., & Arcari, S.B. (1999). “Continuing Professional Competency: Networking & Support Through Journal Clubs.” American Speech-Language-Hearing Association Annual Convention, San Francisco, CA.

Van Diggele, C.I., Burgess, A., & Mellis, C. (2019) Journal clubs in health professional practice. *The Clinical Teacher*, 16, 13-18.