



Moroccan Society of Physical
and Rehabilitation Medicine

تحت الرعاية السامية لصاحب الجلالة الملك محمد السادس
under the high patronage of His Majesty King Mohammed VI



Mediterranean Forum of Physical
and Rehabilitation Medicine

13th

MEDITERRANEAN CONGRESS OF PHYSICAL & REHABILITATION MEDICINE

November 2019, 7th to 10th, Marrakech, Morocco

20th National Moroccan
PRM Congress



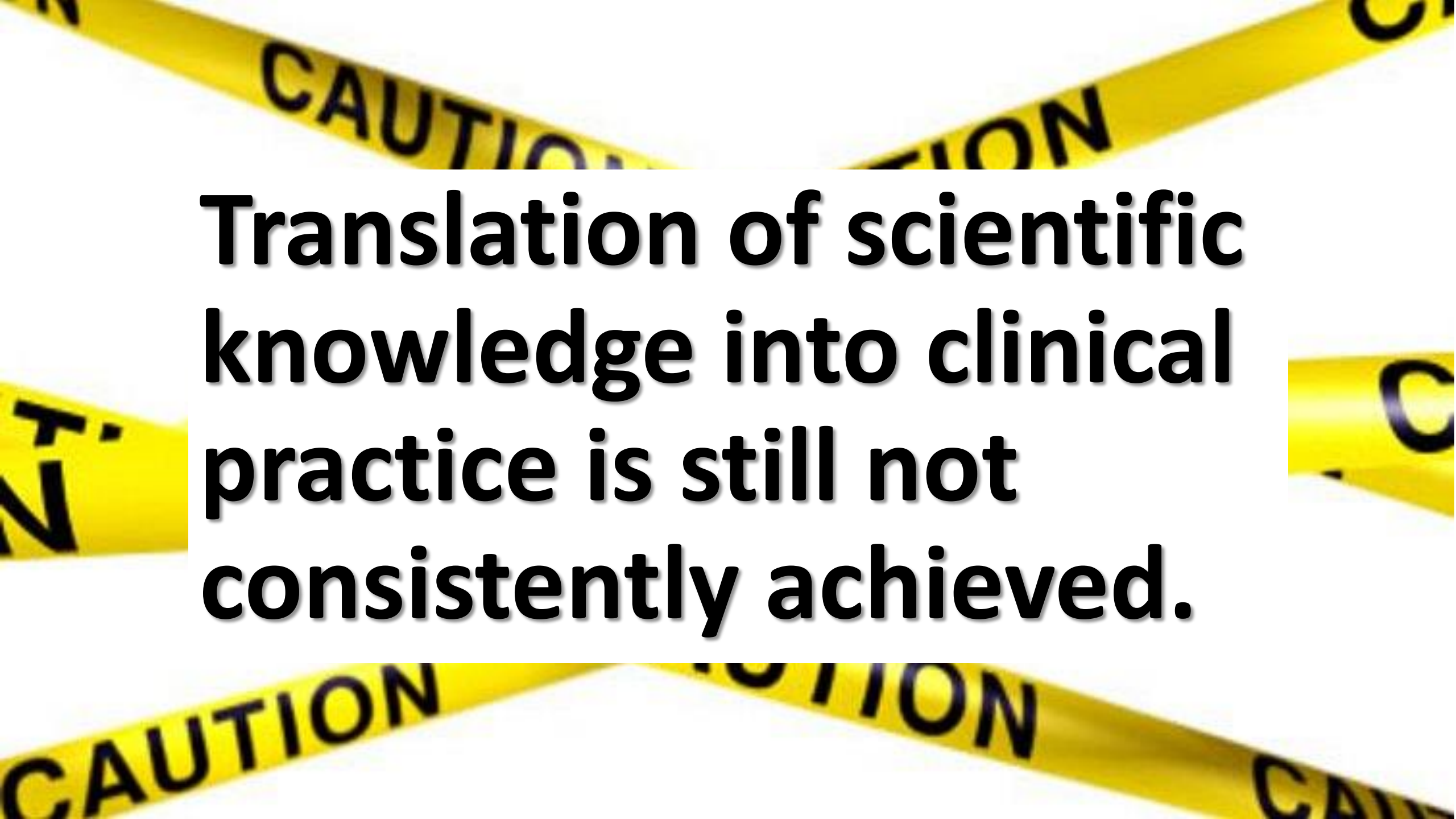
www.prmcongress2019morocco.ma



Evidence-Based Practice dictates that “current best evidence” should support:

Conscientiously
Explicitly
Judiciously

the healthcare decision making process.



