

# #WhereAreTheyNow

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

**Dr Celeste Naude is currently based in South Africa. She is the Co-Director of Cochrane Nutrition and an Associate Editor with Cochrane Effective Practice and Organisation of Care (EPOC). Celeste 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 credit my introduction to and involvement with Cochrane to Prof Jimmy Volmink who introduced me to evidence synthesis research and the field of evidence-based health care. Jimmy, who was the Director of Cochrane South Africa at that point, invited me assist in a project called Supporting Policy-relevant Reviews and Trials (SUPPORT). At that time, the Cochrane EPOC satellite in Norway was coordinating efforts to produce SUPPORT Summaries of all low- and middle-income-relevant EPOC reviews and to make them freely available online. From there I joined an author team on a Cochrane review, and was subsequently involved in establishing and launching Cochrane Nutrition in 2016, the only Field hosted in a low and middle-income country. I am now Co-Director of Cochrane Nutrition, an Associate Editor with EPOC and a Cochrane author.

### **What benefits have you gained from being involved with Cochrane?**

There are so many, including:

- Meeting, networking and collaborating with a community of interesting, innovative, passionate and diverse people from all over the globe (which includes making new friends)
- Having numerous opportunities to actively engage with and learn from thought-leaders in the fields of evidence synthesis and knowledge translation
- Having access to high-quality training and resources that enable upskilling in evidence synthesis methods and knowledge translation
- Supporting my career development path
- Having the opportunity to contribute to Cochrane's mission of putting trusted evidence at the heart of health decisions so that people get the health care they need and can live their healthiest lives

For me, Cochrane is about people – it is built on people volunteering their time and skills; on people wanting to work together and learn from and teach others; on people wanting to make healthcare decisions get better; and on people who value high-quality, relevant and up-to-date synthesized research evidence.

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

Cochrane has many mechanisms that enable and support involvement, such as Task Exchange, Crowd, Membership and the Early Career Professionals Group. Find out what these are and depending on your interest, choose one, then get in touch with the relevant people and work to proactively make it happen. Cochrane has an impressive online presence and browsing the various Cochrane websites can help you find a place to start. Cochrane also has a wide-reaching geographic footprint – finding and getting in touch with a group or team of Cochrane people close to you is also a good place to start.

- [Learn more about the Early Career Professional group](#)
- [Read more stories from the Cochrane Community](#)
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