Hi there Ahmad

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Amputation

**Psychometric Properties of Functional, Ambulatory, and Quality of Life Instruments in Lower Limb Amputees: A Systematic Review.**
Balk EM; et al
*Archives of physical medicine and rehabilitation;* Dec 2019; vol. 100 (no. 12); p. 2354-2370

We summarize the psychometric properties of functional, ambulatory, and quality of life instruments among adult lower limb amputees, highlighting evidence deemed generalizable to the United States Medicare population. Numerous instruments assessing ambulation, function, quality of life, and other patient-centered outcomes have evidence of validity and reliability for adults with lower limb amputations. Researchers and clinicians should use validated, reliable instruments when feasible. Many existing and new instruments require validation for use with lower limb amputees.

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The effect of a home exercise intervention on persons with lower limb amputations: a randomized controlled trial.
Godlwana L; Stewart A; Musenge E
*Clinical rehabilitation;* Jan 2020; vol. 34 (no. 1); p. 99-110

We establish if a home-based exercise and education programme is more effective than usual treatment in improving function, mobility and quality of life in people with lower limb amputation due to peripheral vascular disease. This intervention improved function, mobility and quality of life in persons following lower limb amputation in the first three months post amputation.

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Brain injury

**Metacognitive knowledge and functional outcomes in adults with acquired brain injury: A meta-analysis.**
Yeo YX; et al
* Neuropsychological rehabilitation;* Dec 2019; p. 1-26

Pronounced difficulties in functional outcomes often follow acquired brain injury (ABI), and may be due, in part, to deficits in metacognitive knowledge (being unaware of one's cognitive strengths and limitations). A meta-analytic review of the literature investigating the relationship between metacognitive knowledge and functional outcomes in ABI is timely, particularly given the presence of apparently inconsistent findings. The findings generally support the importance of focusing on metacognitive knowledge to improve outcomes following ABI. Nonetheless, the relatively small effect sizes observed suggest that other predictors of functional outcome should be investigated, including other subdomains of metacognition.

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**Psychological interventions for treating neuropsychiatric consequences of acquired brain injury: A systematic review.**
Verberne DPJ; et al
*Neuropsychological rehabilitation;* Dec 2019; vol. 29 (no. 10); p. 1509-1542

Anxiety, aggression/agitation, apathy and disinhibition are common neuropsychiatric consequences of acquired brain injury (ABI); these consequences can cause functional impairment and lead to reduced social integration. This systematic review aims to provide an examination of the current evidence on psychological interventions for treating these consequences. Unfortunately, firm conclusions and recommendations for clinical practice are considered premature, due to concerns about the methodology used. However, this review yielded new evidence on the effectiveness of CBT for anxiety symptoms post-ABI and there has been some...
<table>
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<tr>
<th>Title</th>
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<tr>
<td>Impact of cognitive and behavioural functioning on vocational outcome following traumatic brain injury: a systematic review.</td>
<td>Manoli R; et al</td>
<td>Disability and rehabilitation</td>
<td>Dec 2019 ; p. 1-10</td>
<td>Individuals with traumatic brain injury (TBI) often present injury-related cognitive and behavioural sequelae hindering a successful professional outcome, even many years after injury. The aim of this study was to investigate cognitive and behavioural factors predicting vocational outcome in the post-acute stages (≥one year) of TBI. This systematic review emphasized the link between cognitive and behavioural functioning and vocational rehabilitation in individuals with TBI. However, scientific literature lacks cognitive and behavioural models predicting vocational outcome of these individuals, including academic or vocational training. Such models would allow clinicians to improve vocational guidance of these individuals.</td>
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<td>Can a couples' intervention reduce unmet needs and caregiver burden after brain injury?</td>
<td>Graham KM; et al</td>
<td>Rehabilitation psychology</td>
<td>Dec 2019</td>
<td>We examine the effectiveness of the Therapeutic Couples Intervention (TCI) on caregiver needs and burden after brain injury. The present investigation provided evidence that, following brain injury, a structured couples intervention can reduce unmet needs and burden in caregivers. Future multicenter research examining long-term durability of treatment gains and specific characteristics of positive responders is warranted.</td>
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<td>Which behaviours are first to emerge during recovery of consciousness after severe brain injury?</td>
<td>Martens G; et al</td>
<td>Annals of physical and rehabilitation medicine</td>
<td>Nov 2019</td>
<td>Early detection of consciousness after severe brain injury is critical for establishing an accurate prognosis and planning appropriate treatment. Recovery of consciousness after severe brain injury is most often signalled by reemergence of visual pursuit, reproducible command-following and automatic movements. Clinicians should use assessment measures that are sensitive to these behaviours because early detection of consciousness is critical for accurate prognostication and treatment planning.</td>
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Burns