Translation of scientific knowledge into clinical practice is still not consistently achieved.



Cochrane Knowledge Translation

“a dynamic and interactive process that includes the synthesis, dissemination, exchange, and ethically sound application of knowledge to improve health, provide more effective health services and products, and strengthen the health care system.”

Knowledge translation is not linear...

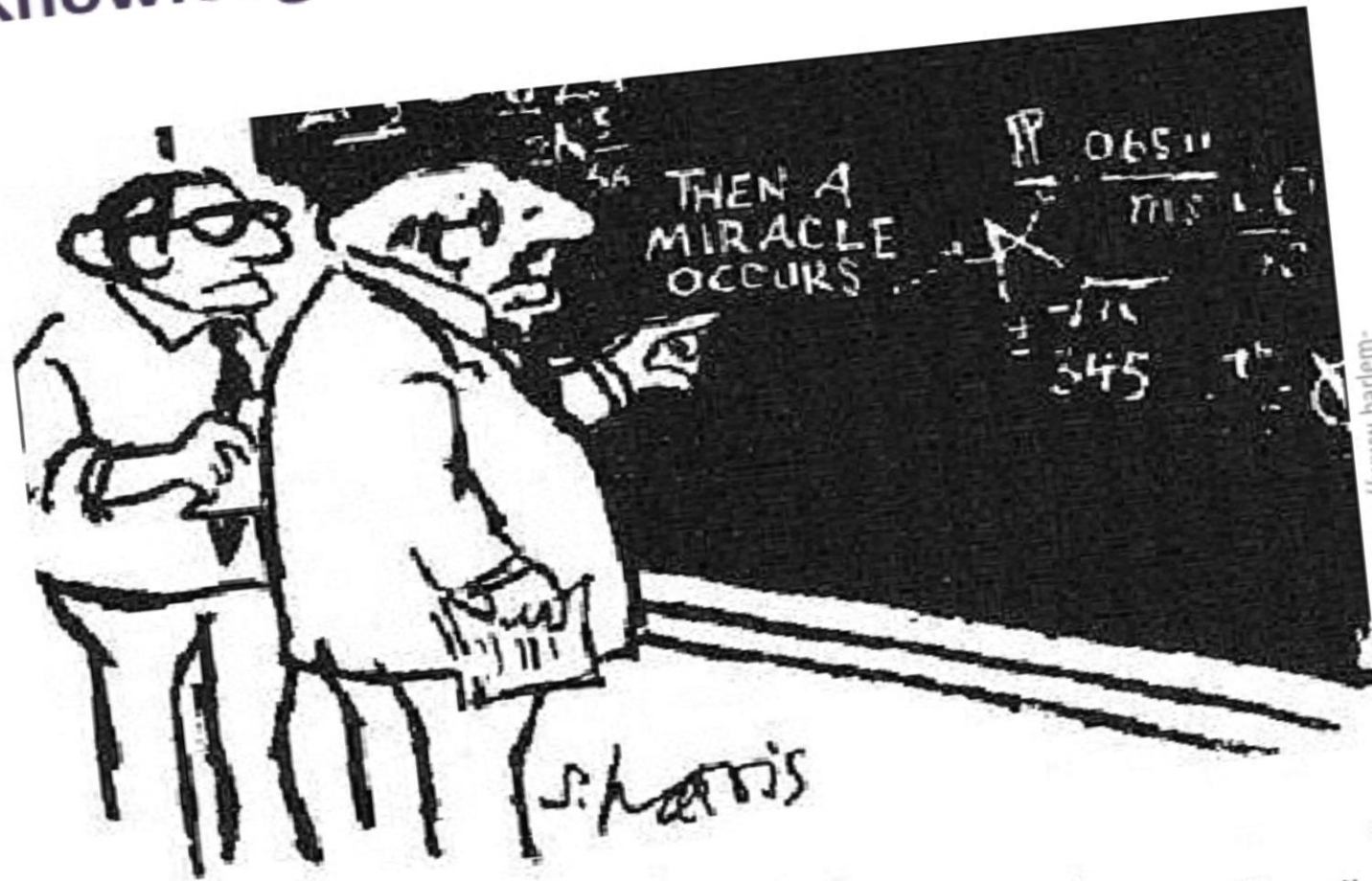


Image from: http://www.harlem-school.com/10TH/math_pdf/math.html

"I think you should be more explicit here in step two."



