

**MESA REDONDA 5.
INTERVENCIÓN EN COHORTES.
VENTAJAS, DESVENTAJAS, ALTERNATIVAS**

Cohorte CESCAS Chile

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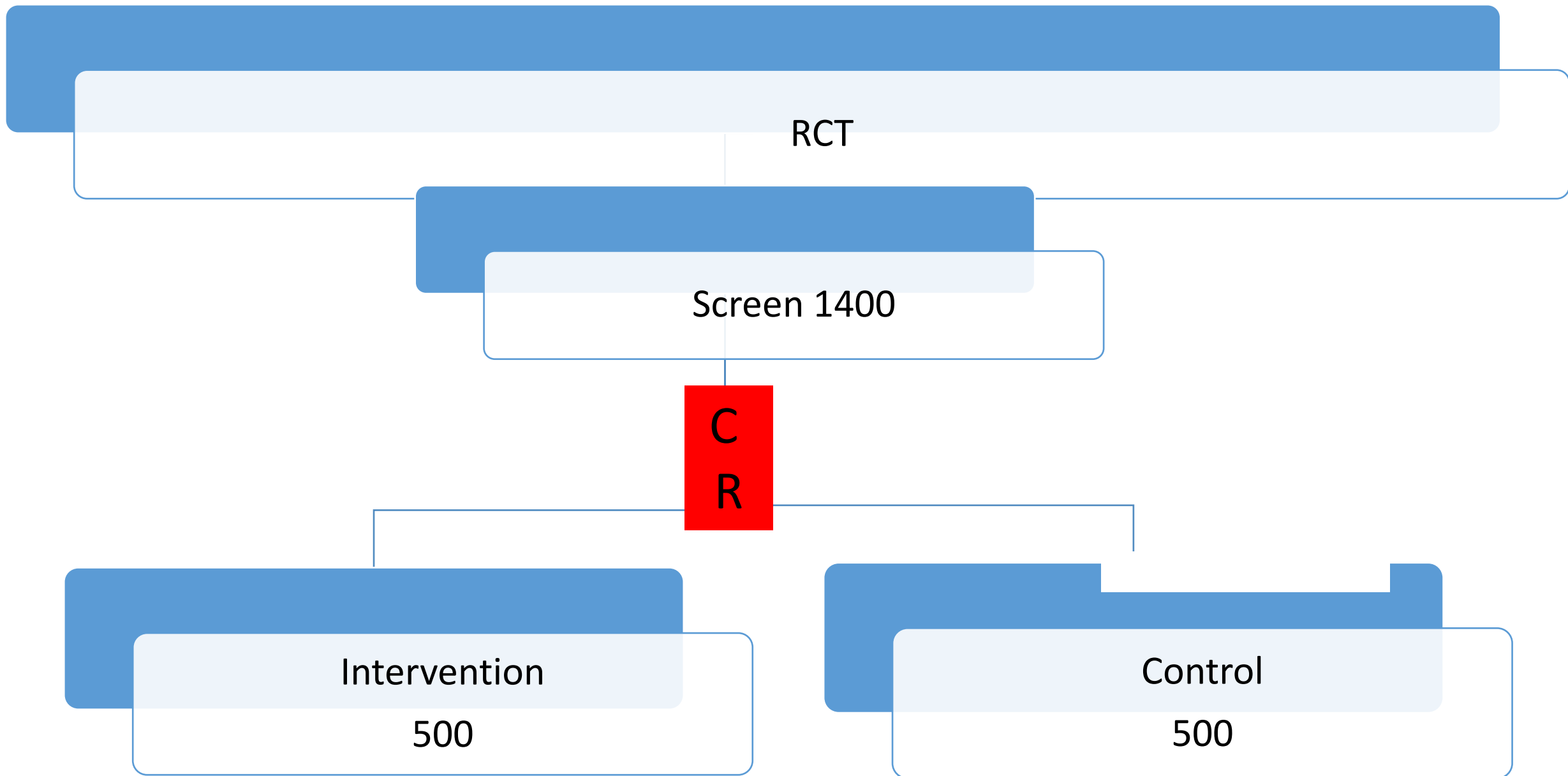


Hypothetical research question:

