

# Cochrane Rehabilitation

**Stefano Negrini**

Chair of Physical and Rehabilitation Medicine  
University of Brescia, Don Gnocchi Foundation  
Director of Cochrane Rehabilitation

Trusted evidence.  
Informed decisions.  
Better health.





# Disclosure

Nothing relevant to this talk

ISICO (Italian Scientific Spine Institute): stock

European Journal of Physical and Rehabilitation Medicine: congress expenses



# Outline

Cochrane:

- what it is, what it does, why it is important

Cochrane Rehabilitation:

- what it is, what it does, why it is important
- organization and actions performed

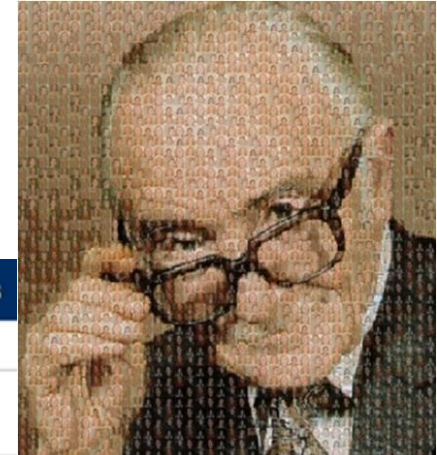




# Cochrane

what it is,  
what it does,  
why it is important

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Better health.





# Cochrane vision

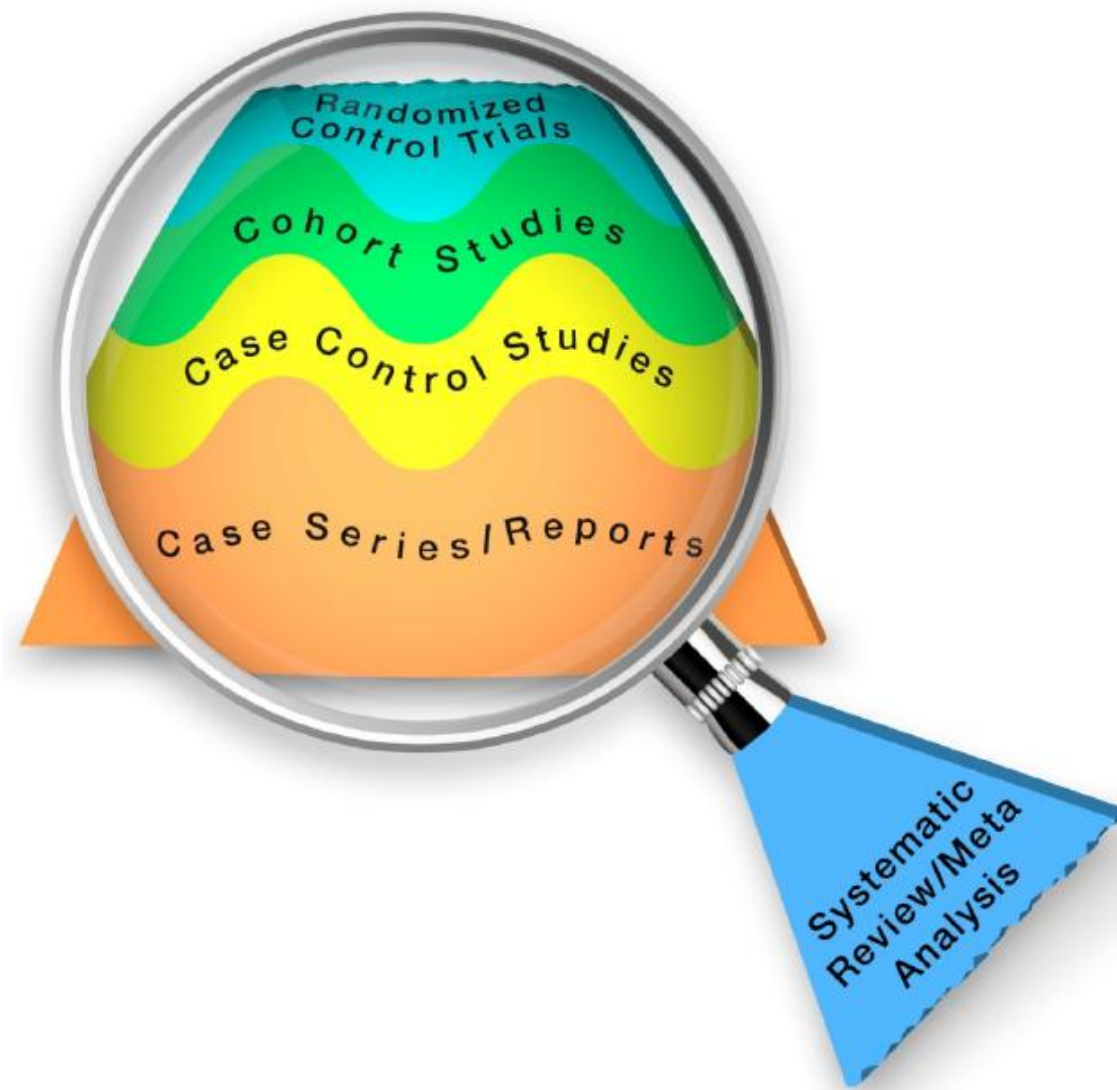
A world of improved health where decisions about health and health care are informed by high-quality, relevant and up-to-date synthesized research evidence.



# What does Cochrane do ?

Cochrane gathers and summarizes the best evidence from research producing **systematic reviews and meta-analysis** including only Randomized Controlled Trials (RCTs).

Cochrane **does not accept commercial or conflicted funding**





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Cochrane.org

Search title, abstract, keyword



Browse

Advanced Search

Cochrane Reviews ▾

Trials ▾

More Resources ▾

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gettyimages/FatCamera



**Patient reminders and recalls**  
Can they improve immunization rates?

[Read the review](#)



**Best of Cochrane Library: 2017**

[Read the Special Collection](#)



**Yoga for health and well-being**

[Read the Special Collection](#)

Highlighted Reviews

Editorials

Special Collections

**Interventions to prevent hypothermia at birth in preterm and/or low birth weight infants**

Emma M McCall, Fiona Alderdice, Henry L Halliday, Sunita Vohra, Linda Johnston

12 February 2018



**Cochrane**  
Interactive Learning





# Cochrane Rehabilitation

what it is,  
what it does,  
why it is important

Trusted evidence.  
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# 56 Cochrane Review Groups

- |   |   |   |  |
|---|---|---|--|
| 1. Acute Respiratory Infections Group             | 15. Developmental, Psychosocial and Learning Problems Group | 26. Hepato-Biliary Group                                  | 40. Neonatal Group                             |
| 2. Airways Group                                  | 16. Drugs and Alcohol Group                                 | 27. HIV/AIDS Group  | 41. Neuromuscular Group                        |
| 3. Anaesthesia, Critical and Emergency Care Group | 17. Effective Practice and Organisation of Care Group       | 28. Hypertension Group                                    | 42. Oral Health Group                          |
| 4. Back and Neck Group                            | 18. ENT Group   | 29. IBD Group   | 43. Pain, Palliative and Supportive Care Group |
| 5. Bone, Joint and Muscle Trauma Group            | 19. Epilepsy Group  | 30. Incontinence Group                                    | 44. Pregnancy and Childbirth Group             |
| 6. Breast Cancer Group                            | 20. Eyes and Vision Group                                   | 31. Infectious Diseases Group                             | 45. Public Health Group                        |
| 7. Childhood Cancer Group                         | 21. Fertility Regulation Group                              | 32. Injuries Group  | 46. Schizophrenia Group                        |
| 8. Cochrane Response                              | 22. Gynaecological, Neuro-oncology and Orphan Cancer Group  | 33. Kidney and Transplant Group                           | 47. Skin Group                                 |
| 9. Colorectal Cancer Group                        | 23. Gynaecology and Fertility Group                         | 34. Lung Cancer Group                                     | 48. STI Group                                  |
| 10. Common Mental Disorders Group                 | 24. Haematological Malignancies Group                       | 35. Metabolic and Endocrine Disorders Group               | 49. Stroke Group                               |
| 11. Consumers and Communication Group             | 25. Heart Group   | 36. Methodology Review Group                              | 50. Test CRG                                   |
| 12. Covidence Review Group                        |   | 37. Movement Disorders Group                              | 51. Tobacco Addiction Group                    |
| 13. Cystic Fibrosis and Genetic Disorders Group   |   | 38. Multiple Sclerosis and Rare Diseases of the CNS Group | 52. Upper GI and Pancreatic Diseases Group     |
| 14. Dementia and Cognitive Improvement Group      |   | 39. Musculoskeletal Group                                 | 53. Urology Group                              |
|   |   |   | 54. Vascular Group                             |
|   |   |   | 55. Work Group                                 |
|   |   |   | 56. Wounds Group                               |

