



Cochrane
Rehabilitation

Cochrane Rehabilitation 2018 Annual Report

Trusted evidence.
Informed decisions.
Better health.

This report summarizes all Cochrane Rehabilitation activities in the year 2018.

Committee actions

All Cochrane Rehabilitation Committees have been working hard during the year to carry out the proposed goals.

❖ Reviews Committee

In 2018, the Review Committee completed the massive task of identifying and “tagging” all rehabilitation reviews in the Cochrane library. This involved the screening of over 9,000 published titles and abstracts of Cochrane Reviews to systematically search for those that met the predetermined inclusion criteria to be considered as “rehabilitation reviews”. All the identified reviews were classified based on the clinical area of interest and the health professionals involved in delivering the investigated interventions. Twenty-five experienced rehabilitation professionals from 13 different countries around the world contributed to this work. All Cochrane Reviews tagged as “rehabilitation reviews” are available on the Cochrane Rehabilitation website: <https://rehabilitation.cochrane.org/evidence>.

A paper reporting the analysis of this tagging process has been just finalized and it is currently under peer-review for publication in a major rehabilitation journal. The paper and its main findings will be shared on Cochrane Rehabilitation website once the paper will be published. Moreover, the results of this “tagging” process is now being used to inform decisions regarding reviews to be included in the Cochrane Rehabilitation ebook, and to perform a prioritisation exercise to identify potential gaps in the current rehabilitation evidence-base. We have also been discussing with Cochrane Central to include this tagging work in the Cochrane library’s search tools to make it easier for rehabilitation professionals the search of reviews relevant to the services that they provide in clinical practice.

This year, the Review Committee has shared its work with the rehabilitation community by presenting at the 12th World Congress of the International Society of Physical and Rehabilitation Medicine (ISPRM) in Paris and at the “Changing Paradigms of Evidence Based Practice in Physical Therapy” Seminar as part of World Physical Therapy Day in Karachi, Pakistan.

❖ *Publication Committee*

In 2018, the Cochrane Corners initiative has been the main activity of the Publication Committee, being in line with Cochrane knowledge translation strategy theme 2 and following the predetermined procedures and internal rules. A paper on Cochrane Rehabilitation Corners has been published in the European Journal of Physical and Rehabilitation Medicine (Eur J Phys Rehabil Med. 2017 Oct;53(5):812-813. doi: 10.23736/S1973-9087.17.04961-9).

The aim of Cochrane Rehabilitation for producing 'Cochrane Corners' is to disseminate evidence provided by Cochrane Reviews and to communicate Cochrane evidence in a simpler and easily understandable format. Contents are augmented with commentaries on the relevance of the summarized Cochrane review's key messages for rehabilitation, as well as implications of the evidence for clinical practice. To meet this aim, Cochrane Rehabilitation has been signing "Publication Agreement for Cochrane Corners" with rehabilitation relevant Journals.

Agreements have been already signed with the following Journals and others are on the pipeline:

- *American Journal of Physical Medicine and Rehabilitation*
- *Journal of Musculoskeletal and Neuronal Interactions (JMNI)*
- *NeuroRehabilitation*

Two Cochrane Corners were published in 2018 and Cochrane Rehabilitation Publication Committee contributed to Editorials as introductory articles for the launch of Cochrane Corners in the above-mentioned Journals.

❖ *Education Committee*

The Education Committee has been performing several educational activities for the year 2018. In July 2018, in collaboration with Cochrane France, it was conducted a 4-hour workshop entitled 'Making sense of rehabilitation trials: A critical appraisal workshop for healthcare professionals' in occasion of the 12th World Congress of ISPRM, in Paris, France. A similar workshop 'Systematic reviews: writing, reading, applying' was successfully conducted during the 21st Congress of the European Society of PRM (ESPRM) held in May, in Vilnius, Lithuania. On a smaller scale, presentations on Cochrane Rehabilitation and evidence-based medicine (EBM) were done at several regional and national meetings (see the paragraph Participation to Congress and other meetings). The Education committee aims to conduct regular workshops in

national, regional and international conferences or meetings to instil interest in EBM and provide necessary skills to practice EBM.