Getting the right information, to
the right people, at the right
time, and in the right format, so
as to influence decision making





The dissemination of Cochrane evidence is a key step in moving from knowledge to action.

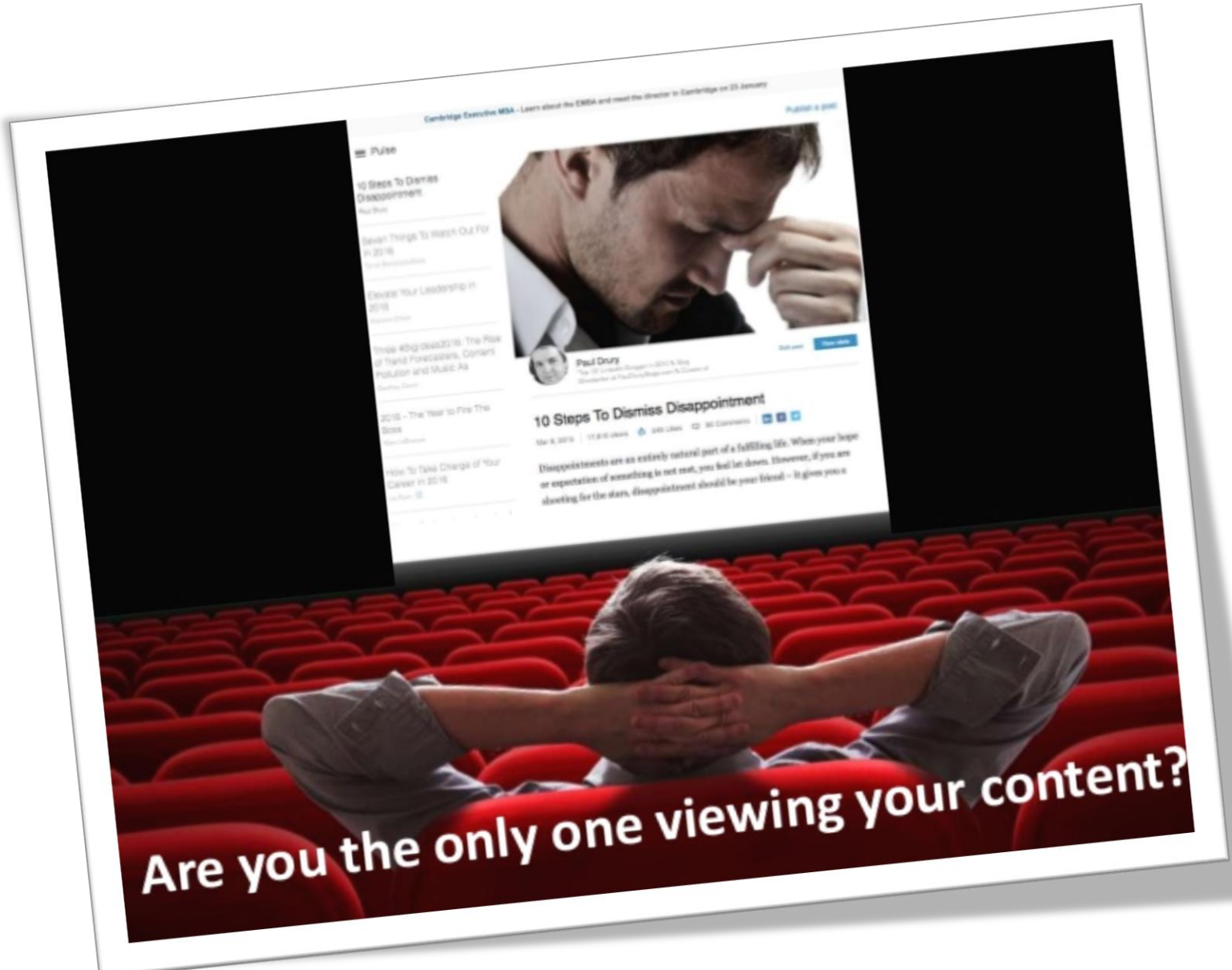


A ction

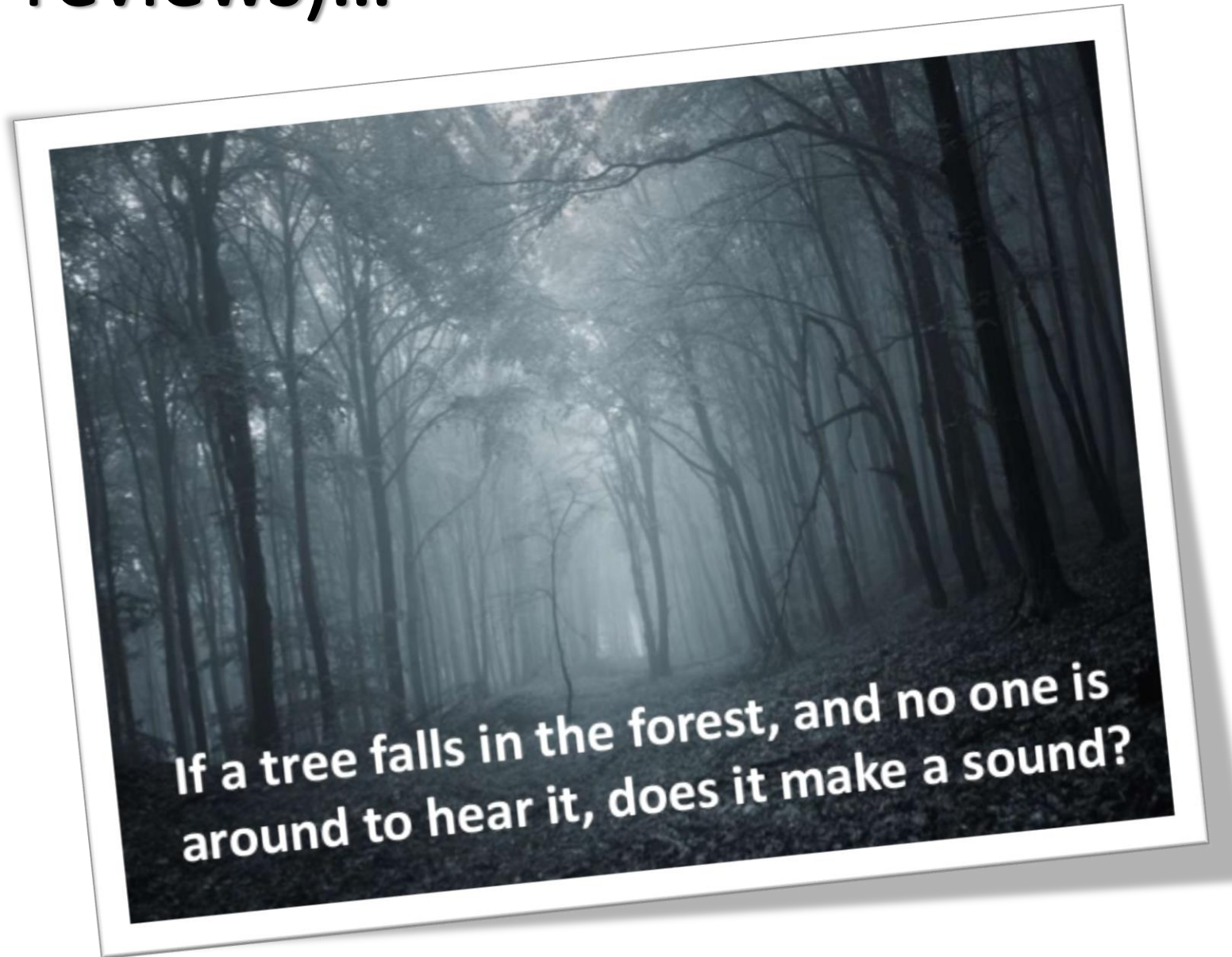
C hanges