## 4 with >20 reviews of PRM interest

1. Back and Neck
2. Bone, Joint and Muscle Trauma
3. Musculoskeletal
4. Stroke



## 28 with $\geq 1$ reviews of PRM interest

- |  |   |
|--|---|
| 1. Acute Respiratory Infections                      | 15. Incontinence                                    |
| 2. Airways   | 16. Injuries  |
| 3. Back and Neck                                     | 17. Kidney and Transplant                           |
| 4. Bone, Joint and Muscle Trauma                     | 18. Lung Cancer                                     |
| 5. Breast Cancer                                     | 19. Movement Disorders                              |
| 6. Cystic Fibrosis and Genetic Disorders             | 20. Multiple Sclerosis and Rare Diseases of the CNS |
| 7. Dementia and Cognitive Improvement                | 21. Musculoskeletal                                 |
| 8. Developmental, Psychosocial and Learning Problems | 22. Neonatal  |
| 9. Ear Nose and Throat disorders                     | 23. Neuromuscular                                   |
| 10. Eyes and Vision                                  | 24. Pain, Palliative and Supportive Care            |
| 11. Gynaecological, Neuro-oncology and Orphan Cancer | 25. Pregnancy and Childbirth                        |
| 12. Gynaecology and Fertility                        | 26. Stroke  |
| 13. Heart  | 27. Vascular  |
| 14. HIV/AIDS   | 28. Wounds  |





# Cochrane Organization

**Review Groups**: systematic **reviews**

**Methods Groups**: development of **methods** for reviews

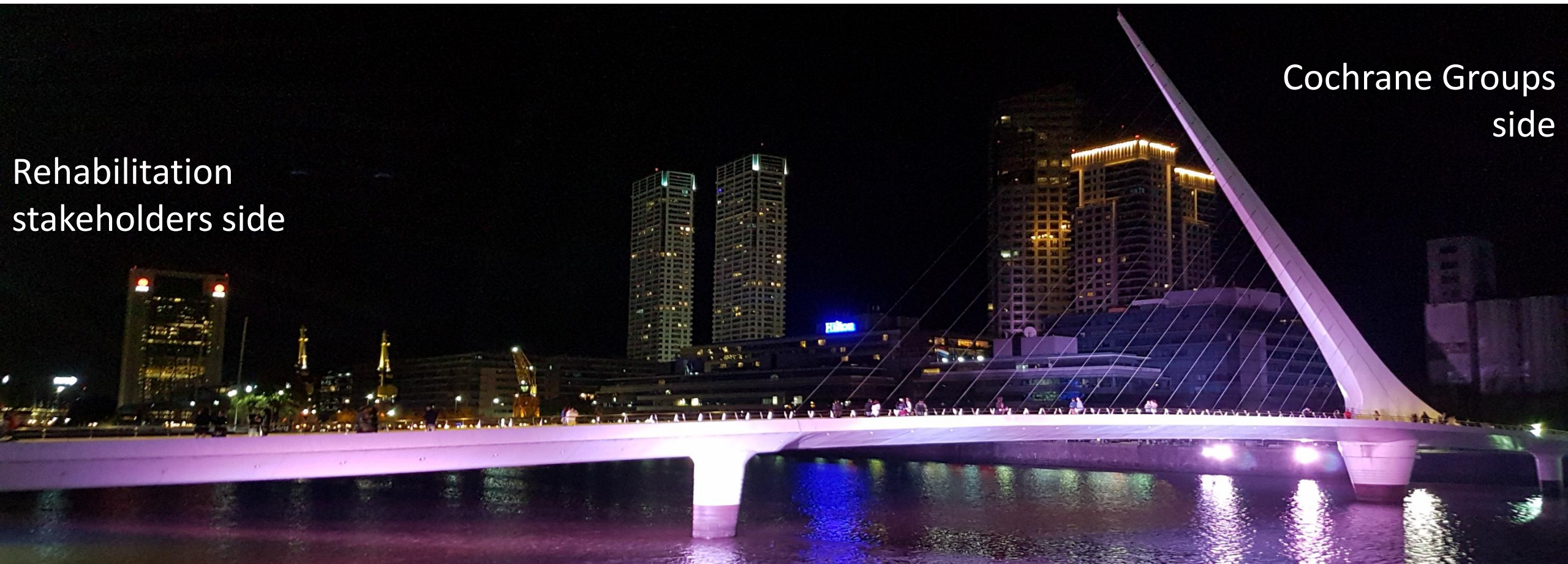
**Centres**: local **knowledge translation**

**Fields and Networks**: **knowledge translation** for a specific health community other than a condition



# Role of Cochrane Fields a bridge

- facilitate work of Cochrane Review Groups
- ensure that Cochrane reviews are both relevant and accessible to their fellow specialists and consumers



Rehabilitation  
stakeholders side

Cochrane Groups  
side





# Mission

Allow all rehabilitation professionals to combine the best available **evidence** as gathered by high quality Cochrane systematic reviews, with their own **clinical expertise** and the **values of patients**

**Improve the methods for evidence synthesis**, to make them coherent with the needs of disabled people and daily clinical practice in rehabilitation.



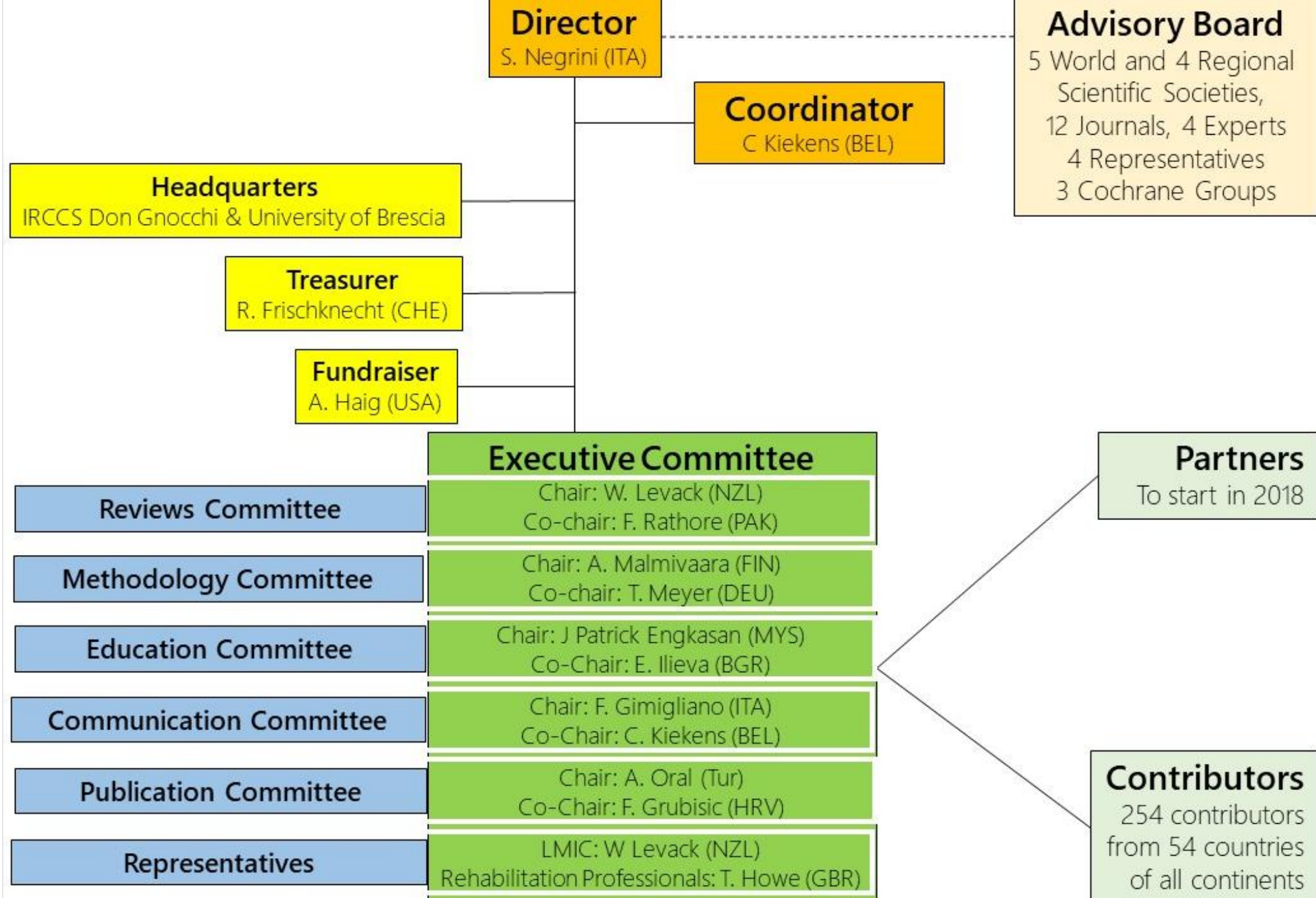




# Cochrane Rehabilitation

Organization and actions performed

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Informed decisions.  
Better health.