The committee collaborates with the Association of Academic Physiatrists (AAP) on a project related to the EBM curriculum for PM&R residency program. At this point of time, there is an ongoing survey on the current state of EBM syllabus within the PM&R residency program.

The committee also started to work on the development of online EBM educational material which will be made available through the Cochrane Rehabilitation websites. Last but not least, projects have been started with ESPRM and the Croatian Society of PRM to develop the educational program of a Summer School.

❖ *Methodology Committee*

The Methodology Committee has been proceeding with the study on pros and cons of randomized controlled trials (RCTs) in rehabilitation. The aim of the paper is to describe and discuss the role of RCTs in rehabilitation research in terms of ability to answer relevant research questions, provide internal validity (risk of bias), and generalizability of evidence; and to discuss future needs to advance methodology of effectiveness research in rehabilitation.

A two days Cochrane Rehabilitation Methodological Meeting (Catalyst seminar), led by William Levack, was held in Paris before the 12th World Congress of ISPRM. Scientific papers based on the seminar are being finalized and will be published before summer 2019 in the European Journal of Rehabilitation Medicine (EJPRM) (see for further details the paragraph on methodology of rehabilitation research).

In occasion of the 12th World Congress of ISPRM, it was also presented an initiative of publishing sections or supplements on rehabilitation methods in international rehabilitation journals to the Editors of the major journals in PRM. The idea is to continue with Cochrane Rehabilitation Methodological Meetings and invite the respective editor to the one- or two-days meeting aiming at the production of a supplement issue on rehabilitation research methodology. The aim of this initiative is to combine efforts between Cochrane Rehabilitation and Journals to promote methodological studies relevant and valid for rehabilitation research. This would be realized by liaising with international rehabilitation journals for the publication of methodological papers. The Editor (or another representative) of the international journals can join the meetings of the Methodological Committee. The final outcome would be the publication of individual papers, sections or supplements on various methodological issues.

Various ways to collaborate with Cochrane methods groups in creating guidelines for systematic reviews on effectiveness of rehabilitation interventions were considered, and the concrete steps and means on how to do this will be further explored in 2019. The methodological issues related to rehabilitation have been presented by the Methodology Committee members in several congresses during the year 2018.

❖ *Communication Committee*

The Communication Committee has been constantly working on the update and improvement of the Cochrane Rehabilitation website.

Cochrane Rehabilitation communicates with its members and whoever else is interested through a Newsletter that since January 2018 has become monthly and that currently accounts for 687 subscribers, and through various social media such as Facebook (1948 followers), twitter (1345 followers), Instagram (329 followers), and YouTube (66 followers).