T hings

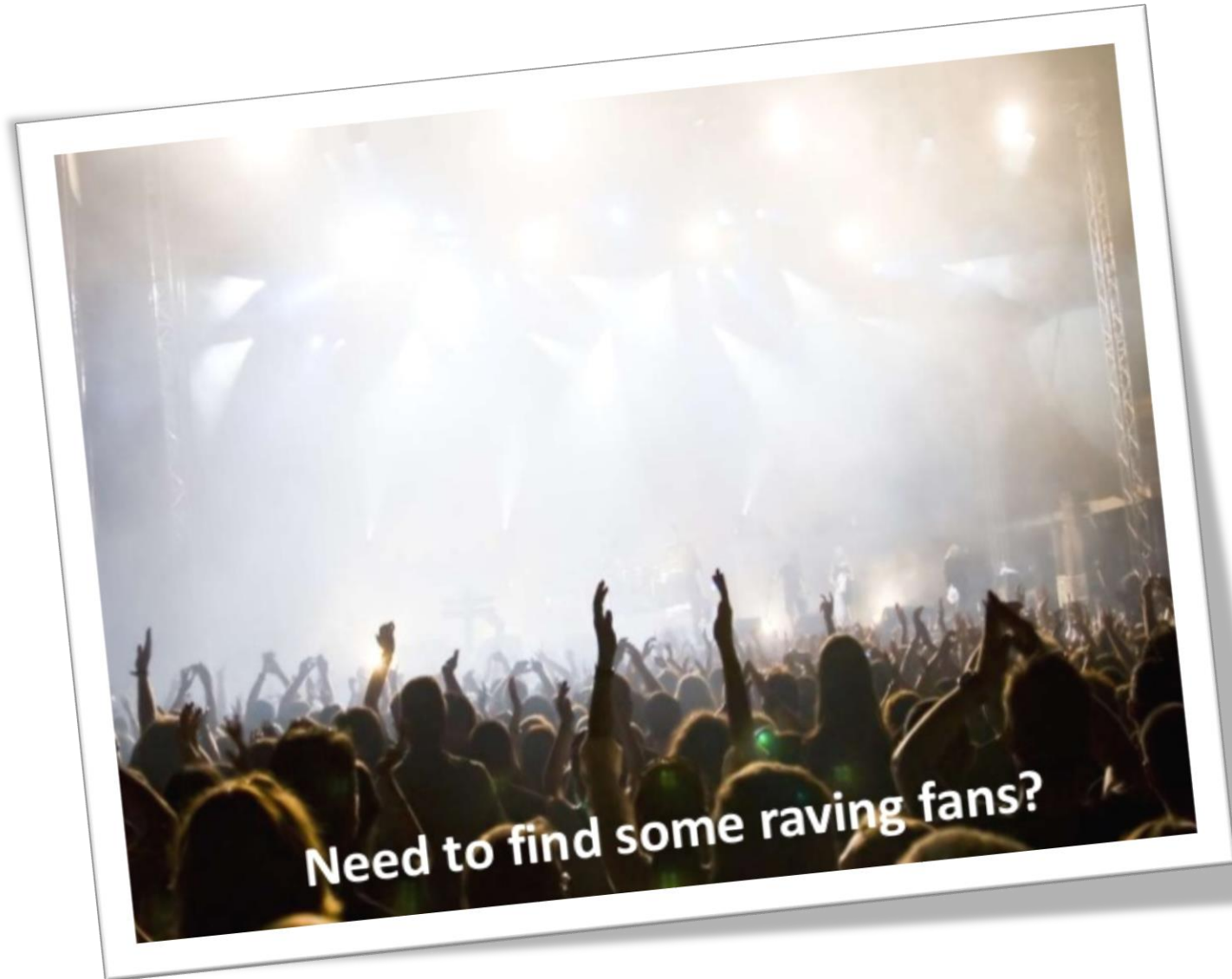
After the production of the primary research (RCTs)...



...and secondary evidence syntheses (systematic reviews)...