# Packaging, push and support to implementation

Ensuring our users receive and can act on our reviews and products

Review Committee

- Review selection and website database

Communication Committee

- Web site and social media

Publication Committee

- Cochrane Corners

Ebook (in production)





# Reviews Committee

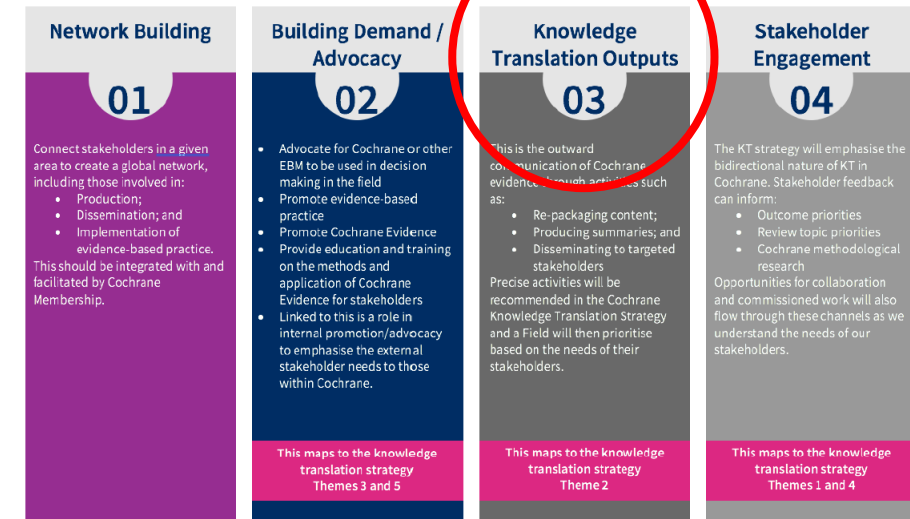
Tagging rules document

Tagging database using “Knack” online software

Published reviews of first 6 months of 2017

All Cochrane Reviews since 2015 have been double-checked, with single check starting from 2012

Ongoing tagging process to tag all Cochrane database







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## Cochrane News

- ◆ An international network for public involvement and engagement in health and social care research
- ◆ Cochrane Epilepsy and Cochrane Movement Disorders seeks Research Assistant - Liverpool, UK
- ◆ International Women's Day: Cochrane Indonesia's Director reflects on her continued contributions to maternal and perinatal health and the work of Cochrane
- ◆ CIS Support Team Member - flexible location
- ◆ Cochrane seeks Team Administrator - London, UK

More



Like After Stroke: a round up of Cochrane evidence

## Latest News and Events

Updates on Cochrane Rehabilitation activities



News

Weekly Evidence in Rehabilitation



News

## Keep Posted



Weekly evidence in Rehab

Tweets by @CochraneRehab




Evidence | Cochrane Reh

rehabilitation.cochrane.org/evidence

AppGmailHomepage | CochranIstituto di Istruzione SHome - PubMed - NCDeepL TraduttoreMinerva JWelcome LoAlitalia - Biglietti aereCheap flights to Brus

Cochrane LibraryCochrane.orgAdmin



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Evidence

List of Cochrane reviews of rehabilitation interest.

Full list

By Subtopic

New - Updated

(Stage filter not available for Subtopic view)

By subtopic:

▼ Health Conditions (100)

▶ Cardiac (3)

▶ Gynaecology or Urology (1)

▶ Mental Health (1)

▶ Neurological (26)

▶ Older Adults (>65 years) (16)

▶ Oncology (3)

▶ Orthopaedic or musculoskeletal (incl. pain conditions) (29)

▶ Other (5)

▶ Paediatrics (<18 years) (11)

Scrivi qui per eseguire la ricerca

16:19

15/02/2018

2



# Communication Committee

Web-site: 4727 visits in 2017

Newsletter: 361 subscribers

Twitter: 715 followers

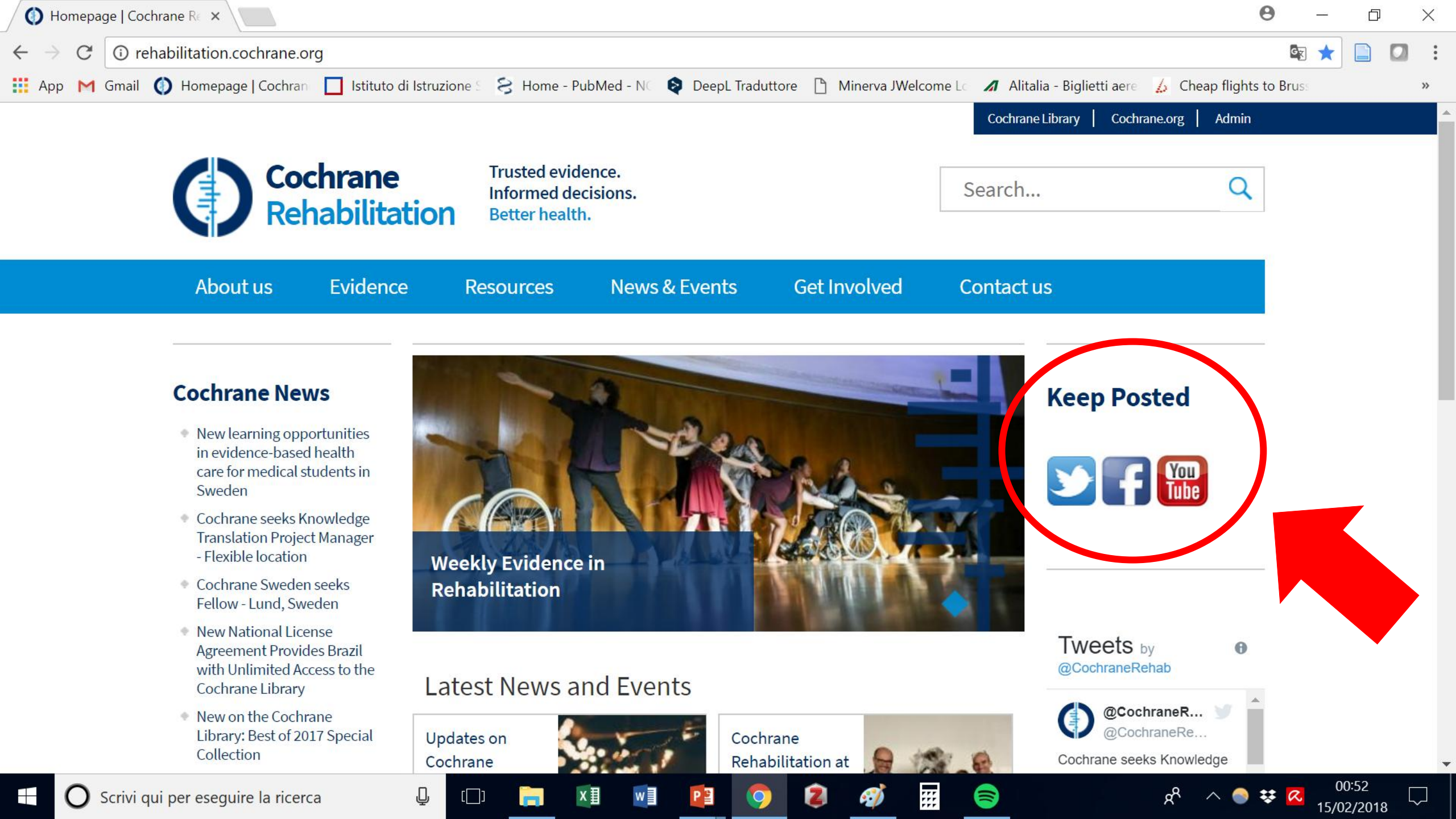
Facebook: 1292 likes

U-tube channel: 28 videos with 58 visualizations on average

4 blogshots (1 per week since january 2018)







