



A. PEDro's World-Wide Journal Club on preoperative exercise training for people with non-small cell lung cancer is now available

Welcome to the [PEDro World-Wide Journal Club](#). The purpose of the PEDro World-Wide Journal Club is to encourage the global physiotherapy community to read trials, reviews and guidelines that have important implications for clinical practice. We hope that facilitating discussion of this research will help physiotherapists to implement the results into their clinical practice.

Journal clubs are a great way to translate research into practice. In March 2020 PEDro published a blog that outlined some key features of running a successful journal club. Since then, PEDro has run 11 journal clubs which have been well received. The idea is for physiotherapists to use resources provided by PEDro as the basis for running a local journal club with their peers.

This PEDro World-Wide Journal Club is about preoperative exercise training for people with non-small cell lung cancer. We will be discussing the systematic review by Granger et al (2022). We encourage physiotherapists with an interest in cardiothoracics and oncology physiotherapy to participate in a five-step process:

1. invite your colleagues to be involved

2. read the article

Granger C, Cavalheri V. [Preoperative exercise training for people with non-small cell lung cancer](#). *Cochrane Database of Systematic Reviews* 2022, Issue 9.

3. [watch \(or listen to\) the video](#) summarising the preoperative exercise training for people with non-small cell lung cancer review.



Granger C, et al

Preoperative exercise training for people with non-small cell lung cancer (Review)

Cochrane Database of Systematic Reviews 2022, Issue 9. Art. No.: CD012020



4. [watch \(or listen to\) the video](#) of the panel discussing the preoperative exercise training for people with non-small cell lung cancer review.



Preoperative exercise training for people with non-small cell lung cancer (Review)



World Wide Journal Club, March 2023

5. **meet with your colleagues** to have your own discussion about the preoperative exercise training for people with non-small cell lung cancer review.

If you are interested in being involved, please visit the [PEDro website for more information](#).

B. PEDro will be at the 2023 World Physiotherapy Congress



The PEDro team welcome the opportunity to meet PEDro users and supporters face-to-face at the upcoming 2023 World Physiotherapy Congress in Dubai 2-4 June.

Several activities will feature PEDro which may interest delegates attending the congress. Some are listed below:

PEDro stall - Exhibition hall

Meet and network with PEDro leaders, delegates and organisations who are interested in evidence-based physiotherapy

Date: 2-4 June

Time: all day

Focused symposium: 'Can evidence from high-income countries be used in low-income countries?'

Date: Friday 2 June

Time: 14:20-15:20, Sheikh Rashid F+C+D

Chair and presenters: Hemakumar Devan, Simone Dorsch, Corlia Brandt

Presentation: 'Sluggish adoption of simple methods that reduce bias: a longitudinal analysis of 35,653 physiotherapy trials'.

Date: Friday 2 June

Time: 16:00-17:00, Sheikh Rashid A

Presenter: Geraldine Wallbank

Focused symposium: 'Overcoming barriers to evidence-based clinical practice'

Date: Saturday 3 June

Time: 16:30-17:30, Sheikh Maktoum A

Chair and presenters: Mark Elkins, Tie Parma Yamato, Vincent Singh Paramanandam, Li Khim Kwah, José Francisco Meneses-Echávez

Network session: 'Introducing PEDro'

Date: Sunday 4 June

Time: 11:00-12:00, Abu Dhabi B

Chairs: Mark Elkins, Geraldine Wallbank

Discussion: 'Knowledge translation: how to use research to guide practice'

Date: Sunday 4 June

Time: 11:00-12:00, Sheikh Maktoum D

Chair and presenters: Anne Moseley, Kari Bø, Etienne Ngeh Ngeh, Jackie Whittaker, Leanne Hassett

Connect with PEDro leaders and the team at any of the PEDro activities at the World Physiotherapy Congress.

C. World Asthma Day on 7 May

This year's [Global Initiative for Asthma](#) (GINA) theme is 'Asthma care for all'.

Inform your asthma management clinical practice with PEDro. [Sign up](#) to receive up-to-date evidence delivered straight to your inbox.

D. Infographic: Systematic review found beneficial effects for most types of physical exercise on the severity of motor signs and quality of life for people with Parkinson's Disease

Last month we summarised the [systematic review by Ernst et al.](#) The review concluded there was high to moderate confidence that most types of physical exercise are beneficial for the severity of motor signs and quality of life for people with Parkinson's Disease.

Some findings are included in this infographic.

PHYSICAL EXERCISE FOR PEOPLE WITH PARKINSON'S DISEASE

Ernst M, Folkerts A-K, Gollan R, Lieker E, Caro-Valenzuela J, Adams A, Cryns N, Monsef I, Dresen A, Roheger M, Eggers C, Skoetz N, Kalbe E. *Cochrane Database Syst Rev.* 2023; Issue 1:CD013856

WHAT DID THEY DO?

Study design: Systematic review of 156 randomised controlled trials.