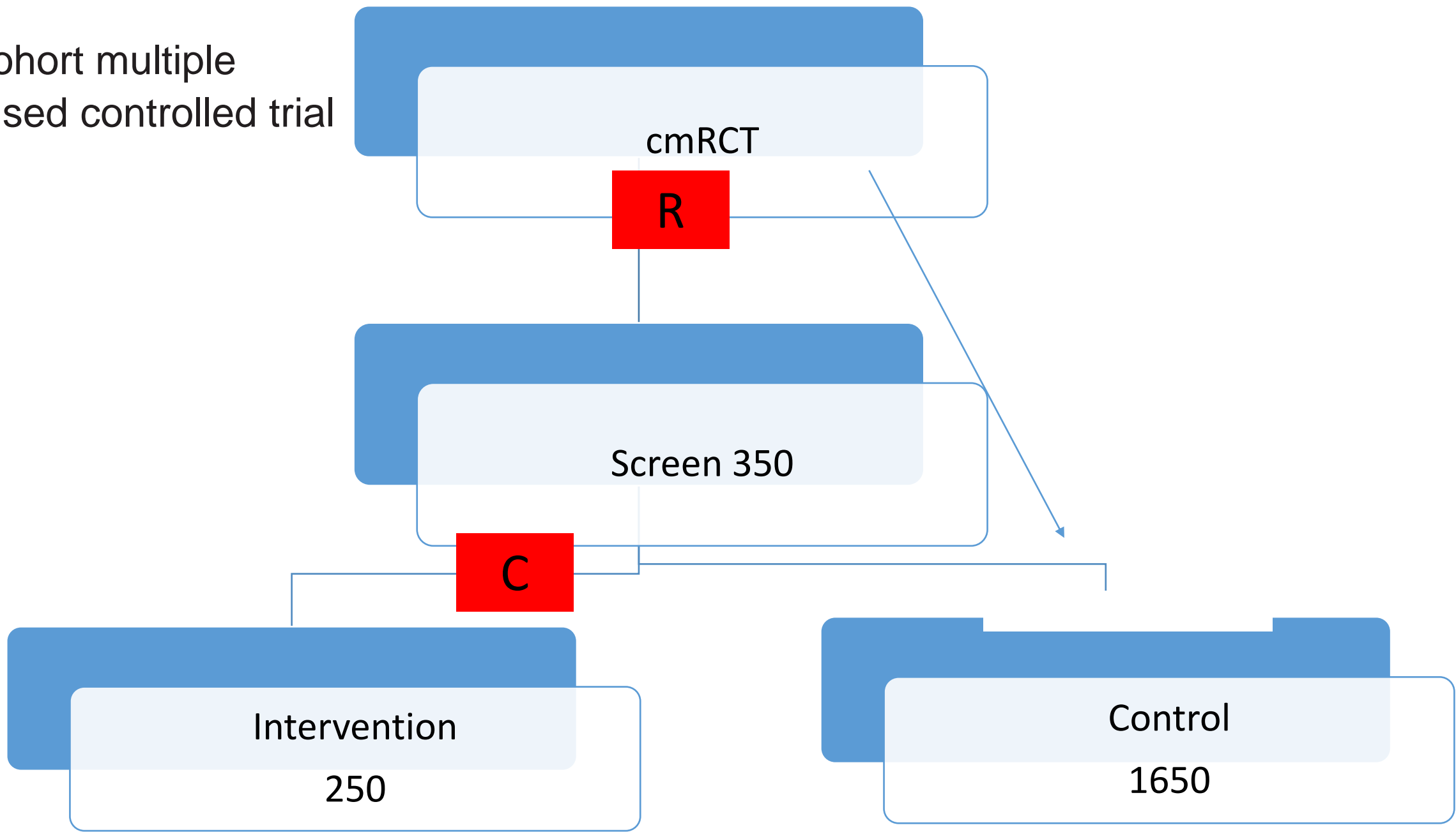
Does a diet intervention aimed to reduce salt intake lower SBP 5 mmHg?