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## Cochrane News

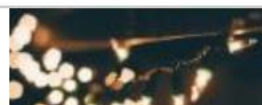
- ◆ New learning opportunities in evidence-based health care for medical students in Sweden
- ◆ Cochrane seeks Knowledge Translation Project Manager - Flexible location
- ◆ Cochrane Sweden seeks Fellow - Lund, Sweden
- ◆ New National License Agreement Provides Brazil with Unlimited Access to the Cochrane Library
- ◆ New on the Cochrane Library: Best of 2017 Special Collection



Weekly Evidence in  
Rehabilitation

## Latest News and Events

Updates on  
Cochrane



Cochrane  
Rehabilitation at



## Keep Posted



Tweets by  
@CochraneRehab

@CochraneR...  
@CochraneRe...  
Cochrane seeks Knowledge

Scrivi qui per eseguire la ricerca

00:52  
15/02/2018



# Facebook

1,372 likes (March 6, 2018)

1,427 follows (March 6, 2018)

70 posts shared (December 2016-March 2018)



The screenshot shows the Facebook profile of Cochrane Rehabilitation. The page header includes the Facebook logo, a search bar with "Cochrane Rehabilitation", and navigation tabs for Page, Inbox, Notifications, Insights, and Publishing Tools. The profile picture is the Cochrane Rehabilitation logo. The cover photo is a large group of people. The bio states "Cochrane Rehabilitation @CochraneRehab". The post history shows a post from June 16, 2017, announcing the first issue of the Cochrane Rehabilitation Newsletter. The post has 3,672 people reached, which is circled in red. The post also has a "Boost Post" button. The bottom of the post shows interaction options: Like, Comment, Share, and a dropdown menu. The bottom of the page shows the names of the people who liked the post: Veronica Matassa, Sheikh Noman Sadiq, and 63 others.

Cochrane Rehabilitation  
@CochraneRehab

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Community  
Groups  
Reviews  
Posts  
Promote  
Manage promotions

Cochrane Rehabilitation  
Published by Joel Pollet [?] · 16 June 2017 · 🌐

The first issue of **Cochrane Rehabilitation** Newsletter has been sent! Take a look at it and subscribe to get the next issues.

Cochrane Rehabilitation Newsletter issue 1 | June 2017  
MAILCHIMP

3,672 people reached

Boost Post

Like Comment Share

Veronica Matassa, Sheikh Noman Sadiq and 63 others

# Twitter

844 followers (March 6, 2018)

418 tweets (December 2016-March 2018)

23,583 visualizations

Visualizzazioni	23.583
Interazioni totali	148
Clic sul link	64
Espansioni dettagli	44
Clic sul profilo	16
Retweet	12
Mi piace	10
Nuovi follower	2



**@CochraneRehab** @CochraneRehab · 16 giu 2017  
Cochrane Rehabilitation Newsletter issue 1 | June 2017:  
[mailchi.mp/9e1678238e93/c...](mailto:mailchi.mp/9e1678238e93/c...)

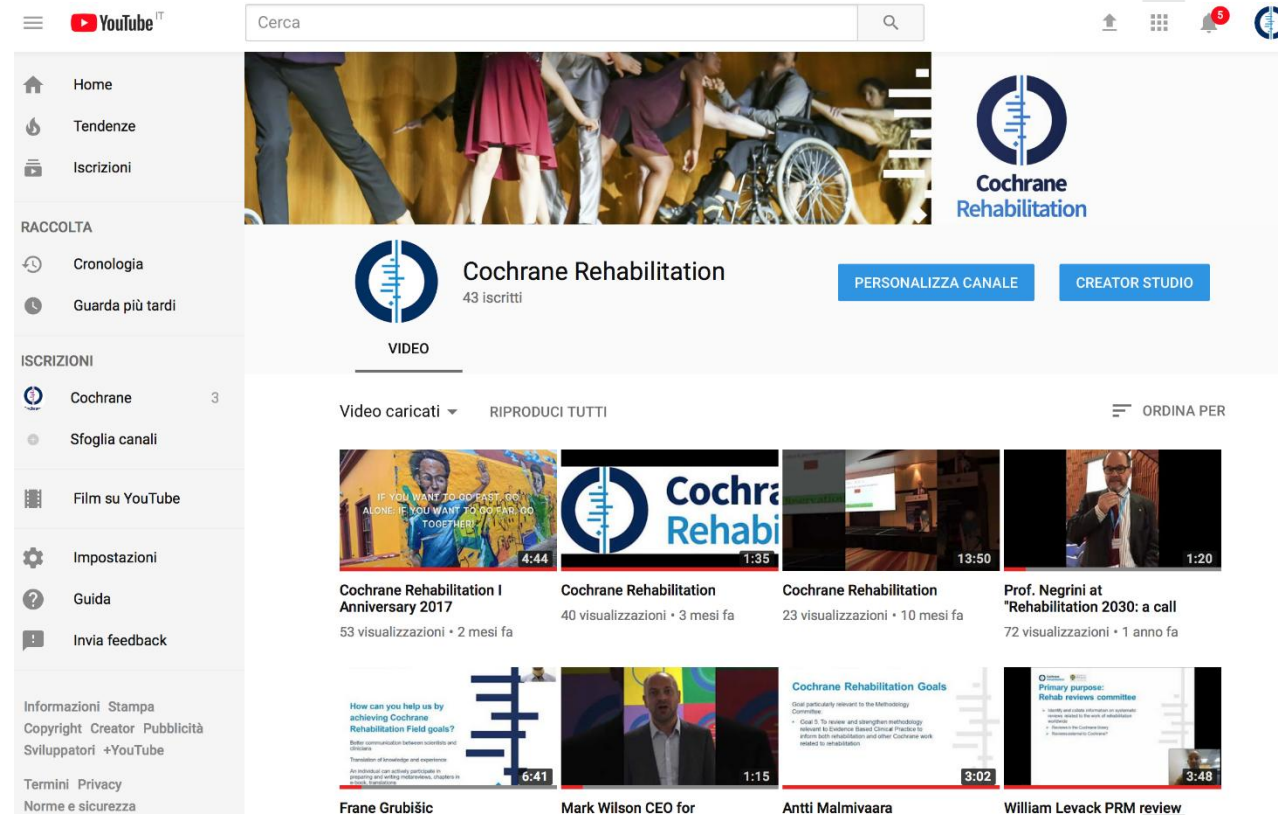
Traduci dalla lingua originale: inglese



# YouTube

28 video shared

Average: 61 visualizations



The screenshot shows the YouTube channel page for Cochrane Rehabilitation. The channel has 43 subscribers and is categorized under 'VIDEO'. The page displays a grid of video thumbnails with their titles and view counts. The left sidebar contains navigation links for Home, Tendenze, and Iscrizioni, as well as a 'RACCOLTA' section with 'Cronologia' and 'Guarda più tardi'. Below this is the 'ISCRIZIONI' section, showing the Cochrane channel with 3 subscribers. The bottom of the sidebar includes links for 'Informazioni Stampa', 'Copyright Creator Pubblicità', 'Sviluppatori +YouTube', 'Termini Privacy', and 'Norme e sicurezza'.

**Cochrane Rehabilitation**  
43 iscritti

**VIDEO**

Video caricati RIPRODUCI TUTTI ORDINA PER

Video Title	Duration	Views	Time Ago
Cochrane Rehabilitation I Anniversary 2017	4:44	53 visualizzazioni	2 mesi fa
Cochrane Rehabilitation	1:35	40 visualizzazioni	3 mesi fa
Cochrane Rehabilitation	13:50	23 visualizzazioni	10 mesi fa
Prof. Negrini at "Rehabilitation 2030: a call	1:20	72 visualizzazioni	1 anno fa
How can you help us by achieving Cochrane Rehabilitation Field goals?	6:41		
Mark Wilson CEO for	1:15		
Cochrane Rehabilitation Goals	3:02		
William Levack PRM review	3:48		





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Issue 2 | September 2017

Cochrane Rehabilitation serves as a bridge between all the stakeholders in Rehabilitation and Cochrane.

