PEDro Newsletter 4 July 2023 View this email in your browser



Physiotherapy Evidence Database

Sandra Gluppe wins PEDro prize for the best trial presented at World Physiotherapy Congress 2023 in Dubai, UAE

The PEDro prize is awarded to the person who presents the best report of a randomised controlled trial at the World Physiotherapy Congress. The award recognises the achievements of researchers who conduct high-quality, clinically important randomised controlled trials. To be eligible, the presentation must have been a primary report for a completed randomised controlled trial that evaluates the effects of a physiotherapy intervention.



Judging was carried out by a panel of international trialists. Scoring was based on quality (risk of bias, size, design and analysis of the trial) as well as significance (importance of the findings for clinical practice).

The winning trial, which scores 8 out of 10 on the PEDro Scale, is "Curl-up exercises improve abdominal muscle strength without worsening inter-recti distance in women with diastasis recti abdominis postpartum: a randomised controlled trial". The lead author, Sandra Gluppe from Norway, answers some questions about the trial.

Why have curl-ups often been discouraged for women with diastasis recti abdominis?

I don't know the exact reason for that, but I think it has to do with fear related to increased intra-abdominal pressure during the exercise or the observed protrusion that can be present in some women during a curl-ups.

What patients did you enroll in your trial?

Primiparous or multiparous women with a diagnosis of diastasis 6 to 12 months postpartum, having a single or multiple pregnancy following any mode of delivery.

What interventions did the trial compare?

An abdominal exercise program lasting for 12 weeks compared to a control group not performing abdominal exercises.

What was the effect of the curl-ups and head lifts on inter-recti distance?

Little to no difference in change on inter-recti distance occurred between the two groups from baseline to week 12.

What was the effect of the curl-ups and head lifts on abdominal thickness and strength?

The exercise group improved the thickness of their rectus abdominis and the maximal isometric strength more than the control group.

What about other outcomes in the study?

At Week 12, participants in both groups were asked to report whether they perceived improvement in their diastasis compared with baseline on a Global Rating of Change scale. At week 12, 20 of 33 participants (61%) in the exercise group and 15 of 35 participants (43%) in the control group reported improvement in diastasis.

Do you think it is important to repeat the study in women with milder diastasis than the threshold that you used to enroll participants in your trial?

No, most of the studies on this field has been conducted on smaller diastasis, but it would be very interesting to investigate women with a severe degree of DRA.

Congratulations Sandra. The trial results have just been published. We are looking forward to indexing this article in PEDro.

Gluppe SB, Ellström Engh M, Bø K. Curl-up exercises improve abdominal muscle strength without worsening inter-recti distance in women with diastasis recti abdominis postpartum: a randomised controlled trial. *J Physiother*. 2023 Jun 5:S1836-9553(23)00052-8. doi: 10.1016/j.jphys.2023.05.017. Epub ahead of print. PMID: 37286390.

#PEDroTacklesBarriers to evidence-based physiotherapy campaign

#PEDroTacklesBarriers to evidence-based physiotherapy campaign was held between 2022 and 2023 to help physiotherapists tackle the biggest barriers to evidence-based practice. This Blog summarises the background of the campaign, a summary of the barriers addressed in the campaign, and campaign metrics.

This campaign was inspired by a <u>systematic review by Matteo Paci and colleagues</u> that investigated the barriers to evidence-based physiotherapy. The review included 29 studies reporting the opinions of nearly 10,000 physiotherapists. Lack of time was the most frequently encountered barrier and was reported by 53% of physiotherapists. This was followed by language (36%), lack of access (34%), and lack of statistical skills (31%).

The #PEDroTacklesBarriers to evidence-based physiotherapy campaign provided information on tackling the barriers of time, language, lack of access, and lack of statistical skills, as well as real-world examples of how physiotherapists overcame barriers to ensure patients received effective, evidence-based care.

Time: 17 physiotherapists from around the world provided their tips on how they tackle the barrier of time. This included discussing evidence in staff meetings, participating in journal clubs, using time spent commuting to read high-quality evidence, and strategically using social media.

See more:

- English
- French
- <u>Italian</u>
- Portuguese

Language: Language is an important barrier to accessing and implementing evidencebased physiotherapy in many countries, with English being the dominant language used to publish and disseminate evidence-based research and guidelines. As part of the #PEDroTacklesBarriers to evidence-based physiotherapy campaign, five physiotherapists and physiotherapy groups shared how they tackled the barrier of language. This included using online services such as Google Translate, helping others by translating PEDro resources in non-English languages, and running journal clubs in English and non-English languages.

See more:

- English
- French
- <u>Italian</u>
- Portuguese

Lack of access: To tackle the barrier of lack of access to research, we provided two videos demonstrating how to access full text using links on PEDro and strategies to find full texts using non-PEDro methods.

See more:

- English
- French
- <u>Italian</u>
- Portuguese

Lack of statistical skills: A lack of statistical skills is a common barrier to interpreting evidence and implementing evidence-based physiotherapy. As part of the campaign, we share how three clinician-researchers including the Scientific Editor of the Journal of Physiotherapy, tackle the barrier of lack of statistical skills by discussing the methods used to conduct, analyse, report, and interpret randomised controlled trials. See more:

- English
- French
- <u>Italian</u>
- Portuguese

Putting it all together: The final part of the #PEDroTacklesBarriers to evidence-based physiotherapy campaign included success stories of how physiotherapists overcame different barriers to ensure patients received effective, evidence-based care. See more:

- English
- <u>French</u>
- <u>Italian</u>
- <u>Portuguese</u>

Metrics of the #PEDroTacklesBarriers to evidence-based physiotherapy campaign:

