



A. PEDro update (7 March 2016)

PEDro contains 32,802 records. In the 7 March 2016 update you will find:

- 26,163 reports of randomised controlled trials (25,450 of these trials have confirmed ratings of methodological quality using the PEDro scale)
 - 6,075 reports of systematic reviews, and
 - 564 reports of evidence-based clinical practice guidelines
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B. Update of a Cochrane review found that exercise-based cardiac rehabilitation reduces the risk of cardiovascular mortality

In this updated review, the authors included 63 trials that studied a total of 14,486 people with coronary heart disease. The trials show that patients who have exercise-based cardiac rehabilitation have 0.74 times the risk of cardiovascular mortality (95% confidence interval (CI) 0.64 to 0.86, 27 trials) compared with those who do not exercise. The overall risk of hospital admissions was also reduced (relative risk 0.82, 95% CI 0.70 to 0.96, 15 trials). However, there was no reduction in total mortality. The authors recognised that the patients included in these trials consisted of predominantly low risk individuals and that further trials assessing high-risk populations are needed.

Anderson L et al. Exercise-based cardiac rehabilitation for coronary heart disease. Cochrane Database of Systematic Reviews 2016;Issue 1

[Read more on PEDro](#)

C. PEDro podcast

Anne Moseley and Rob Herbert recorded a podcast about PEDro at the Australian Physiotherapy Association CONNECT 2015 conference.

To listen to the podcast visit <https://soundcloud.com/aus-physio-assoc/physiotherapy-research-with-dr-anne-moseley-and-professor-rob-herbert>

D. Axxon, Félag Sjúkrabjálfara, Društvo Fizioterapevtov Slovenije and UNIFY ČR are PEDro partners

We thank [Axxon](#), [Félag Sjúkrabjálfara](#), [Društvo Fizioterapevtov Slovenije](#) and [UNIFY ČR](#) for renewing their partnerships with PEDro for another year.

E. PEDro how to save search results video now available in English and Portuguese

Did you know that you can now save your search results on PEDro?

It is now possible to save your search results in RIS (Research Information Systems) format on PEDro. RIS files can be imported into most referencing software (including EndNote).

Two new videos (one in [English](#) and the other in [Portuguese](#)) explain how to select articles, save selected articles and how to import the saved articles into referencing software like EndNote.

PEDro would like to thank Flávia Carvalho who translated and recorded the how to save your search results in PEDro video during a 3-month internship at The George Institute for Global Health. Flávia is enrolled in a physiotherapy degree at Universidade Estadual Paulista "Júlio de Mesquita Filho", Brazil.

F. Next PEDro update (April 2016)

Next PEDro update is on Monday 4 April 2016.



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