### The Global Evidence Summit 2017



#### My experience as a PhD student at the Global Evidence Summit 2017

*An African proverb says: "If you want to go fast, go alone, if you want to go far, go together".*

My name is **Chiara** and last year I started my PhD in Brescia (Italy) on Evidence Based Medicine, dedicating most of my time to Cochrane Rehabilitation. This year I attended for the first time a Global Evidence Summit.



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Issue 3 | December 2017

Cochrane Rehabilitation serves as a bridge between all the stakeholders in Rehabilitation and Cochrane.

### The first year of Cochrane Rehabilitation



Trusted evidence. Informed decisions. **Better health.**

Issue 4 | January 2018

Cochrane Rehabilitation serves as a bridge between the Rehabilitation community and stakeholders and Cochrane

### The Latest Cochrane Systematic Reviews relevant to Rehabilitation



#### Fitness training for cardiorespiratory conditioning after traumatic brain injury

Cardiorespiratory exercise programmes may improve cardiorespiratory fitness in people after traumatic brain injury. It is uncertain whether they improve depression, cognition or fatigue or whether there are any adverse effects.

Cochrane Review: 8 studies with 399 people with traumatic brain injury of any age or severity, comparing cardiorespiratory exercise prescribed alone vs usual care, a non-exercise intervention or no intervention.

Cochrane Review by: Cochrane Injuries

[rehabilitation.cochrane.org](http://rehabilitation.cochrane.org) | [@CochraneRehab](https://twitter.com/CochraneRehab) | [#CochraneEvidence](https://www.facebook.com/CochraneEvidence) <http://bit.ly/2Ez2CQ>



# Blogshots



## 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

rehabilitation.cochrane.org | @CochraneRehab | #CochraneEvidence <http://bit.ly/2BR580B>



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Cochrane Review; 8 studies with 399 people with traumatic brain injury of any age or severity, comparing cardiorespiratory exercise prescribed alone vs usual care, a non-exercise intervention or no intervention.

Cochrane Review by: Cochrane Injuries

rehabilitation.cochrane.org | @CochraneRehab | #CochraneEvidence <http://bit.ly/2Ez2CQ>



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



We are uncertain whether vocational rehabilitation improves workers' ability to return to work after traumatic upper limb injuries. Effects on functional status and quality of life are also uncertain. **EVIDENCE GAP.**



Cochrane Review; no eligible studies found.

Cochrane Review by: Cochrane Work Group

rehabilitation.cochrane.org | @CochraneRehab | #CochraneEvidence <http://bit.ly/2kQwJM8>



## Treatment of fatigue in amyotrophic lateral sclerosis/motor neuron disease



It is uncertain whether modafinil, breathing exercises, exercises with weights, or magnetic brain stimulation are safe and effective at improving fatigue in people with amyotrophic lateral sclerosis (also known as motor neuron disease). **EVIDENCE GAP**



Cochrane Review; 4 studies with 86 people with amyotrophic lateral sclerosis, comparing pharmacological and non-pharmacological treatments vs placebo.

Cochrane Review by: Cochrane Neuromuscular

rehabilitation.cochrane.org | @CochraneRehab | #CochraneEvidence <http://bit.ly/2Dmf4k>

Segui cochraneblogshots

tumblr.



## 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**

rehabilitation.cochrane.org | @CochraneRehab | #CochraneEvidence <http://bit.ly/2BR580B>

Yoga for stroke rehabilitation



# Blogshots translations

## 脳卒中リハビリテーションのためのヨガ



ヨガが脳卒中サバイバーの生活の質、バランス、歩行、うつ、不安、そして能力障害を改善するかどうかは不明である。ヨガが引き起こす有害事象の存在についても不明である。



**Cochrane Review;** 成人脳卒中患者72名を有する2つの研究、ヨガを実施した群と実施しなかった群との比較。

**Cochrane Review by: Cochrane Stroke Group**

# Cochrane Corners

## EUROPEAN JOURNAL OF PHYSICAL AND REHABILITATION MEDICINE

MEDITERRANEAN JOURNAL  
OF PHYSICAL  
AND REHABILITATION MEDICINE  
formerly  
EUROPA MEDICOPHYSICA

VOLUME 48 - No. 4 - DECEMBER 2012



Official Journal of

Italian Society of Physical and Rehabilitation Medicine (SIMFER)

European Society of Physical Medicine and Rehabilitation (ESPRM)

European Union of Medical Specialists - Physical and Rehabilitation Medicine Section (UEMS - PRM)

Mediterranean Forum of Physical and Rehabilitation Medicine (MFPRM)

In association with

International Society of Physical and Rehabilitation Medicine (ISPRM)

EDIZIONI MINERVA MEDICA

## Archives of Physical Medicine and Rehabilitation

THE OFFICIAL JOURNAL OF

### ACRM

AMERICAN CONGRESS OF  
REHABILITATION MEDICINE

Improving lives through  
interdisciplinary rehabilitation research



ELSEVIER

January 2015

Volume 90 • Number 1

## AMERICAN JOURNAL OF Physical Medicine & Rehabilitation

www.ajpm.com



1. The authors have no conflicts of interest in this article. The authors have no conflicts of interest in this article.

- Lumbosacral Plexopathy and Pelvic Fractures
- Pain in Individuals with Disabilities
- Sphincter Dysynergia in Spinal Cord Injury
- Distal Variation in Carpal Tunnel Syndrome
- Conservative Treatment of Frozen Shoulder
- Bores: Models to Teach US-Guided Injections



Official Journal of the

Association of Academic Physiatrists

WESLEY, MINNAPOLIS, LEAN

An Official Journal of The Association of Medical Librarians and Documentalists

Wolters Kluwer



# Facilitating pull

Growing our users' capacity to find and use our reviews

Education Committee

- courses



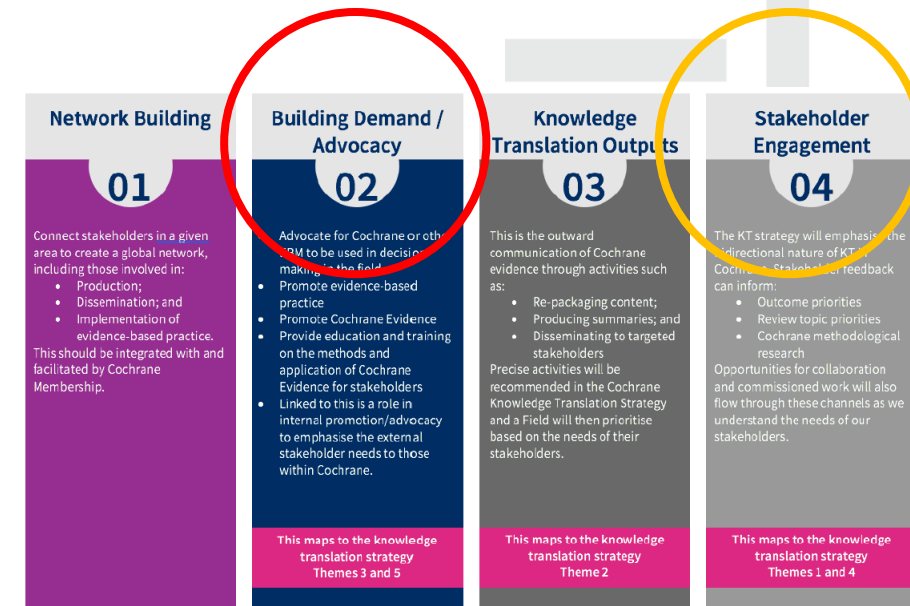


# Education Committee

## Workshops

- General introduction: what is Cochrane and Cochrane Rehabilitation
- Cochrane Rehabilitation results
- Other EBM material