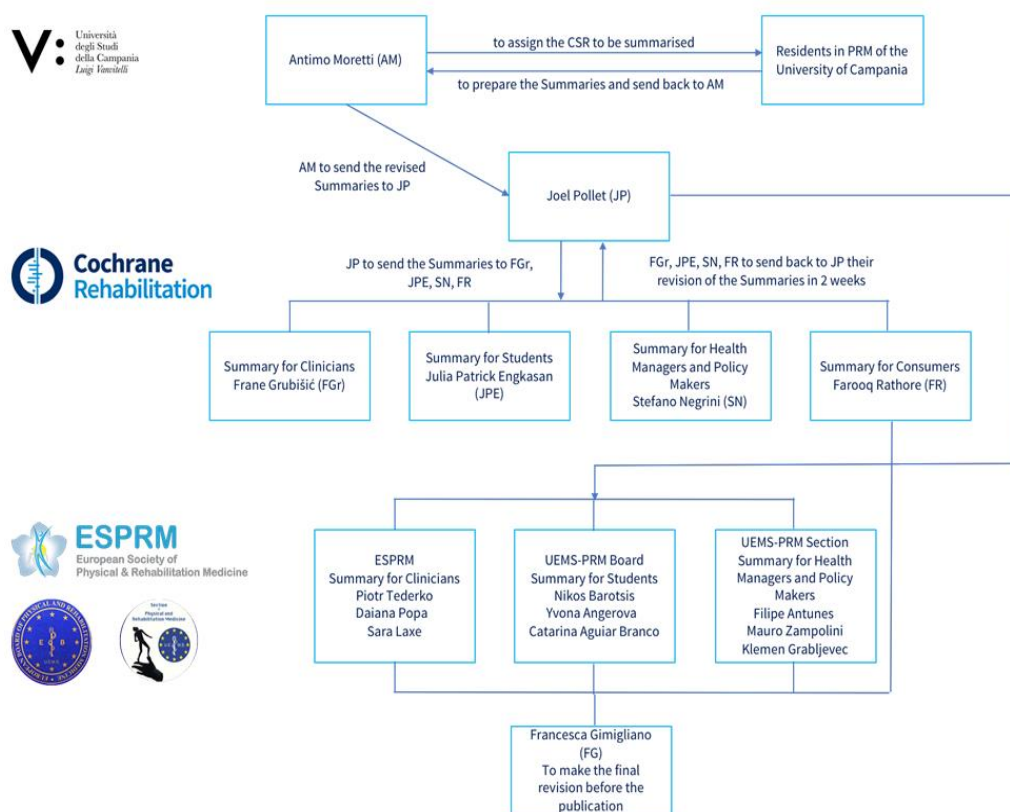
In 2018, the Committee started to produce, translate and disseminate blogshots of the newly published reviews of rehabilitation interest (<https://rehabilitation.cochrane.org/news-events/blogshots>).

Specific actions

➤ *Cochrane Rehabilitation ebook*

Cochrane Rehabilitation, in collaboration with the European Bodies of Physical and Rehabilitation Medicine (PRM) and the University of Campania “Luigi Vanvitelli” (Italy), has started since March 2018 the production of an ebook in which all Cochrane Reviews, tagged by our Review Committee, are being indexed and summarised in 4 different formats: clinicians, students, health managers and policy makers, and consumers (see figure 1).

Figure 1: Flowchart on the ebook production process



➤ *Prioritization exercise*

Priority setting process is a task of all Cochrane Groups whose importance has been underlined by the Cochrane Knowledge Translation Strategy. Its aim is to ensure that Cochrane produces the right reviews according to the need of the different audiences, that are involved in the prioritisation process. This allow the people who use Cochrane reviews (consumers, healthcare professionals, policy makers) to engage with the Cochrane Networks at the earliest possible stage in the review production process.

The Prioritisation Process of Cochrane Rehabilitation starts from the ebook production discussed elsewhere in this report.

It has been pre-defined an index of the ebook, coming from the indexes of many treatises and educational curricula. It has been checked how many reviews there are for each topic of this pre-defined index, and in this way, gaps have been already identified, and where most of the Cochrane reviews are. The next steps will be to validate the index and to prioritize the future Cochrane reviews in agreement with rehabilitation stakeholders and Cochrane Networks of rehabilitation interest. At this moment almost 40 countries from all the continents have agreed to participate with complete teams of different rehabilitation professionals. Some Delphi Rounds are under way and we expect to complete our first prioritisation effort by this spring.

➤ *Translations*

To ensure the largest dissemination of Cochrane Rehabilitation materials also to those who are not fluent in English, Cochrane Rehabilitation has been translating Cochrane Rehabilitation flyer and blogshots in Croatian, Dutch, French, Italian, Japanese, and Spanish. Most of these translations are done in collaboration with the National Societies and/or Regional Cochrane Centres.