National Institute on Disability, Independent Living, and Rehabilitation Research Burn Model System: Review of Program and Database.
Amtmann D; et al
Archives of physical medicine and rehabilitation; Jan 2020; vol. 101 (no. 1S); p. S5-S15
The Burn Model System (BMS) centers program was created in 1994 to evaluate the long-term outcomes of burn injuries. As part of this multicenter program, a comprehensive longitudinal database was developed to facilitate the study of a number of functional and psychosocial outcomes after burn injury. The BMS National Longitudinal Database represents a large sample of people with burn injury, including information on demographic characteristics, injury characteristics, and health outcomes. The database is publicly available and can be used to examine the effect of burn injury on long-term outcomes.

Cognitive Behavioral Treatment for Acute Posttrauma Distress: A Randomized, Controlled Proof-of-Concept Study Among Hospitalized Adults With Burns.
Fauerbach JA; et al
Archives of physical medicine and rehabilitation; Jan 2020; vol. 101 (no. 1S); p. S16-S25
We evaluate the feasibility of conducting a randomized controlled trial (RCT) of the Safety, Meaning, Activation and Resilience Training (SMART) intervention vs nondirective supportive psychotherapy (NDSP) in an acutely hospitalized adult survivor of burn injury sample; and we also assess the preliminary effect of SMART on acute stress disorder (ASD), posttraumatic stress disorder (PTSD), and major depressive disorder (MDD) symptom reduction as secondary prevention. It is feasible to conduct an RCT of SMART in hospitalized adult survivors of burn injury. SMART has the potential to yield clinically significant outcomes. Additional studies are needed to replicate and extend these findings.

Cancer

Resistance exercise and breast cancer related lymphedema - a systematic review update.
Hasenoehrl T; et al
Disability and rehabilitation; Jan 2020; vol. 42 (no. 1); p. 26-35
Purpose of this systematic review update was analyzing resistance exercise (RE) intervention trials in breast cancer survivors (BCS) regarding their effect on breast cancer-related lymphedema (BCRL) status. Articles published until 31 September 2017 were included. RE seems to be a safe exercise intervention for BCS and not to be harmful concerning the risk of lymphedema. Lymphedema assessment methods that allow for a qualitative analysis of arm tissue composition should be favored. Breast cancer-related lymphedema affects a considerable proportion of breast cancer patients and is debilitating on the physical, functional, social, and psychological domain. At the current time breast cancer related lymphedema is incurable but well manageable by a number of physical therapy modalities, especially complete decongestive therapy (CDT). One of the encouraging treatment methods is resistance exercise.

Effectiveness of early rehabilitation on range of motion, muscle strength and arm function after breast cancer surgery: a systematic review of randomized controlled trials.
Ribeiro IL; et al
The objective was to evaluate the effectiveness of early rehabilitation on arm range of motion (ROM), strength and function after breast cancer surgery (BCS). Data sources: PubMed, MEDLINE, Bireme, Embase, LILACS and CINAHL databases were searched. Both ROM and strengthening exercises associated with ROM exercises improved shoulder flexion, abduction and external rotation ROM after BCS. Shoulder abduction and external rotation showed less recovery, irrespective of the intervention applied.

Identifying Expectations of Delayed Return to Work in Patients with Prostate Cancer at the Beginning of a Cancer Rehabilitation Program. Ullrich A; et al

Journal of occupational rehabilitation; Nov 2019

We investigate factors associated with expectations of delayed return to work (RTW) in patients with prostate cancer recently admitted to a cancer rehabilitation program. Negative or non-beneficial RTW expectations, which are related to self-perception and behavioral intention, seem to be key factors for expecting delayed RTW. Interventions to early identify and adjust such expectations might empower cancer rehabilitation participants to develop appropriate expectations for work recovery.

The effectiveness of the Internet-based self-management program for cancer-related fatigue patients: a systematic review and meta-analysis. Huang J; et al

Clinical rehabilitation; Dec 2019; p. 269215519889394

We systematically investigate how fatigue, depression, anxiety, sleep quality, and life quality are influenced by the Internet-based self-management program (IBSMP) among cancer patients. This meta-analysis demonstrates that the IBSMP, as one of the rehabilitation forms, can reduce the incidence of fatigue, depression, and anxiety and improve sleep quality and life quality among CRF patients.