## Courses on EBM and Cochrane



# Workshops & educational sessions

03/2017 – Frankfurt – Reha-Kolloquium 2017

05/2017 – Buenos Aires – International Society of PRM

09/2017 – Cape Town – Global Evidence Summit

11/2017 – Malta – Mediterranean Forum of PRM

11/2017 – Maastricht – Baltic North Sea Forum of PRM

02/2018 – Atlanta – American Academy Physiatry

04/2018 – Vilnius – European Society of PRM

07/2018 – Paris – International Society of PRM

09/2018 – Edinburgh – 2 workshops submitted



# Exchange

**Engaging with our users to support their evidence informed decision making**

Personal direct engagement with Scientific Societies

Advisory Board

Participation in main International and Regional Meetings

Partnerships

Memorandum of Understandings





# Advisory Board

3 Cochrane Groups: Italy, Musculoskeletal, Stroke

5 World Scientific Societies: ISPO, ISPRM, WCPT, WFNR, WFOT

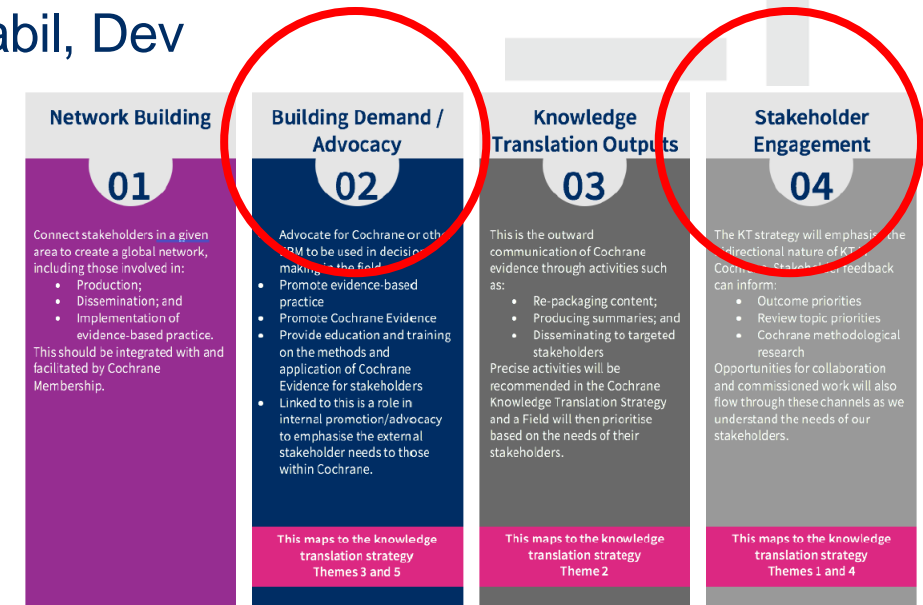
4 Regional Scientific Societies: AMLAR, AOSPRM, ESPRM, UEMS-PRM Section

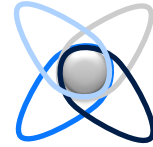
12 Journals: Am J PMR, Arch PMR, Aust Occup Ther J, Clin Rehabil, Dev Neurorehabil, Eur J PRM, JOSPT, J Rehab Med, Manual Ther, Neurorehab neural repair, Phys Ther, Prost Orthot Int

4 Experts: China, Colombia, Switzerland, USA

4 Representatives: consumers, LMIC (2), WHO

First meeting in Buenos Aires during ISPRM 2017

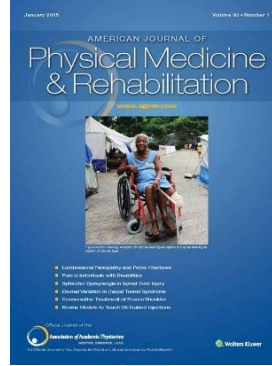
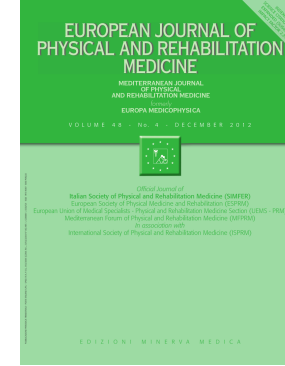




# «Scientific» Campaigns

Pre launch (2015-6)

- Negrini S, et al. Eur J Phys Rehabil Med. 2015 Jun;51(3):239-43.
- Kiekens C, et al. Am J Phys Med Rehabil. 2016 Apr;95(4):235-8.
- Negrini S, et al. Eur J Phys Rehabil Med. 2016 Jun;52(3):417-8.
- Negrini S, et al. Phys Ther. 2016 Jul;96(7):1109-10.
- Negrini S, et al. Arch Phys Med Rehabil. 2016 Aug;97(8):1226-7.
- Negrini S, et al. Man Ther. 2016 Dec;26:vii-viii.



# Scientific contributions

10/2016 – Seoul – Cochrane Colloquium: Presentation & Poster

05/2017 – Buenos Aires – International Society of PRM: Keynote lecture

09/2017 – Cape Town – Global Evidence Summit: 3 posters

02/2018 – Atlanta – American Academy of Physiatry: DeLisa Lecture

04/2018 – Vilnius – European Society of PRM: Lecture

06/2018 – Oxford – Evidence Live: Presentation & Poster

09/2018 – Edimburgh – Cochrane Colloquium: 5 papers submitted





# Partners

## Memorandum of understanding

- International organisations
  - ESPRM (December 2016)
  - ISPRM (May 2017)
  - WFNR (?)





# Partners

## Memorandum of understanding

- National PRM Societies
  - Croatia (April 2018)
  - Italy (September 2018)
  - Belgium (December 2018)
  - ...



# WHO Rehabilitation 2030: a call for action

Rehabilitation is essential in addressing the full scope of health needs of a population: ensure healthy lives and promote well-being for all at all ages.

Health systems need to be equipped to provide services that optimize functioning in light of impairments, injuries or health conditions, acute or chronic.

The benefits of rehabilitation are realized beyond the health sector.

Rehabilitation must be integrated into national health plans and budgets. Current epidemiological trends, demographic shifts and expanded access to health care make scaling up rehabilitation services imperative for health systems in the 21st century.



**World Health  
Organization**



# Improving climate

Advocating for evidence informed health decision-making

Methodology Committee

- surveys
- discussion and position papers



# Methodology Committee

A think tank to help solving problems of EBM in PRM

Already done:

- Two surveys on EBM problems in Rehabilitation
- One poster at the Global Evidence Summit
- First Cochrane Rehabilitation Corner paper in the European Journal of Physical and Rehabilitation Medicine (October 2017)

Yearly journal special issues and/or sections on methodology:

- First one in EJPRM after Catalyst 2-days Workshop before ISPRM

## Rehabilitation and Cochrane: a difficult relationship

Stefano Negri<sup>1,2</sup>, William Levack<sup>3</sup>, Antti Mäkinen<sup>4</sup>, Thorsten Meyer<sup>5</sup>, Francesca Gimigliano<sup>6</sup>, Joel Pollet<sup>7</sup>, Chiara Arnti<sup>8</sup>, Carolee Keekstra<sup>9</sup>

<sup>1</sup>Clinical and Experimental Sciences Department, University of Brescia, Italy; <sup>2</sup>University of Otago, New Zealand; <sup>3</sup>Centre for Health and Social Economics, National Institute for Health and Welfare, Helsinki (Finland); <sup>4</sup>Hannover Medical School, Institute for Epidemiology, Social Medicine and Health System Research, Integrative Rehabilitation Research Unit, Germany; <sup>5</sup>Department of Mental and Physical Health and Preventive Medicine, University of Campania "Luigi Vanvitelli", Napoli, Italy; <sup>6</sup>IRCCS Don Carlo Gnocchi Foundation, Milan, Italy; <sup>7</sup>Physical & Rehabilitation Medicine, University Hospitals Leuven, Belgium

In the rehabilitation world, there is **wide-spread diffidence** towards Cochrane Reviews and their results. One aim of Cochrane Rehabilitation is to change this attitude while increasing quantity and quality of Cochrane Reviews in this field.

According to the World Health Organization (WHO), Rehabilitation is a set of measures that assist individuals, who experience or are likely to experience disability, to achieve and maintain optimum functioning in interaction with their environments.



Rehabilitation aim: allowing **participation** through reduction of **impairments** (body damages) and **Activity limitations** (impossibility to perform «normal» activities of the human being), and control of **environment and personal factors**.