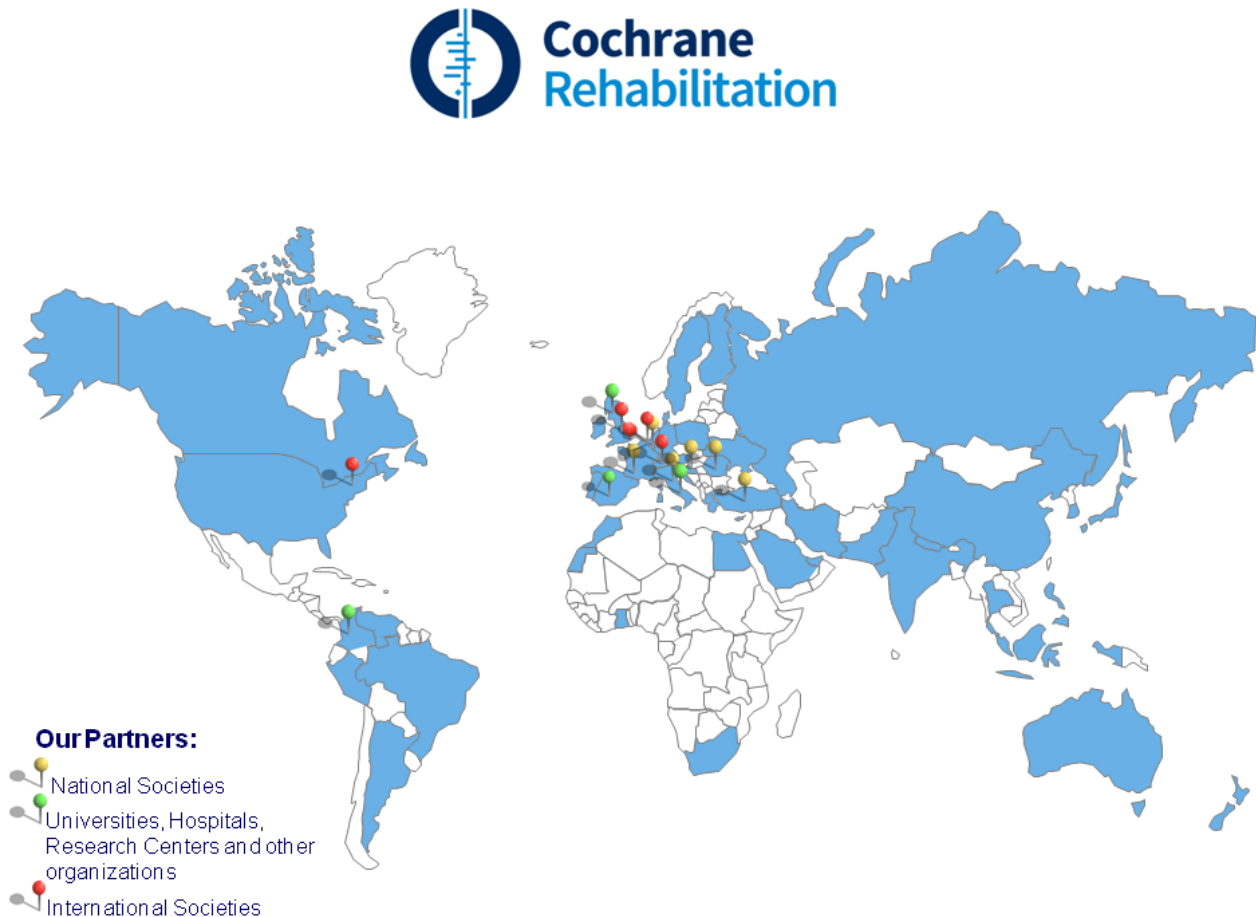
➤ *Collaboration with the World Health Organisation (WHO)*

With the goal of improving the current rehabilitation practice with the best evidence available, Cochrane Rehabilitation has just started a collaboration with the WHO for the development of a package of rehabilitation interventions for different health conditions.

➤ *Partnerships.*

During the year 2018, Cochrane Rehabilitation signed Memoranda of Understanding with several National and International Scientific Societies of Rehabilitation, Universities, Hospitals, Research Centres and other organizations (see figure 2). The details of these partnerships are available on our website (<https://rehabilitation.cochrane.org/about-us/partners>).