Impact of supportive therapy modalities on heart rate variability in cancer patients - a systematic review. Palma S; et al

Disability and rehabilitation; Jan 2020; vol. 42 (no. 1); p. 36-43

We systematically review literature for interventional studies and their impact on autonomic dysfunction assessed by heart rate variability in cancer patients. Supportive therapy modalities may have the potential to enhance vegetative functioning. In this context, heart rate variability analysis appears to be an easily applicable and safe method to evaluate cancer related autonomic dysfunction. More large prospective multicentre randomised controlled trials are needed. Most cancer patients face autonomic dysfunction due to the disease itself the applied treatments or combination of both. HRV measurement is an easy and safe method to assess autonomic dysfunction. Supportive treatments targeting on an elevation of the vagal tone and autonomic balance in general might have beneficial effects for cancer patients.
<table>
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| **Acupuncture and related interventions for carpal tunnel syndrome: systematic review.**  
Wu IX; et al  
*Clinical rehabilitation*; Jan 2020; vol. 34 (no. 1); p. 34-44  
We synthesize evidence on the effectiveness of acupuncture and related therapies for primary carpal tunnel syndrome (CTS) by conducting a systematic review of randomized controlled trials (RCTs). For both symptom relief and function improvement, manual acupuncture is superior to ibuprofen while electroacupuncture plus splinting outperforms splinting alone. Limited evidence showed electroacupuncture’s potential role in pain reduction. |

| Effectiveness of platelet rich plasma injections for non-surgical management of carpal tunnel syndrome: a systematic review and meta-analysis of randomized controlled trials.  
Catapano M; et al  
*Archives of physical medicine and rehabilitation*; Dec 2019  
We systematically review and evaluate the efficacy and complication profile of platelet-rich plasma (PRP) injection into the carpal tunnel for management of carpal tunnel syndrome (CTS). PRP represents a promising therapy for patients with mild to moderate CTS; however, included studies were limited as follow-up was short, included patients were heterogeneous, and the number of included studies was low. Further investigation is necessary to determine its true efficacy and effect and to better delineate the long-term results in patients with CTS. |

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<th>Cerebral palsy</th>
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| **Characteristics of newly acquired gait in toddlers with unilateral cerebral palsy: Implications for early rehabilitation.**  
Grigoriu AI; et al  
*Annals of physical and rehabilitation medicine*; Nov 2019  
Knowledge of the characteristics of newly acquired gait in toddlers with cerebral palsy (CP) is limited. This study compared gait characteristics (spatiotemporal parameters, kinematics and lower-limb muscle activation) within the first 6 months of independent walking in toddlers with unilateral cerebral palsy (UCP) and typically developing (TD) children. Alterations in kinematic gait parameters were mostly found at the pelvis in toddlers with UCP and newly acquired gait. At that age, the external pelvic rotation on the affected side is more likely due to primary motor control disorders than compensatory mechanisms. These findings suggest that early rehabilitation should focus on proximal motor control, balance and symmetry to optimize gait development from the early stages in children with UCP. |

| Focus on Risk Factors for Cardiometabolic Disease in Cerebral Palsy: Toward a Core Set of Outcome Measurement Instruments.  
Benner JL; et al  
*Archives of physical medicine and rehabilitation*; Dec 2019; vol. 100 (no. 12); p. 2389-2398  
We identify existing outcome measurement instruments (OMIs) assessing risk factors for cardiometabolic disease in adolescents and adults with cerebral palsy (CP) reported on in the literature or used in the field. Despite the range of available OMIs to assess risk factors for cardiometabolic disease in adolescents and adults with CP, evidence of good quality is often lacking. Nonetheless, a preliminary core set of 9 OMIs was systematically developed. |
## Executive function

**Effectiveness of goal management training® in improving executive functions: A meta-analysis.**
Stamenova V; Levine B

**Neuropsychological rehabilitation;** Dec 2019; vol. 29 (no. 10); p. 1569-1599

Our objective was to review the literature and quantitatively summarise the effectiveness of Goal Management Training® (GMT) (alone or in combination with other training approaches) in improving executive functions in adult populations. The analysis suggests that GMT is an effective intervention, leading to moderate improvements in executive functions that are usually maintained at follow-up.

## Exercise

**The risks and benefits of yoga for patients with chronic obstructive pulmonary disease: a systematic review and meta-analysis.**
Cramer H; et al

**Clinical rehabilitation;** Dec 2019; vol. 33 (no. 12); p. 1847-1862

We determine the effectiveness and safety of yoga interventions on disease symptoms, quality of life and function in patients diagnosed with chronic obstructive pulmonary disease (COPD). This meta-analysis found robust effects of yoga on exercise capacity and pulmonary function in patients with COPD. Yoga, specifically yoga breathing techniques, can be an effective adjunct intervention for patients with COPD. Yoga's safety needs to be assessed in more depth in future studies.