Clinical trial of 500 participants in each arm
CESCAS Chile cohort 2000



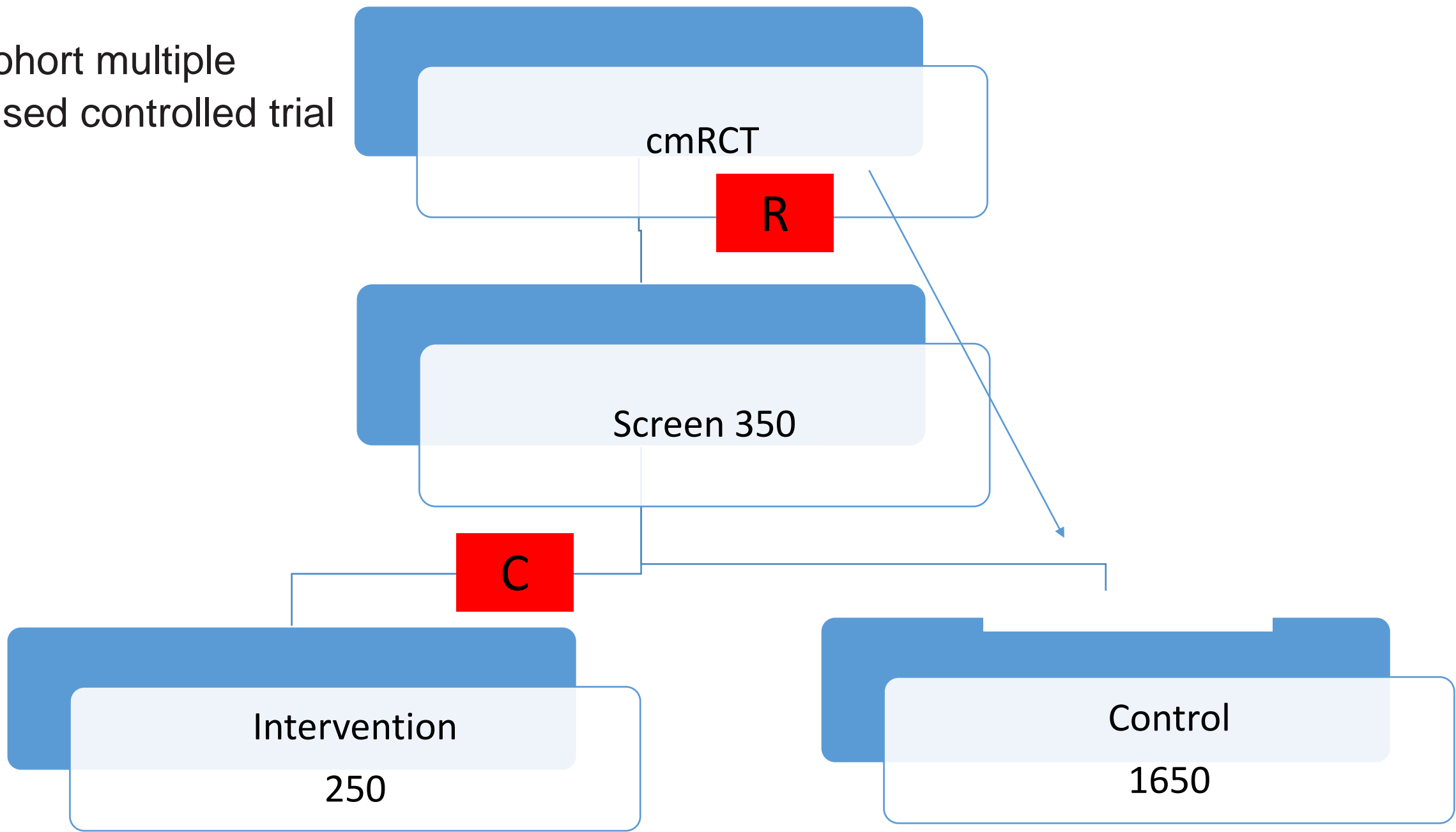
cohort multiple
randomised controlled trial



ADVANTAGES

- 1 cohort= multiple trials
- More representative population
- Real life standard practice
- More accessible subjects
- Less informed consents
- Less interventions
- Higher power
- Outcomes included in cohort measurements
- Less expensive, more efficient

cohort multiple
randomised controlled trial



DISADVANTAGES

- Low statistical power
- Insufficient simple size
- Eligibility rates
- Non consent rates
- Dilution of treatment effect estimation
- Fixed data collection points
- Ethics problems: controls unaware of being part of a research question

