Evidence Series Study Sheet

Understanding the evidence 1 study sheet

1. List the words from the article above that you found challenging or difficult to understand. Create a table or word map and try to define each word, in your own words. Use the article and other resources to strengthen your understanding. When you feel confident with your interpretation try to teach the words and their meaning to someone else, a colleague or friend. Check if you can help them to understand. Teaching others is the best way to learn.

2. Select one paragraph or sub-heading section of the article, read it again with intent. Now, get a piece of paper or open a new Word document and summarise the paragraph in your own words. A key research skill includes being able to read and summarise the key learning points of research you have read. Paraphrasing is a key skill for midwifery practice but also for guideline writing, academic work and studies.

3. Think about your own philosophy, or world view orientation, how you see midwifery, from your perspective. Use the ideas and insights shared in the article to support your thinking and reflections.

4. Specify the key learning points from reading this article, how has your knowledge developed? Do you still have further questions? Write your questions down and start a Twitter chat, ask your peers, discuss with colleagues.

5. Take a look back through the article, was there anything written that you did not agree with? Anything you feel you could question or examine from another perspective? For example, are humans really different to seeds or are we just more complex and the conditions for our growth more disparate but could, in theory, be equally measured (if we had the right tools)? Even if you align to the ideas shared in the article can you find counter-perspectives or think about the concepts discussed from varying positions? Trying to think of alternative perspectives really helps to shape your practice as a midwife and appreciate other's positions (colleagues, women, families in our care).