

# Cochrane Rehabilitation ebook

“Live” ebook available for free in internet to be constantly updated including all Cochrane Systematic Reviews relevant to Rehabilitation



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# Cochrane Rehabilitation ebook

The ebook is financed and co-authored by the **European Physical and Rehabilitation Medicine Bodies Alliance**, including:

- European Union of Medical Specialists (UEMS), Physical and Rehabilitation Medicine Section & Board
- European Society of Physical and Rehabilitation Medicine (ESPRM)
- European Academy of Rehabilitation Medicine (EARM)

and in collaboration with:

- University of Campania “Luigi Vanvitelli”, Napoli, Italy
- Marche Polytechnic University, Ancona, Italy



# Cochrane Rehabilitation ebook

1. Identification of all the **Cochrane Systematic Reviews relevant to Rehabilitation** by the **Cochrane Rehabilitation Review Group**



## Archives of Physical Medicine and Rehabilitation

journal homepage: [www.archives-pmr.org](http://www.archives-pmr.org)

Archives of Physical Medicine and Rehabilitation 2019;100:1492-8



### ORIGINAL RESEARCH

## One in 11 Cochrane Reviews Are on Rehabilitation Interventions, According to Pragmatic Inclusion Criteria Developed by Cochrane Rehabilitation



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# Cochrane Rehabilitation ebook

2. First draft of the ebook index: consultation of the tables of contents of the most referenced and updated Rehabilitation books
3. Following drafts: 4 delphi rounds involving physiatrists, physical therapists, nurses, occupational therapists, psychologists, orthotists/prosthetists, speech therapists, and neuropsychologists