...knowledge dissemination to end-users using different media...





[Hrvatski](#)

[English](#)

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[Français](#)

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Search...



Cochrane Rehabilitation

Trusted evidence.
Informed decisions.
Better health.

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Publications

Publications

- Methodological Publication Series 2019
- Cochrane Corners
- Education and Training
- Methodology
- Flyer

Negrini S, Arienti C, Engkasan JP, Gimigliano F, Grubisic F, Howe T, et al.
Cochrane Rehabilitation: 2018 annual report. Eur J Phys Rehabil Med. 2019 Apr;55(2):314-8. [Pubmed link](#)

Levack WMM, Rathore FA, Pollet J, Negrini S. **One in 11 Cochrane Reviews Are on Rehabilitation Interventions, According to Pragmatic Inclusion Criteria Developed by Cochrane Rehabilitation.** Arch Phys Med Rehabil. 2019 Mar 2; [Pubmed link](#)

Keep Posted





Hrvatski

English

Cochrane Library

Search...



Cochrane
Hrvatska

Pouzdana dokazi.
Informirane odluke.
Bolje zdravlje.

O nama

Novosti

Izobrazba

Izvori informacija

Publikacije

Pitanja i odgovori

COCHRANEOVA EDUKACIJA DENTALNA MEDICINA UTEMELJENA NA DOKAZIMA

23. svibna 2019.

Stomatološki fakultet u Zagrebu

Dentalna medicina utemeljena
na dokazima



Cochrane laički sažetci

Cochrane blogshots (slikovni blog)

Cochrane
glasovni zapis





PEDro

PHYSIOTHERAPY EVIDENCE DATABASE

Advanced search

Simple search

Consumer search

English

- Nominate a top 5 trial
- Frequently asked questions
- Search help

Welcome to PEDro

PEDro is the Physiotherapy Evidence Database, a free database of over 43,000 randomised trials, systematic reviews and clinical practice guidelines in physiotherapy. For each trial, review or guideline, PEDro provides the citation details, the abstract and a link to the full text, where possible. All trials on PEDro are independently assessed for quality. These quality ratings are used to quickly guide users to trials that are more likely to be valid and to contain sufficient information to guide clinical practice. PEDro is produced by the Institute for Musculoskeletal Health, School of Public Health at the University of Sydney and is hosted by Neuroscience Research Australia (NeuRA).

Partner



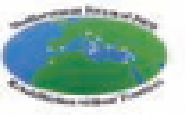
AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION

Evidence in your inbox

Select from 15 areas of physiotherapy practice. The latest research will arrive in your inbox

The image shows a television test pattern. It features a white background on the left side, transitioning into a series of vertical color bars: yellow, cyan, magenta, red, and blue. A black horizontal bar is centered across the middle of the screen, containing the text "NO SIGNAL" in white, bold, uppercase letters. At the bottom of the screen, there is a thin horizontal bar with a sequence of colored segments: blue, black, magenta, black, cyan, black, and white.

NO SIGNAL



...specific new mean to convey Cochrane Evidence...





“Blogshots” are a new means of presenting evidence in a way that can be easily accessed and understood.

Yoga for stroke rehabilitation



We are uncertain whether yoga improves quality of life, balance, gait, depression, anxiety and disability in stroke survivors. Whether or not yoga has any adverse effects is also uncertain.



Cochrane Review; two studies with 72 people comparing yoga vs waiting-list control in adults with stroke.

Cochrane Review by: Cochrane Stroke Group



We are uncertain whether yoga improves quality of life, balance, gait, depression, anxiety and disability in stroke survivors. Whether or not yoga has any adverse effects is also uncertain.



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Cochrane Review by: Cochrane Stroke Group





These infographics are proving to be popular as a means to rapidly convey key information about a Cochrane Review.



**Cochrane
Rehabilitation**

Trusted evidence.
Informed decisions.
Better health.

Search...

