



A. PEDro update (2 October 2018)

PEDro contains 41,469 records. In the 2 October 2018 update you will find:

- 32,577 reports of randomised controlled trials (31,730 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 8,231 reports of systematic reviews, and
- 661 reports of evidence-based clinical practice guidelines

For latest guidelines, reviews and trials in physiotherapy visit [Evidence in your inbox](#).

B. PEDro – informing physiotherapy globally for 19 years



19 practice
years education
of informing: research

www.pedro.org.au

October 2018 marks PEDro's birthday. For 19 years PEDro has been providing physiotherapists around the world with easy access to high-quality clinical research so they can practice effectively and safely. In this time PEDro has been used to answer over 20-million questions.

C. Find out more about PEDro in just 60 seconds



PEDro is the world's most complete index of randomised controlled trials, systematic reviews and evidence-based clinical practice guidelines evaluating physiotherapy interventions. You can find out more about PEDro in just 60 seconds in our new video.

D. PEDro “how to” videos

PEDro's collection of “how to” videos now have more than 81,000 views. Six videos are available in up to 12 different languages. The videos are available in [PEDro's YouTube Channel](#).

A feature of PEDro which you may not be aware of is saving your search results. After selecting the articles which answer your clinical question, the citation, abstract, PEDro scores and links to full text for each article can be saved using three methods. First, simply copy and paste the information into word processing software. Second, email the results to yourself. Third, save the selected articles. The email and save options are in RIS (Research Information Systems) format, which makes it easy to import your search results into reference management software (like EndNote).

We have produced a video which demonstrates how to select articles, save selected articles and import the saved articles into referencing software. This video is available in [English](#), [Portuguese](#), [French](#), [Tamil](#), [Japanese](#), [German](#), and [Italian](#).



Como guardar sus resultados de búsqueda en PEDro

We are pleased to announce that the PEDro how to save search results video is now available in Spanish. PEDro would like to thank Carlos Maximiliano Sánchez Medina who translated and recorded the how to save your search results in PEDro video during a 10-week internship at the Institute for Musculoskeletal Health in the School of Public Health, The University of Sydney. Carlos is enrolled in a physiotherapy degree at the Universidad Nacional Autónoma de México, Mexico.

E. Support for PEDro comes from the Transport Accident Commission and Macau Physical Therapists Association

We thank the [Transport Accident Commission](#) and [Macau Physical Therapists Association](#) who have just renewed their partnerships with PEDro for another year.

F. Systematic review found that cardiac rehabilitation increases physical activity in coronary heart disease and heart failure

This review aimed to determine the impact of cardiac rehabilitation on physical activity levels of people with coronary heart disease and heart failure. The review included 47 randomised controlled trials (n = 6480 participants; 5825 coronary heart disease, 655 heart failure) that compared cardiac rehabilitation to control interventions. Meta-analysis was undertaken where two or more studies reported the same units of physical activity measurement (45 different measures were used). Outcomes were grouped into short-term (< 12 months) and long-term (> 12 months). 25 studies did not adequately report the description of randomisation, 27 studies had issues with concealment of allocation, and 26 studies did not report blinding of outcome assessment. Participation in cardiac rehabilitation increased the number of steps/day (mean difference 1423 steps, 95% CI 757 to 2089, 5 studies) and energy expenditure (mean difference 878 kcal/week, 95% CI 433 to 1323, 3 studies) in the short-term, plus increased the proportion of patients categorised as being physically active in the short-term (relative risk 1.55, 95% CI 1.19 to 2.02, 9 studies) and long-term (relative risk 1.48, 95% CI 1.19 to 1.83, 5 studies). Pooling from two studies indicated no effect of cardiac rehabilitation on sedentary time (mean difference -10.9 min/day, 95% CI -39 to 17), time spent in light intensity physical activity (mean difference -6.6 min/week, 95% CI -45 to 31), and time spent in moderate intensity physical activity (mean difference 8.5 min/week, 95% CI -1.44 to 18.44). In summary, this systematic review provided moderate evidence that cardiac rehabilitation increases physical activity levels compared with control interventions in people with coronary heart disease and heart failure.

Dibben GO et al. Cardiac rehabilitation and physical activity: systematic review and meta-analysis. *Heart* 2018;104(17):1394-402

[Read more on PEDro.](#)

G. Next PEDro update (November 2018)

The next PEDro update is on Monday 5 November 2018.

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