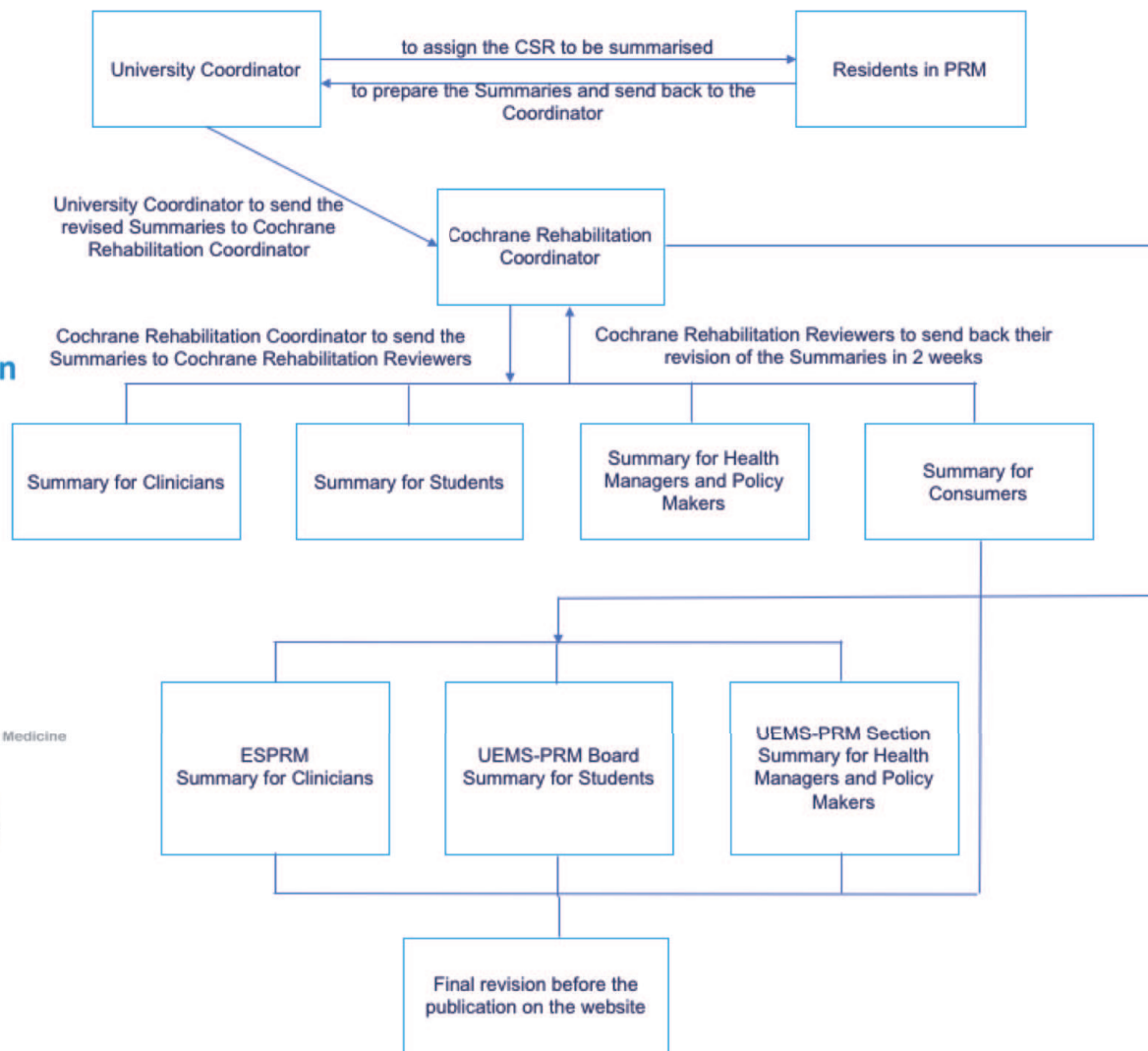


# Cochrane Rehabilitation ebook

4. Matching of the Cochrane Systematic Reviews with the content of the final draft of the index
5. **Prioritization exercise** to put in evidence:
  - Existing gaps in Cochrane Systematic Reviews production
  - Redundancies



6.



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## Exercise for hand osteoarthritis

|                             |                                                                                                                                                                                                                               |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reference                   | Reference:<br>Østerås N, Kjeker I, Smedslund G, Moe RH, Slatkowsky-Jensen L. Exercise for hand osteoarthritis. Cochrane Database of Systematic Reviews 2015, Issue 12. Art. No. CD010388. DOI: 10.1002/14651858.CD010388.pub2 |
| Abstract                    |                                                                                                                                                                                                                               |
| Plain language summary      | DOI: 10.1002/14651858.CD010388.pub2                                                                                                                                                                                           |
| Summary for clinicians      | Authors:<br>Østerås N, Kjeker I, Smedslund G, Moe RH, Slatkowsky-Jensen L                                                                                                                                                     |
| Summary for students        | Group: <a href="#">Cochrane Musculoskeletal Group</a>                                                                                                                                                                         |
| Summary for health managers |                                                                                                                                                                                                                               |
| Summary for consumers       |                                                                                                                                                                                                                               |

Diseases:  
1. Musculoskeletal > 1.10 Wrist and Hand injuries

Interventions:  
Rehabilitation in general  
Exercises



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## Exercise for hand osteoarthritis

|                             |                                                                                                                                                                                                                                                                                                                                      |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reference                   | Abstract:                                                                                                                                                                                                                                                                                                                            |
| Abstract                    | Background                                                                                                                                                                                                                                                                                                                           |
| Plain language summary      | Hand osteoarthritis (OA) is a prevalent joint disease that may interfere with performing hand-related activities of daily living. Currently, no pharmacological modalities are recommended as first-line treatment for hand OA. However, exercise has been documented, but the effect of exercise on hand osteoarthritis is unclear. |
| Summary for clinicians      |                                                                                                                                                                                                                                                                                                                                      |
| Summary for students        |                                                                                                                                                                                                                                                                                                                                      |
| Summary for health managers | Objectives                                                                                                                                                                                                                                                                                                                           |
| Summary for consumers       | To assess the benefits and harms of exercise compared with other interventions, including placebo or no intervention, in people with hand OA. Main outcomes are hand pain and hand function.                                                                                                                                         |
|                             | Search methods                                                                                                                                                                                                                                                                                                                       |
|                             | We searched six electronic databases up until September 2015.                                                                                                                                                                                                                                                                        |
|                             | Selection criteria                                                                                                                                                                                                                                                                                                                   |

