



How to run a Journal Club

If you have discovered our monthly Journal Club and are enjoying it, you might also be thinking that it would be good to share it with your colleagues. You may want to establish a time when you all engage with our Journal Club together. This guide will help you to do this.

STEP 1 – ESTABLISHING A JOURNAL CLUB

Consider:

- Who do you think is best suited to facilitate a group – is that you?
- Who should attend? We have found that encouraging all cadres of nurses to attend enriches discussion, promotes team collaboration, and aids any application into practice.
- Where should Journal Club happen?
- When is the best time to host it? Considering the need to both maximise possible attendance and manage the clinical service.

You might want to propose your idea and discuss these questions with nursing management.

STEP 2 – PREPARING FOR EACH SESSION

With the questions in step 1 decided, the facilitator will need to prepare for each session in the following way:

- Print the article (at least 1 copy for every 3 nurses)
- Set up a way to watch the video.
- Have access to the reflective questions - printed out, on a whiteboard, flipchart or on the computer.
- Consider whether you need a timer.
- Set the venue in a way that facilitates discussion. If you have lots attending, in our experience it helps to ask groups of nurses that work together to sit together so discussion can focus on their work environment.

STEP 3 – RUNNING THE SESSION

We suggest that a Journal Club lasts an hour and propose the following timetable for the use of that time:

Duration	Activity	
5 minutes	Welcome	Welcome everyone to the hospital Journal Club for nurses Ask each person to introduce themselves, say their role and where they work and why they are attending journal club.
10 minutes	Watch the YouTube video	At the end of the video, pause on the final slide with the reflection questions for people to see during the rest of the session.
10 minutes	Scan the printed copy of the article	Take time to for all to scan the printed copy of the article to recognise the different sections and content that they saw and heard described in the video. <i>Ideally it would be beneficial if all nurses read the article in full, either before the JC meeting or during the meeting, being mindful that everyone reads at different speeds.</i>
30 minutes	Discuss the reflective questions	Allocate each question to an individual/group and spend approx. 10 minutes finding and discussing the answer in the article. Next ask someone from each question group, to provide feedback to the wider group. Remember that speaking in public may be a 'first' for them and so it is important for them to feel supported, and for everyone to respectfully allow them to talk without interruption and to value their

		<p>contribution. If the same people attend each week, we suggest that the facilitator encourages different people to feedback each week. Keep an eye on the time for this section of the journal club. There is approx. 20 minutes and so the facilitator needs to manage time to ensure that all questions are discussed. See suggestions below of phrases to use to guide the discussion.</p> <p>This part of the session should be lively, with rich discussion about what you have read and celebration of engaging with research!</p>
5 minutes	Wrap up and consider application to practice.	<p>Spend the last minutes of the journal club, thinking about what you have learnt and how you could apply it to improve nursing practice. You could ask each nurse to pair with another to do this.</p> <p>Each week the article may be more or less applicable to different areas of practice and some nurses may have more to say than others.</p>

Some suggested phrases to aid facilitation of the discussion

“Did everybody in this group agree with that? Did anyone see things differently?”

“What do you all think about what they feedback to us? Do you have any extra comments in response? Is it the same in your ward?”

“It’s so great to see that you all have so many ideas about this issue. I can see that your group discussions have really brought this research off the page and into your wards”

“Your group has some great ideas, and I am sorry we don’t have longer. I must ask you to finish now so that we can hear from all of the other groups today”

STEP 4 – REFLECTION

After the Journal Club we encourage the facilitator to reflect on what went well? And what could have gone better? These reflections should be written down so that you could plan to do things differently next time.