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Evidence

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Blogshots

- ◆ Blogshots
- ◆ Events
- ◆ Newsletters

Newly published review of rehabilitation interest Translated in:

Paracetamol versus placebo for knee and hip osteoarthritis

Physical exercise training for type 3 spinal muscular atrophy

Exercise-based cardiac rehabilitation for adults with heart failure

Keep Posted



[Comment](#)

[Comment](#)

[Comment](#)



Since January 2018, Cochrane Rehabilitation has begun to translate blogshots of Cochrane Reviews relevant to rehabilitation in collaboration with Cochrane UK and others within Cochrane.



Pouzdana dokazi.
Informirane odluke.
Bolje zdravlje.

- O nama
- Novosti
- Izobrazba
- Izvori informacija
- Publikacije
- Pitanja i odgovori

Cochrane blogshots (slikovni blogovi)

- Cochrane knjižnica
- Prijevodi
- Protokoli i sustavni pregledi hrvatskih autora
- Što su sustavni pregledi? (YouTube video)
- Cochrane glesovni zapisi
- Cochrane blogshots (slikovni blogovi)
- Portal "Dokazi u medicini"
- Knjige "Gdje su dokazi?"
- Knjižica "Gles rezume o ranom otkrivanju bolesti"
- Knjižica "Nemem što izgubiti ako pokušam"
- Posebna zbirka Cochraneovih laičkih sažetaka o dojenju

Cochrane blogshots odnosno slikovni blogovi su način pružanja informacija putem slika koje se mogu dijeliti na društvenim mrežama, a s ciljem prikaza sažetih informacija o Cochraneovim sustavnim pregledima. U nastavku pogledajte slikovne blogove prevedene na hrvatski jezik:



Može li liječenje bolesti desni spriječiti komplikacije u trudnoći?



Nema dokaza o tome da liječenje bolesti desni smanjuju broj prijevremeno rođene djece (prije 37. tjedna), ali može smanjiti broj djece porođajne težine manje od 2500 grama.



Cochraneov sustavni pregled analizirao je rezultate 15 kliničkih pokusa s ukupno 7161 trudnica s gingivitisom.



Pronađeni dokazi su niske kvalitete.

Više informacija možete potražiti na: <http://cochranelibrary-wiley.com/doi/10.1002/14651858.CD005297.pub3/full>





Vocational rehabilitation for enhancing return-
to-work in workers with traumatic upper limb
injuries

Croatian, Dutch,
French, Italian,
Japanese,
Spanish

Yoga for stroke rehabilitation

Croatian, Dutch,
French, Italian,
Japanese,
Spanish

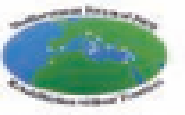


Cochrane

About Cochrane

Publications

Community



Where can you find blogshots?

- Cochrane Blogshots Archive

<https://cochraneblogshots.tumblr.com/>

- Cochrane Rehabilitation Facebook page

<https://www.facebook.com/CochraneRehab/>

- Cochrane Rehabilitation Twitter account

<https://twitter.com/cochranerehab>

- Cochrane Rehabilitation monthly newsletter

<https://rehabilitation.cochrane.org/news-events/blogshots>

KNOWLEDGE TRANSLATION =

synthesis

A fundamental unit of KT that is fulfilled in partnership with CHI's Knowledge Synthesis platform. It involves synthesizing results of individual research studies and interpreting findings or results in the context of global evidence.

exchange

The two-way sharing of knowledge between research producers and users. It may incorporate "integrated KT", featuring end users as partners in the research process.

application

Often called "implementation", application refers to putting research into practice, policy and/or action. Attempts should be made to use theory to inform application.

dissemination

Sometimes referred to as "end-of-grant KT", dissemination refers to the communication or sharing of research results.

of **KNOWLEDGE** to **IMPROVE**

health

the
healthcare
system

health
service
delivery



blogshot your reviews...



Evidently Cochrane

Sharing health evidence you can trust

Supported by



Ibuprofen 200mg + caffeine 100mg gives good relief for acute pain. This can probably be achieved by taking a single 200mg ibuprofen tablet with a cup of modestly strong coffee or other caffeinated drink or caffeine tablets



New Cochrane review. 5 randomised controlled trials, 1501 adults with moderate to severe postoperative pain



Moderate quality evidence (GRADE)



Find out more: <http://bit.ly/1LF62OK>

Caffeine + ibuprofen for acute pain relief



“ Thank you for your attention ”