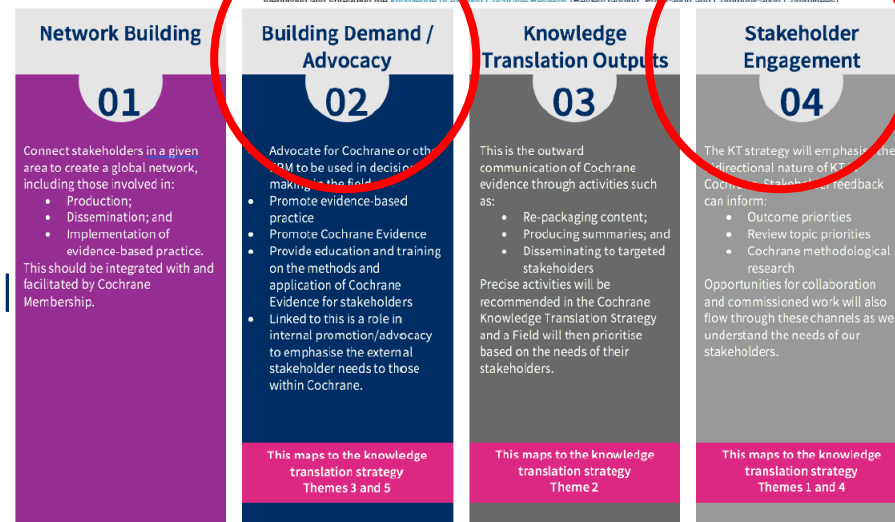
### Our study

We performed a **survey** among Cochrane Reviews authors who joined Cochrane Rehabilitation to understand the problems they reported about evidence



### Actions of Cochrane Rehabilitation to answer these questions

Identify and evaluate the knowledge of Cochrane Rehabilitation (Rehabilitation, Disability and Participation (Rehabilitation))



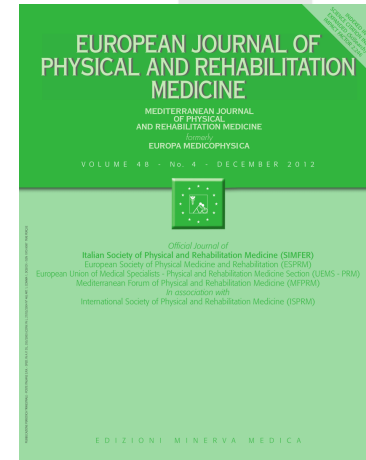
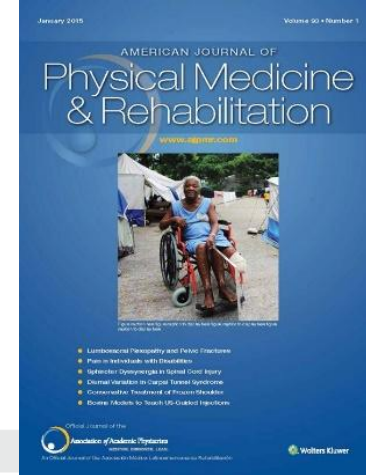


# Papers on methodology

Levack WM, et al. Eur J Phys Rehabil Med. 2017 Oct;53(5):814–7.

Negrini S, et al. Arch Phys Med Rehabil. 2017 Dec 11.

Negrini S, et al. Am J Phys Med Rehabil. 2018 Jan;97(1):68-71.



# Catalyst Meeting: topics

Prioritisation of review questions: W Taylor, NZ

Service users' involvement: N Kayes, NZ

Operationalising interventions: J Hay-Smith, NZ; S Negrini, I; C Kiekens, Be

Managing control groups: W Levack, NZ

Selecting outcome measures: J Patrick Engkasan, Mal; G Stucki, Swi; M Selb, Swi

Evaluation of risk of bias: C Arienti, I; F Gimigliano, I; A Malmivaara, Fin

Generalisability and transferability of findings: M Harwood, NZ; F Rathore, Pak; T Meyer, De

Cochrane Overviews for rehabilitation practice: A Pollock, UK

# Effective and sustainable KT

Building a sustainable infrastructure for knowledge translation

Contributors

- Calls

Partners and/or Units

- Tasks





**Cochrane**  
Rehabilitation

Trusted evidence.  
Informed decisions.  
Better health.

Search...



## About us

## Evidence

## Resources

## News & Events

## Get Involved

Contact us

## Calls

- Calls

## ◆ Past Calls

We are now looking for:

## - Translators

- Persons interested in **Review Tagging Activities**

- Bloggers



## About Cochrane

## Publications

Community

Contact us



# Calls



Trusted evidence. Informed decisions. **Better health.**



Cochrane Rehabilitation Headquarters  
Rehabilitation Centre "E. Spalenza"  
Don Carlo Gnocchi Foundation  
Largo Paolo VI  
Rovato (BS)-25038  
Italy

## Call for Review Tagging activities of Cochrane Rehabil

[View this email in your browser](#)



Trusted evidence. Informed decisions. **Better health.**

## Call for translators of Communication material of Cochrane Rehabilitation

Dear Cochrane Rehabilitation Community member,

We are now proceeding with the production and dissemination of materials on Cochrane and Cochrane Rehabilitation. In order to spread these contents to all people involved in the rehabilitation world we are looking for colleagues willing to collaborate with us in the translation activities. These will include for the moment mainly:

- Cochrane Rehabilitation Website
- Newsletters



Photo by [Chaitan Arora](#) on [Unsplash](#)

## Call for Bloggers

# Rewards

Page on the website

Milestones badges according to work performed

Cochrane membership (50 hours of work)