Population: Adults with Parkinson's disease. Review included 7,939 participants.

Intervention: Different types of physical exercise (aqua based training, dance, endurance training, flexibility training, gaming, LSVT BIG, gait/balance/functional training, strength/resistance training, and mind-body training).

Comparator: Another type of physical exercise and/or a control.

Outcome: Severity of motor signs, quality of life and occurrence of adverse events.

FINDINGS

Severity of motor signs

- High confidence that dance has a moderate beneficial effect (MD -10.32, 95% CI -15.54 to -4.96).

Quality of life

- Moderate confidence that aqua-based training probably has a large beneficial effect (MD -14.98, 95% CI -23.26 to -6.52).



Note: Although evidence on the occurrence of adverse events is very uncertain, the exercise interventions included in the review were considered to be relatively safe.

Most physical exercise interventions provide beneficial effects on the severity of motor signs and quality of life for people with Parkinson's disease managing mild to moderate disease, with little evidence of differences between exercise types.



Ernst M, Folkerts A-K, Gollan R, Lieker E, Caro-Valenzuela J, Adams A, Cryns N, Monsef I, Dresen A, Roheger M, Eggers C, Skoetz N, Kalbe E. Physical exercise for people with Parkinson's disease: a systematic review and network meta-analysis. *Cochrane Database of Systematic Reviews* 2023, Issue 1. Art. No.: CD013856. DOI: 10.1002/14651858.CD013856.pub2.

[Read more on PEDro.](#)

E. PEDro update (1 May 2023)

[PEDro](#) contains 58,822 records. In the 1 May 2023 update you will find:

- 44,837 Reports of randomised controlled trials (43,623 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 13,241 reports of systematic reviews, and
- 744 reports of evidence-based clinical practice guidelines.

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

F. DiTA update (1 May 2023)

[DiTA](#) contains 2,410 records. In the 1 May 2023 update you will find:

- 2,151 reports of primary studies, and
- 259 reports of systematic reviews.

For the latest primary studies and systematic reviews evaluating diagnostic tests in physiotherapy visit [Evidence in your inbox](#).

G. Systematic review found that prescribed home exercise programs with an additional digital intervention increased exercise adherence in the short-term when compared to interventions without additional digital interventions

This systematic review aimed to estimate the effects of an additional digital intervention compared to no digital intervention on adherence to a prescribed home exercise program in people with a diagnosed clinical condition.

This was a systematic review of randomised controlled trials (RCTs). RCTs were included if their primary outcome was exercise adherence and participants in the trial received a prescription of home exercises for a specific clinical condition either with (intervention group) or without (control group) an additional digital intervention. Digital interventions included any intervention that was delivered through a communication platform or

electronic device. One reviewer screened titles and two independent reviewers screened abstracts and full texts for inclusion. Risk of bias was assessed by two independent reviewers using the Cochrane Risk of Bias tool.

10 RCTs were included in the review involving 1,117 participants. 565 participants were randomised to the intervention group and 552 to the control group. Trial size varied from 20 to 152 participants and mean age ranged from 37.5 to 79.5 years. Trials were conducted in Australia, Europe, Asia, the Middle East, and North America. Clinical conditions included knee osteoarthritis, frozen shoulder, ankle sprain, flexor digitorum profundus repair, mixed musculoskeletal conditions, and stroke. Digital interventions included web interphases, text messages, phone calls, and phone-based applications. Follow-up adherence ranged from 2-weeks to 24-months, with a median of 17.9 weeks.

7 RCTs found that the addition of a digital intervention increased adherence to the home exercise program. The remaining 3 RCTs found no group differences. All studies reporting short-term follow-up (<6 weeks; 4 RCTs) and half of the studies reporting medium-term follow-up (8-12 weeks; 2 out of 4 RCTs) or long-term follow-up (24-months; 1 out of 2 RCTs) found positive effects of digital interventions on home exercise program adherence. Overall risk of bias of included studies was moderate to high.

Short-term adherence to home exercise programs may improve if prescribed with an additional digital intervention. Benefits in the longer-term are unclear.

Lang, S, McLelland, C, MacDonald, D & Hamilton, D 2022, "Do digital interventions increase adherence to home exercise rehabilitation? A systematic review of randomised controlled trials" *Archives of Physiotherapy*, 12:24

[Read more on PEDro.](#)

PEDro acknowledges Sarah Wallwork for preparing the summary.

H. Support for PEDro comes from the following global physiotherapy organisations

We thank [Latvijas Fizioterapeitu Asociācija](#) and [Physiotherapy New Zealand](#) who have just renewed their partnership with PEDro for another year.

I. Next PEDro and DiTA updates (June 2023)

The next [PEDro](#) and [DiTA](#) updates are on 5 June 2023.

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Physiotherapy Evidence Database (PEDro)
PO Box M179
MISSENDEN ROAD, NSW 2050
Australia

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