



A. PEDro update (5 Sep 2016)

PEDro contains 34,444 records. In the 5 September 2016 update you will find:

- 27,389 reports of randomised controlled trials (26,705 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 6,460 reports of systematic reviews, and
- 595 reports of evidence-based clinical practice guidelines

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

B. PEDro v #Olympics

During the Rio Olympics we realised that the global usage of PEDro had many similarities with the Olympic Games. We produced this infographic to highlight the

similarities.



v



**2016 RIO
OLYMPICS**

311,473
physical therapists

from

212 countries

access

34,136 articles

performing

2-million+
searches

top 5 countries

14% USA

14% Brazil

9% Australia

8% Spain

4% Germany

11,178
athletes

from

206 nations

compete in

306 events

watched by

6-million+
spectators

top 5 medal count

USA 12%

China 7%

Great Britain 7%

Russia 6%

Germany 4%

C. PEDro seminar: Using research evidence to get better outcomes for your patients (Sydney)

Friday 21 October 2016

The volume and variety of research studies on databases like PubMed is staggering, and growing at enormous rate. Is it even possible to find, access and use relevant studies to complement clinical skills in day-to-day practice? The answer is yes! During

this course the presenters will outline a step-by-step process that will enable you to find, and integrate the best quality research evidence into your practice. This will ensure that your patients receive the benefit of the most up-to-date scientific knowledge, along with your clinical expertise. The day will focus on practical skills including; defining an answerable clinical question, conducting a specific search, accessing available studies, appraising research, and integrating research findings and clinical experience to improve patient outcomes.

The seminar will be run by Rob Herbert and Steve Kamper. Professor Rob Herbert is an NHMRC Principal Research Fellow based at Neuroscience Research Australia (NeuRA) in Sydney. In 1999 he co-founded the Centre for Evidence-Based Physiotherapy which produces the online PEDro database. He is one of the authors of a text book titled Practical Evidence-Based Physiotherapy. Dr Steve Kamper completed his PhD in 2011 and spent 3 years as NHMRC postdoctoral fellow in the Netherlands before returning to Australia where he is now Senior Research Fellow at the George Institute for Global Health. His research interests include spinal pain in adults and children, patient expectations and research methodology.

This full-day (9-5) seminar will be held at The George Institute for Global Health in Sydney, Australia. There are only 40 places left, [so please register early](#).

D. Help power PEDro into 2017

Support for PEDro comes from industry partners around the globe. The [Australian Physiotherapy Association](#) is our Foundation Partner. The [Motor Accident Insurance Commission](#), [Transport Accident Commission](#), [NSW Department of Family and Community Services](#), and [Chartered Society of Physiotherapy](#) are Partners. World Confederation for Physical Therapy Member Organisations from 46 countries are [Association Partners](#).

We thank [Koninklijk Nederlands Genootschap voor Fysiotherapie](#), [Physio Austria](#), [Schweizer Physiotherapie Verband](#), [Physiotherapy New Zealand](#) and [Singapore Physiotherapy Association](#), who have just renewed their partnerships with PEDro for another year.

But PEDro is faces significant financial challenges. We need more partners to help us

continue the work we do and keep PEDro free and accessible around the world. From private practices to hospitals, government departments and universities, we can tailor a sponsorship package to suit any organisation. If your organisation would like to invest in the future of physiotherapy, please [contact us](#).

**Donate today.
Power PEDro
into 2017**

[PEDro](#) www.pedro.org.au/english/donate 

Another way we can pay for PEDro and keep it free is through donations from users. You can choose an amount that suits your budget on our [donations page](#). We truly appreciate your help.

E. Seven new PEDro videos in Spanish, Japanese, French, Tamil and Portuguese

We are pleased to announce that seven of the PEDro “how to” videos are now available in Spanish, Japanese, French, Tamil and Portuguese. The videos are:

- how to do a simple search in [Spanish](#)
- how to do an advanced search in [Spanish](#)
- how to access full-text in [Spanish](#) and [Japanese](#)
- how to optimise PEDro searching in [French](#), [Tamil](#) and [Portuguese](#)

PEDro would like to thank: Professor Antonia Gómez Conesa, from the University of Murcia (Spain) and Asociación Española de Fisioterapeutas, for translating and recording Spanish videos; Koya Mine from the Tokyo University of Technology who translated and recorded the video into Japanese; Nolwenn Poquet from the Société Française de Physiothérapie who translated and recorded the French video; Cynthia Swarnalatha Srikesavan from the Centre for Rehabilitation Research in University of Oxford who translated the Tamil video; and Patrícia do Carmo Silva Parreira from The George Institute for Global Health who translated the Portuguese video.

F. Systematic review found that exercise improves quality of life in people with cancer

In this review, the authors included 16 randomised controlled trials examining the effects of exercise during or after chemotherapy and radiotherapy or after surgery compared with placebo, other treatment or standard care. Only studies that used exercise to

improve or maintain physical fitness and measured health-related quality of life were included. The review included patients with mixed, breast, lymphoma, colorectal, prostate and lung cancer. Sample sizes ranged from 21 to 269 patients in the included studies. Exercise was effective for improving quality of life among cancer patients when compared to placebo, other treatment or standard care (standardised mean difference 5.6, 95% CI 3.2 to 7.9, 1,735 patients, 16 trials). Benefits of exercise were also evident for secondary outcomes (peak oxygen consumption, self-esteem, physical functioning, fatigue, length of hospital stay, number of general practitioner visits, social functioning). None of the trials included reported adverse events. There is no ideal dosage of exercise therapy for cancer patients; however exercising more frequently and in shorter workouts were associated with better outcomes in the included studies. More studies with long-term follow-ups are needed to investigate the effects of exercise on cancer recurrence and survival rates. Exercise therapy should be recommended during cancer treatment.

Gerritsen JKW, Vincent AJPE. Exercise improves quality of life in patients with cancer: a systematic review and meta-analysis of randomised controlled trials. *Br J Sports Med* 2016;50:796-803.

[Read more on PEDro.](#)

G. Ability of physiotherapists to undertake evidence-based practice steps

A recent scoping review by Condon et al entitled "[Ability of physiotherapists to undertake evidence-based practice steps](#)" concluded that, while physiotherapists 'are confident in formulating specific research questions about patient problems', there was an absence of studies that use the PICO (Patient-Intervention-Comparator-Outcome) format.

A [recent paper published by the PEDro group](#) provide additional insights into how physiotherapists ask clinical questions. Over half of PEDro searches used either no or one PICO element.

A letter about this issue has just been published in [Physiotherapy](#).

H. Next PEDro update (October 2016)

Next PEDro update is on Tuesday 4 October 2016.



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The George Institute for Global Health
PO Box M201
MISSENDEN ROAD, NSW 2050
Australia

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