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## Exercise for hand osteoarthritis

|                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reference                   | Plain language summary:                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Abstract                    | Exercise for hand osteoarthritis                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Plain language summary      | Background - What is hand osteoarthritis and what is exercise?                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Summary for clinicians      | Osteoarthritis (OA) is a disease of the joints that causes joint pain, stiffness and swelling. It may hinder people from doing what they want and need to do. Usually, symptoms come on slowly but get worse over time. OA may occur in any joint but is most commonly seen in the hip, knee and small joints of the hand. No cure for OA is known, but available treatment alternatives may reduce pain and stiffness, increase function and improve self-management of the disease. |
| Summary for students        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Summary for health managers | Exercise is an activity done to improve or maintain your fitness, ability or performance. A period of planned exercise often aims to improve or maintain muscle strength, physical fitness, joint mobility and overall health.                                                                                                                                                                                                                                                        |
| Summary for consumers       | Study characteristics                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |



# Summary for clinicians

**Target audience:** All clinicians and allied rehabilitation health professionals

**Approved by ESPRM delegates**

## Guidelines:

[First paragraph] What we know and what we don't know about the investigated intervention

[Second paragraph] The aim of this Cochrane Systematic Review was to ....

[Third paragraph] The main outcomes included were ...

[Fourth paragraph] Interventions included ...

[Fifth paragraph] Control groups included ...

[Sixth paragraph] This Cochrane Systematic Review analysed X studies, including X participants...

[Seventh paragraph] Briefly describe the main results considering the summary of findings table (GRADE) whenever possible

[Eighth paragraph] Conclusions based on the main results. Consider the paragraph "Implications for practice" and use the 'probably'/'may' scheme of the "Plain Language Summary guidance", developed by Cochrane Norway

## Exercise for hand osteoarthritis

|                                    |                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Reference</b>                   | <b>Summary for clinicians:</b>                                                                                                                                                                                                                                                                                                                                                         |
| <b>Abstract</b>                    | Despite the pathophysiology of hand osteoarthritis is well known, there is no effective treatment to cure it.                                                                                                                                                                                                                                                                          |
| <b>Plain language summary</b>      | The aim of this Cochrane systematic review was to assess the benefits and harms of hand exercises in a population of patients with hand osteoarthritis. The most significant outcomes analysed were hand pain, function, joint stiffness, quality of life, and adverse effect.                                                                                                         |
| <b>Summary for clinicians</b>      | Hand exercise programmes comprise exercises designed to improve muscle strength, joint mobility and/or joint stability.                                                                                                                                                                                                                                                                |
| <b>Summary for students</b>        | The control group included people with hand osteoarthritis treated with no exercise (e.g. usual care, wait list), placebo (sham exercise), other interventions (including patient education, use of assistive technology, functional activity training, hand cream, orthoses or any combination of two or more of these interventions) or comparison of different exercise programmes. |
| <b>Summary for health managers</b> | The Cochrane systematic review analysed data from 7 randomized controlled trials (RCTs) including 534 participants.                                                                                                                                                                                                                                                                    |
| <b>Summary for consumers</b>       |                                                                                                                                                                                                                                                                                                                                                                                        |



# Summary for students

**Target audience:** Medical or allied rehabilitation health professionals students

**Approved by UEMS-PRM Board delegates**

## Guidelines:

[First paragraph] Brief description of the disease/syndrome (as answering to the question what is the problem?)

[Second paragraph] Brief description of the investigated treatment

[Third paragraph] The aim of this Cochrane Systematic Review was to ...

[Fourth paragraph] Brief summary of the results as described in the plain language summary. Current evidence shows that ...

[Fifth paragraph] Comment on how and if the evidence could change in the future. Considering the ... quality of the evidence, future research is likely/not likely to change the estimate of the above findings

## Exercise for hand osteoarthritis

### Reference

### Abstract

### Plain language summary

### Summary for clinicians

### Summary for students

### Summary for health managers

### Summary for consumers

### Summary for students:

Hand osteoarthritis is the most common form of arthritis. Its incidence is higher among older women. It is characterized by progressive joint deterioration resulting in joint swelling, inflammation, bony enlargement and bone erosion in with consequent activity limitations and participation restrictions.

There are several symptomatic treatment options available for hand osteoarthritis, aiming to reduce pain and functional disability. In particular, among non-pharmacological approaches, exercise might be effective and safe for all people with hand osteoarthritis.

This Cochrane systematic review concluded that exercise might reduce hand pain and finger joint stiffness and improve hand function among people with hand osteoarthritis, but the level of evidence is low. There is insufficient evidence on the effect of hand exercise on quality of life.