Figure 2: Map of Cochrane Rehabilitation's partners in the world.



List of the papers published in 2018:

- Zasler N, Kreutzer J, Arienti C, Oral A. The Cochrane Corners in NeuroRehabilitation: A Cochrane Rehabilitation initiative. *NeuroRehabilitation* 2018;43(2):111-112.
- Lyritis GP, Rizou S, Oral A, Arienti C. Cochrane Corners in JMNI. *J Musculoskelet Neuronal Interact* 2018;18(4):402-403.
- Oral A. Does cognitive rehabilitation improve occupational outcomes including employment and activities of daily living, as well as quality of life and community integration in individuals with traumatic brain injury? - A Cochrane Review summary with commentary. *NeuroRehabilitation* 2018 Oct 24. doi: 10.3233/NRE-189002.
- Grubišić F. Are serotonin and noradrenaline reuptake inhibitors effective, tolerable, and safe for adults with fibromyalgia? A Cochrane Review summary with commentary. *J Musculoskelet Neuronal Interact*. 2018;18(4):404-406.
- Moretti A, Gimigliano F, Arienti C, Pollet J, Kiekens C, Negrini S. The Cochrane Rehabilitation eBook: a knowledge translation tool to transfer evidence to different rehabilitation audiences. *Eur J Phys Rehabil Med*. 2018 Aug;54(4):622-3.
- Negrini S, Arienti C, Pollet J, Engkasan JP, Gimigliano F, Grubisic F, et al. Cochrane Rehabilitation: report of the first year of work. *Eur J Phys Rehabil Med*. 2018 Jun;54(3):463-5.
- Arienti C, Gimigliano F, Ryan-Vig S, Kiekens C, Negrini S. Cochrane Rehabilitation blogshots: a modern method to spread Cochrane Evidence. *Eur J Phys Rehabil Med*. 2018 Jun;54(3):466-8.
- Arienti C, Gimigliano F, Pollet J, Kiekens C, Negrini S. [Cochrane and World Health Organization "Rehabilitation 2030: a call for action"]. *Recenti Prog Med*. 2018 Feb;109(2):149-50.
- Arienti C, Gimigliano F, Pollet J, Kiekens C, Negrini S. [Cochrane Rehabilitation: a new field for evidence production and dissemination.]. *Recenti Prog Med*. 2018 Feb;109(2):127-9.

List of the meetings in 2018 where Cochrane Rehabilitation topics were presented:

- Annual Congress of the Royal Belgian Physical and Rehabilitation Medicine Society, Leuven, Belgium, December 2018
- Slovenian PRM Congress, add location please, November 2018
- 41st Romenian PRM Congress, Cluj-Napoca, Romania, October 2018
- XLVI Congress of the Italian Society of Physical and Rehabilitation Medicine (SIMFER), Ancona, Italy, September 2018
- Cochrane Colloquium, Edinburgh, UK, September 2018
- 57th ISCoS Annual Scientific Meeting, Sidney, Australia, September 2018
- 12th World Congress of the International Society of Physical and Rehabilitation Medicine (ISPRM2018), Paris, France, July 2018
- 21st European Congress of Physical and Rehabilitation medicine (ESPRM 2018), Vilnius, Lithuania, May 2018
- VII Croatian Congress of PRM, Sibenik-Solaris, Croatia, April 2018
- 13th International Meeting of the Society Of Scoliosis Orthopedic Rehabilitation and Treatment (SOSORT), Dubrovnik, Croatia, April 2018
- XVIII National Congress of the Italian Society of NeuroRehabilitation (SIRN), Trieste, Italy, April 2018
- Cochrane Italia Congress, Milan, Italy, March 2018
- Association of Academic Physiatry (AAP), Atlanta, USA, February 2018
- 10th World Congress for Neurorehabilitation (WFNR), Powai, Mumbai, India, February 2018