#WhereAreTheyNow

Cochrane Mid-Career Professionals share their story and advice
An initiative by the Cochrane's Early Career Professionals

Dr Cathal Cadogan, from Ireland, is a Senior Lecturer at the School of Pharmacy and Pharmaceutical Sciences, Trinity College Dublin. He is also an Associate Editor with the Effective Practice and Organisation of Care (EPOC) group. Cathal is a mid-career professional and sat down with the [Cochrane Early Career Professionals (ECP) group](#) and shared some thoughts as part of the [#WhereAreTheyNow](#) series.

How did you first get involved with Cochrane and what do you do now?

I first got involved with Cochrane when I began working with Prof. Carmel Hughes as a post-doctoral research fellow in Queen's University Belfast. My first task as part of that role was to update the existing Cochrane review on interventions to improve appropriate polypharmacy for older people. The experience taught me a lot about the Cochrane review process and has helped me in conducting other systematic reviews.

What benefits have you gained from being involved with Cochrane?

Being involved with Cochrane has definitely helped me to develop as a researcher. I now have a much better understanding of the systematic review process. I have also had the opportunity to get involved in other Cochrane related work as review co-author, peer reviewer and, more recently, as an Associate Editor. This has been great in terms of learning more about Cochrane and growing my network of collaborators.

What would your message be to Early Career Professionals who want to get involved with Cochrane's work but not sure where to start....?

I would recommend, firstly, engaging with available Cochrane training resources and then, secondly, trying to find a good review team to link in with where you could put that training to use.

- Learn more about the Early Career Professional group
- Read more stories from the Cochrane Community
- Join Cochrane