Considering the low quality of the evidence, it is very likely that future trials may change the quantitative effect, while the overall efficacy of the treatment may or not change.

The summary was prepared by:



# Summary for health managers

**Target audience:** Policy decision makers and Rehabilitation administrators

**Approved by UEMS-PRM Section delegates**

## Guidelines:

[First paragraph] Brief description of the epidemiology of the disease, reporting data in terms of 1/100.000 or 1/1.000.000 people, and the costs of the disease and its management. “Epidemiological studies suggest that... The economic burden of ... is ...”

[Second paragraph] Brief description of the standard treatment and how the investigated treatment is part of it or alternative to it, including International or National guidelines, if appropriate. “International and national guidelines state that...”

[Third paragraph] Very brief summary of the main results as described in the plain language summary. “Current evidence shows that ...”

[Fourth paragraph] Brief conclusion about rehabilitation. “Actual Cochrane evidence shows that ....” using the ‘probably’/‘may’ scheme of the “[Plain Language Summary guidance](#)”, developed by Cochrane Norway

## Exercise for hand osteoarthritis

|                             |                                                                                                                                                                                                                 |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reference                   | Summary for health managers:                                                                                                                                                                                    |
| Abstract                    | Hand osteoarthritis is a common disease for older people with a frequency of 100 per 100,000 person-years.                                                                                                      |
| Plain language summary      | There are several symptomatic treatments available but there is still no cure.                                                                                                                                  |
| Summary for clinicians      | According to the European League Against Rheumatism (EULAR) and the National Institute of Health and Care Excellence (NICE) guidelines, exercise therapy is a core treatment to improve hand pain and function. |
| Summary for students        |                                                                                                                                                                                                                 |
| Summary for health managers | Actual Cochrane evidence favours hand exercises that might be a feasible and cost-sparing intervention.                                                                                                         |
| Summary for consumers       | The summary was prepared by:<br><br>Author: Marco Paoletta                                                                                                                                                      |



# Summary for consumers

**Target audience:** Rehabilitation patients and caregivers

## Guidelines:

Summary of the plain language summary

Write in a clear and simple language as to explain to a patient his pathology, functioning and possible treatments

Focus on rehabilitation patients

## Exercise for hand osteoarthritis

|                                    |                                                                                                                                                                                                                                                                                                            |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Reference</b>                   | <b>Summary for consumers:</b>                                                                                                                                                                                                                                                                              |
| <b>Abstract</b>                    | Hand osteoarthritis is a chronic degenerative disease of the joints very common in the elderly. Patients usually present pain, stiffness and reduced hand function that might interfere with some activities of daily living.                                                                              |
| <b>Plain language summary</b>      |                                                                                                                                                                                                                                                                                                            |
| <b>Summary for clinicians</b>      | Currently there is no definitive cure for hand osteoarthritis. Available treatment strategies may reduce pain and stiffness, increase function and improve self-management of the disease. Exercise therapy can be considered as a first line treatment and it is recommended by international guidelines. |
| <b>Summary for students</b>        |                                                                                                                                                                                                                                                                                                            |
| <b>Summary for health managers</b> | This Cochrane systematic review found evidence in favour of exercise therapy (defined as interventions targeting muscle strength, joint mobility, joint stability training or a combination of these) over no therapy.                                                                                     |
| <b>Summary for consumers</b>       | The summary was prepared by:<br><br>Author: Marco Paoletta                                                                                                                                                                                                                                                 |

# Cochrane Rehabilitation ebook

7. Translation into different languages
8. Publication
9. Continuous updating



# KT strategy answers

Reach **all the audiences** with specific summaries and translations

Systematically collect **all the KT products**



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# KT strategy answers

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Determine the **priorities for review production** against an external reference system (a summary) instead of the actually prevailing internal reference system (review groups agendas - but what about the absence of a review group?)



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Create stable and relevant relationships with the stakeholders (involved in **co-production**)



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# A Pilot Project for Cochrane ?

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- Chief-Editor
- Editorial Board
- Output measurements



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## COCHRANE REHABILITATION CORNER

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### The Cochrane Rehabilitation eBook: a knowledge translation tool to transfer evidence to different rehabilitation audiences

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Joel POLLET <sup>4</sup> \*, Charlotte KIEKENS <sup>5, 6</sup>, Stefano NEGRINI <sup>4</sup>



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