- Published in 4 languages on the PEDro website; <u>English</u>, <u>Portuguese</u>, <u>French</u> and <u>Italian</u>
- Featured monthly in the PEDro (English) and PEDrinho (Portuguese) newsletters
- Made 228 social media and blog posts
- Social media and blog posts were viewed by over 150,000 users
- Produced 23 YouTube videos with over 10,000 video views
- Had over 4,000 interactions with posts

The campaign was supported by <u>World Physiotherapy</u>, <u>Australian Physiotherapy</u> <u>Association</u>, <u>Società Italiana di Fisioterapia</u>, <u>Société Française de Physiothérapie</u>, and <u>Koninklijk Nederlands Genootschap voor Fysiotherapie</u>. PEDro acknowledges Joshua Zadro for coordinating this campaign. We also acknowledge all campaign contributors, translation work from Mariana Nascimento Leite, Junior Vitorino Fandim (Portuguese), Leonardo Pellicciari, Francesco Ferrarello, Michele Marelli, Matteo Paci, Paolo Pillastrini (Italian), Elodie Louvion, Magda Costa Castany, Céline Lesage, Matthieu Guémann and Guillaume Galliou (French), the PEDro Education and Training committee and PEDro production support from Geraldine Wallbank, Courtney West and Anne Moseley.

View all tips from the campaign here:

- English
- French
- <u>Italian</u>
- Portuguese

PEDro needs help from the physiotherapy global community!

PEDro is the leading evidence resource for physiotherapists globally. PEDro is unmatched in its scope. PEDro now indexes over 59,000 evidence-based trials, systematic reviews and clinical practice guidelines and hosts over 10,000 daily visits.

The website is available in 17 languages and has many resources to support learning about and implementing evidence-based practice. PEDro enables clinicians to implement the best research for their patients.

PEDro is accessed in more than 211 countries to answer a clinical question every 7 seconds every day.

But PEDro cannot be sustained without volunteer and financial help from individuals and organisations in the physiotherapy global community.

See how you can help: https://redcap.sydney.edu.au/surveys/?s=RDD8CDARFCWF7MF9



58,000+ evidence-based articles
Answers 3.8+ million clinical questions per year
Methodologically quality-rated clinical trials
Free resources for evidence-based practice

Not-for-profit resource
Volunteers needed
Funding is vital to sustain PEDro

Enabling evidence-based practice since 1999



Infographic: Systematic review found that in people with pulmonary hypertension who are medically stable, supervised exercise-based rehabilitation may lead to a large increase in exercise capacity with no significant harm when compared to a non exercise-based intervention.

Last month we summarised the systematic review by <u>Morris et al. 2023</u>. The review concluded that supervised exercise-based rehabilitation may lead to a large increase in exercise capacity with no significant harm in people with pulmonary hypertension who are medically stable.

Some findings are included in this infographic.

EXERCISE-BASED REHABILITATION PROGRAMMES FOR PULMONARY HYPERTENSION

Morris NR, et al. Exercise-based rehabilitation programmes for pulmonary hypertension. Cochrane Database Syst Rev. 2023;3(3):CD011285.

WHAT DID THEY DO?

FINDINGS

Study design: Systematic review of 14 trials (11 in the meta-analysis).

Population: 574 adults with pulmonary hypertension (462 in the meta-analysis) who were medically stable.

Intervention: Supervised exercise-based rehabilitation.

Comparator: Education or usual care with no specific exercise component.

Outcome: The primary outcome was exercise capacity, including measures such as 6MWT (distance walked in m), peak exercise capacity (peak O2 uptake mL/kg/min).

The exercise-based programmes were run in inpatient and outpatient settings and included both upper and lower limb exercise.

Supervised exercise-based rehabilitation compared with control:

- increased mean six-minute walk distance by 48.52m, 95% CI 33.42 to 63.62
- · increased mean peak oxygen uptake by 2.07 mL/kg/min, 95% CI 1.57 to 2.57
- probably did not increase risk of serious adverse events (risk difference 0, 95% CI -0.03 to 0.03); moderate certainty evidence.



Note: Based on low certainty evidence, there was a lack of allocation concealment and lack of reporting of all outcome data.

In people with pulmonary hypertension who are medically stable, supervised exercise-based rehabilitation may lead to a large increase in exercise capacity with no significant harm when compared to a non exercise-based intervention.



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Morris NR, Kermeen FD, Jones AW, Lee JYT, Holland AE. Exercise-based rehabilitation programmes for pulmonary hypertension. Cochrane Database of Systematic Reviews 2023, Issue 3. Art. No.: CD011285. DOI: 10.1002/14651858.CD011285.pub3.

Read more on PEDro.

Support for PEDro comes from the following global physiotherapy organisations

We acknowledge <u>Association Luxembourgeoise Des Kinésithérapeutes</u>, <u>Società Italiana di</u> <u>Fisioterapia</u>, <u>Physioswiss</u> who have just renewed their partnership with PEDro for another year.

Partnerships provided by these World Physiotherapy Member Organisations are crucial because they ensure the ongoing sustainability of PEDro.

We would like to thank you for your support.

PEDro update (3 July 2023)

PEDro contains 59,391 records. In the 3 July 2023update you will find:

- 45,379 Reports of randomised controlled trials (44.063 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 13,247 reports of systematic reviews, and
- 765 reports of evidence-based clinical practice guidelines.

For latest guidelines, reviews and trials in physiotherapy visit *Evidence in your inbox*.

DiTA update (3 July 2023)

DITA contains 2,419 records. In the 03 07 2023 update you will find:

- 2,154 reports of primary studies, and
- 265 reports of systematic reviews.

For the latest primary studies and systematic reviews evaluating diagnostic tests in physiotherapy visit *Evidence in your inbox*.

Next PEDro and DiTA updates (August 2023)

The next PEDro and DiTA updates are on 7 August 2023.

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