

## Does virtual mentoring increase confidence in KT?

### CASE STORY

#### What we did



**Purpose:** Mentoring involves an experienced person (mentor) sharing their knowledge to guide another (mentee). We tested whether online mentoring would help members of Cochrane Groups feel more confident about knowledge translation.



**Target audiences:** Cochrane members around the world doing a knowledge translation project. People spoke various languages, and mentoring happened in English.

**Year:** 2019-2020.



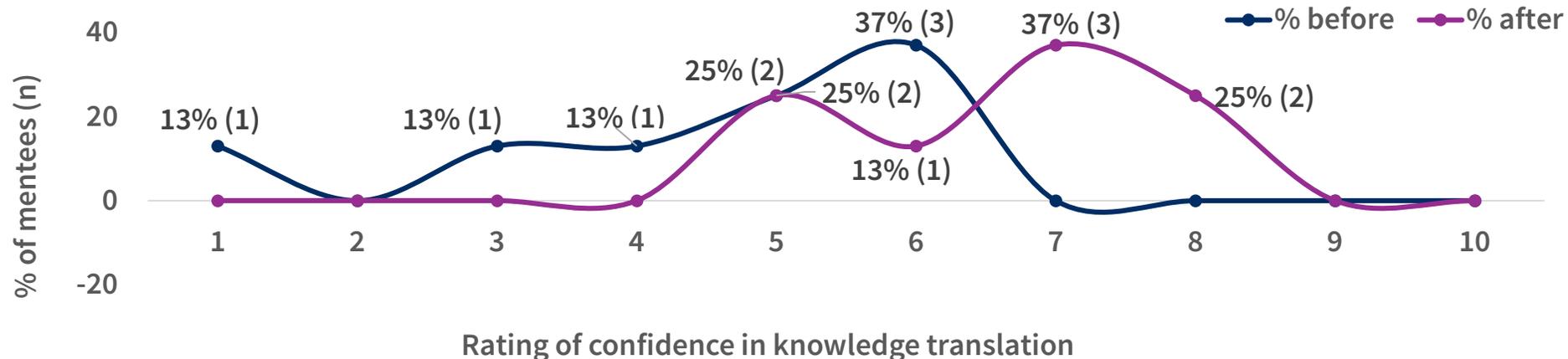
**What we did:** 12 mentors and 12 mentees took part, meeting about monthly for six months.

We surveyed mentors and mentees before, during and after the mentoring programme to see whether their knowledge, skills or confidence changed. We interviewed all mentors and mentees by telephone or online to hear their feedback about the programme and how we could improve.



## What we achieved

Mentoring helped to increase people's confidence in knowledge translation. 100% of people who participated in the programme believed that mentoring was worthwhile and something that Cochrane should expand.



## Find out more

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## What we learnt

- **It's useful to collect data at the start and again at the end**  
It only took a few minutes for people to do a short survey at the start of mentoring and again after six months. This helped us see changes in people's knowledge and confidence.
- **We got very detailed information from telephone calls**  
Using a survey alone wouldn't have given enough detailed information to help improve the programme. People were happy to spend a few minutes talking on the phone.
- **Listening to people's ideas can help improve programmes**  
Our evaluation found that virtual mentoring was useful so we're continuing it. We changed some of our programme information and processes and added new support based on what people said.

