

UNLOCKING HEALTHCARE INSIGHTS

Core Outcome Sets (COS)



Cochrane

Multiple Sclerosis and Rare Diseases
of the Central Nervous System

OUTCOMES IN HEALTHCARE

Outcomes are specific measurements that researchers analyze to assess a treatment's effectiveness and safety.

These measurements provide crucial evidence for informed decisions made by patients, doctors, and health professionals.

CHALLENGES IN MEASURING OUTCOMES

Currently, studies on the same health condition often measure different outcomes. This diversity makes it difficult to compare or combine results, and so to assess a treatment's effectiveness.



Developing a **Core Outcome Set (COS)** for each health condition can help address this issue by defining the outcomes that need to be analyzed, at least, in all clinical trials.

CORE OUTCOME SET

A **COS** is a standardized set of essential measurements agreed upon for a specific issue.

When a COS is established, researchers are encouraged to use it **consistently** in studies targeting the same health condition or intervention.

This approach improves the **quality of information** about treatment effectiveness and aids individuals in making **healthier choices**.

COS AND PATIENT INVOLVEMENT

Developing a **COS** involves extensive discussion, surveys, and meetings, ensuring relevance to patients, caregivers, and health professionals.

Involving the community ensures that outcomes are not overlooked and reflects the **broader impact** of a condition.

COMET

(Core Outcome Measures in Effectiveness Trials) Initiative

is a global effort that recognises the crucial contribution of patients and carers in developing COS and research.

COMET is funded by the UK Medical Research Council and the European Union, offering resources to facilitate community involvement in research.

GET INVOLVED

Want to know more?

- Check out the [COMET website](#)
- Participate through [Cochrane Engage](#)
- Follow us to be updated about our COS efforts and initiatives



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