**Green**  
Task training  
complete



**Bronze**  
100  
classifications



**Silver**  
500  
classifications



**Gold**  
1000  
classifications



**Purple**  
Exceptional  
*Ultra rare!*



**Monserat Gil Escudero**

Madrid, Spain

Review Committee Contributor



**Zaheer Gill**

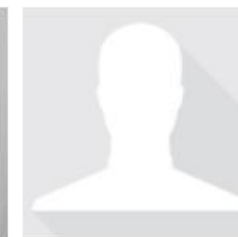
Review Committee Contributor



**Esra Giray**

Istanbul, Turkey

Review Committee Contributor



**Amara Ilyas**

Punjab, Pakistan

Review Committee Contributor



**Sinan Kardeş**

Istanbul, Turkey

Review Committee Contributor



**Harry Mee**

Cambridge, United Kingdom

Review Committee Contributor



**Nuria Esther Melián Cruz**

Madrid, Spain

Review Committee Contributor



**Elizabeta Leonid Popova  
Ramova**

Bitola, Macedonia

Review Committee Contributor



**Cristina Anastasia Rapidi**

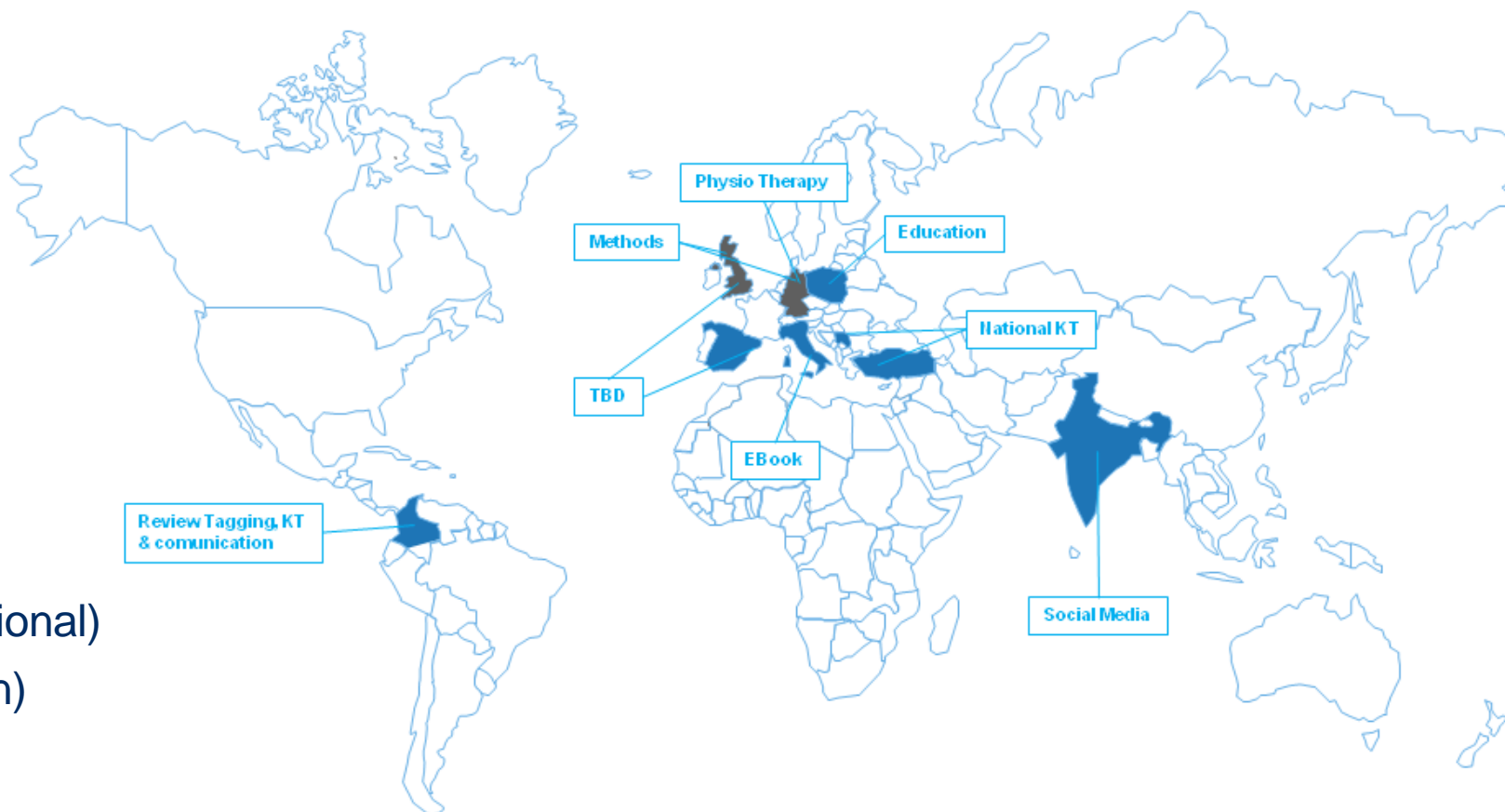


**Vanessa A. Seijas**

# Partners

## Partners

- Funding
  - Fondazione Don Gnocchi
  - University of Brescia
  - International Society of PRM
  - European Society of PRM
  - European Union Section (professional)
  - European Union Board (education)
  - European Academy of RM
- In kind (units)
  - 3 established
  - 8 proposed





# Prioritisation and co-production

Producing reviews which meet the needs of our users

Work with CRGs

- Proposal of reviews to CRGs
- Revisions of review
- Co-production of rehabilitation reviews

Production of Overview of Cochrane Reviews

E-book project with the European Bodies of PRM





# The Cochrane Rehabilitation eBook project

**Funded and co-authored by the  
European PRM Bodies Alliance:**

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

Trusted evidence.  
Informed decisions.  
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# Cochrane Rehabilitation eBook

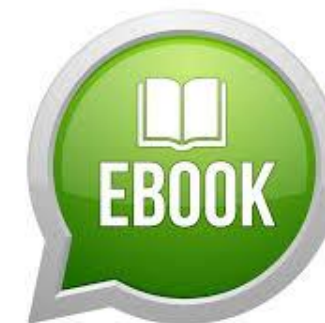
“Live” e-book available for free in Internet to be constantly updated including all Cochrane reviews relevant to rehabilitation

## Contents

- Titles
- Abstracts
- Plain language summary
- Summaries for the different audiences
- Blogshots and other relevant products







# The eBook and the PRM Bodies

**Funded** by the European Physical and Rehabilitation Medicine (PRM) Bodies;

- European Society of PRM
- European Academy of RM
- European Union of Medical Specialists – PRM Section and Board

**Importance** to Physical and Rehabilitation Medicine (PRM):

- **inform clinicians** on evidence based practice (relevant to [all European PRM Bodies](#))
- **educate** undergraduate and postgraduate PRM trainees (relevant to [UEMS-PRM Board](#))
- **support political actions** toward policymakers, patients' associations and other stakeholders (relevant to [UEMS-PRM Section](#) and [ESPRM](#))
- **identify unmet needs of evidence synthesis** and activate correct prioritization for future work of Cochrane (relevant to [all European PRM Bodies](#))





# The prioritisation exercise

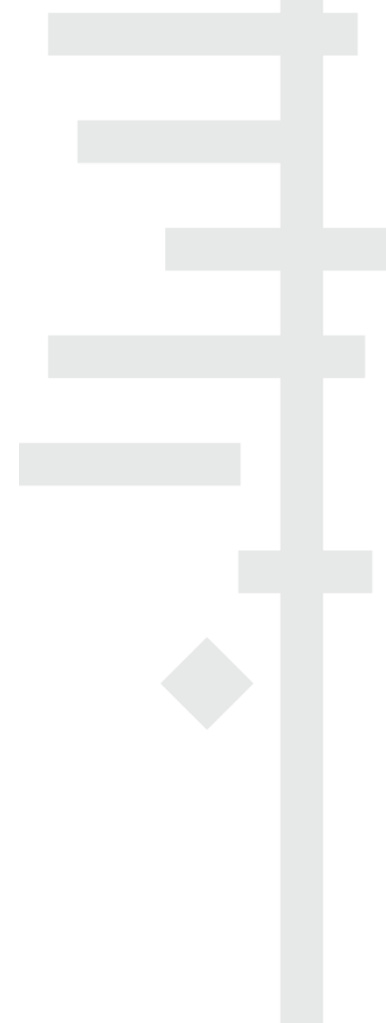
Definition of an **Index** in agreement with the stakeholders

Identification of all relevant **Cochrane reviews**

**Matching** between the Cochrane reviews and the index

Identification of

- missing information
- redundancies





# The content summaries

Production of the summaries for different **target audiences**

- PRM physicians and other rehabilitation professionals, with ESPRM
- postgraduate PRM trainees and medical students, with UEMS Board
- politicians, with UEMS Section
- consumers, with Cochrane

**Translation** into different languages

**Publication**

Continuous **updating**



Table of standardised statements about effect

	Important benefit/harm	Less important benefit/harm	No important benefit/harm
<b>High quality / certainty<sup>1</sup> evidence</b>	<i>[Intervention]</i> improves/reduces <i>[outcome]</i> (high quality / certainty evidence)	<i>[Intervention]</i> slightly improves/reduces <i>[outcome]</i> (high quality / certainty evidence)	<i>[Intervention]</i> makes little or no difference to <i>[outcome]</i> (high quality / certainty evidence)
<b>Moderate quality / certainty<sup>1</sup> evidence</b>	<i>[Intervention]</i> probably improves/reduces <i>[outcome]</i> (moderate quality / certainty evidence)	<i>[Intervention]</i> probably slightly improves/reduces / probably leads to slightly better/worse <i>[outcome]</i> (moderate quality / certainty evidence)	<i>[Intervention]</i> probably makes little or no difference to <i>[outcome]</i> (moderate quality / certainty evidence)
<b>Low quality / certainty<sup>1</sup> evidence</b>	<i>[Intervention]</i> may improve/reduce <i>[outcome]</i> (low quality / certainty evidence)	<i>[Intervention]</i> may slightly improve/reduce <i>[outcome]</i> (low quality / certainty evidence)	<i>[Intervention]</i> may make little or no difference to <i>[outcome]</i> (low quality / certainty evidence)
<b>Very low quality / certainty<sup>1</sup> evidence</b>	We / The review authors are uncertain whether <i>[intervention]</i> improves/reduces <i>[outcome]</i> as the quality / certainty of the evidence has been assessed as very low		
<b>No studies</b>	None of the studies looked at <i>[outcome]</i>		

<sup>1</sup>Within GRADE, the phrase “quality of the evidence” is increasingly referred to as “certainty of” the evidence. Use the same term that has been used elsewhere in the review.

# How to write a plain language summary of a Cochrane intervention review

27<sup>th</sup> March 2017

(Please send any comments to the template to Claire Glenton ([claire.glenton@fhi.no](mailto:claire.glenton@fhi.no)) at Cochrane Norway)



# Conclusion

Cochrane is the world Gold Standard for Evidence

Cochrane Rehabilitation is the new Body to increase quality and knowledge/application of evidence in Rehabilitation

The services of Cochrane Rehabilitation are offered for free to all the worldwide rehabilitation community



# Conclusion

Cochrane is the world Gold Standard for Evidence

Cochrane Rehabilitation is the new Body to increase quality and knowledge/application of evidence in Rehabilitation

The services of Cochrane Rehabilitation are offered for free to all the worldwide rehabilitation community

Cochrane Rehabilitation needs your voluntary help to carry on its mission



# Thank you!

**Receive Weekly Evidence in Rehabilitation**

<http://rehabilitation.cochrane.org>

[cochrane.rehabilitation@gmail.com](mailto:cochrane.rehabilitation@gmail.com)

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**stefano.negrini@unibs.it**  
**@ProfNegrini**  
**www.dongnocchi.it - www.unibs.it**

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