## Effects of rehabilitation exercise on coronary artery after percutaneous coronary intervention in patients with coronary heart disease: a systematic review and meta-analysis.
Fu C; et al

**Disability and rehabilitation;** Dec 2019; vol. 41 (no. 24); p. 2881-2887

The purpose of this study is to evaluate the effects of rehabilitation exercise on coronary artery of the patients with coronary heart disease (CHD) after percutaneous coronary intervention (PCI). Appropriate rehabilitation exercise reduces the incidence of coronary restenosis after PCI in patients with CHD and contributes to a significant reduction in late luminal loss in the stented coronary segment. Appropriate rehabilitation exercise can reduce the incidence of coronary restenosis after percutaneous coronary intervention in patients with coronary heart disease. Appropriate rehabilitation exercise contributes to a reduction in late luminal loss in the stented coronary segment.

## Program conditions that foster quality physical activity participation experiences for people with a physical disability: a systematic review.
Shirazipour CH; et al

**Disability and rehabilitation;** Jan 2020; vol. 42 (no. 2); p. 147-155

Due to the numerous barriers people with a physical disability face to being physically active, emphasis in practice and research is often placed on creating opportunities for participation. As such, the quality of the experience is often ignored once an individual is participating. We look for an understanding of how creating quality physical activity experiences is critical to foster enjoyable and sustained participation. The aim of this systematic review was to identify intervention and/or program conditions that may foster key elements that shape quality participation (QP) experiences. Although the qualitative findings
highlight two program conditions which may foster QP elements, overall, evaluations of physical activity interventions involving people with disabilities rarely include experiential aspects of participation. Group-based programming and leadership are two program conditions that may foster elements of quality participation. Physical activity organizers need to consider group composition. Physical activity programs should consist of peers with a disability, as appropriate, in order to promote belongingness. Physical activity programs should provide disability-specific training to leaders or seek leaders with disability-specific knowledge, in addition to physical activity knowledge and skills.

**Therapy-based exercise from the perspective of adult patients: a qualitative systematic review conducted using an ethnographic approach.**
Davenport S; et al
*Clinical rehabilitation*; Dec 2019; vol. 33 (no. 12); p. 1963-1977
Many patients do not meet recommended levels of therapy-based exercise. This review aims to explore how adult patients view being prescribed therapy-based exercise, the information/education they are given and receive and if/how they independently practise and adhere. The quality of the interaction between therapists and patients appears integral to patients engaging with, and sustaining practice of, rehabilitation programmes. Programmes need to be individualized, and health care professionals need to take patients' previous experiences and ambivalences in motivation and empowerment into account.

**Effectiveness of movement and body awareness therapies in patients with fibromyalgia: a systematic review and meta-analysis.**
Bravo C; et al
*European journal of physical and rehabilitation medicine*; Oct 2019; vol. 55 (no. 5); p. 646-657
Fibromyalgia is a long-term condition that is associated with widespread pain and is recognized as one of the major common causes of disability. The standard clinical guidance for fibromyalgia includes both pharmacological and non-pharmacological interventions. In the latter, different interventions are implemented such as aerobic exercises, flexibility exercises, strength training, stretching and body awareness (BA) therapies. The aims of this review were to provide a summary of movement and BA therapies in patients with fibromyalgia and to compare the different therapies in relation to outcomes. This systematic review and meta-analysis shows positive results in favor of movement and BA therapies as adjunct treatment to usual care in patients who suffer from fibromyalgia. Further work in identifying the mechanism of action by which BA therapies benefit outcomes should be undertaken.

**Exercise and physical activity for people with Progressive Supranuclear Palsy: a systematic review.**
Slade SC; et al
*Clinical rehabilitation*; Jan 2020; vol. 34 (no. 1); p. 23-33
We conduct a systematic review to evaluate exercise and structured physical activity for people living with Progressive Supranuclear Palsy. For people with Progressive Supranuclear Palsy, robust evidence was not found for therapeutic exercises. Reported improvements in walking were derived from two clinical trials. The effects of structured physical activity for people with advanced Progressive Supranuclear Palsy are not known.
**Intellectual disabilities**

*The Effectiveness of Rehabilitation Interventions on the Employment and Functioning of People with Intellectual Disabilities: A Systematic Review.*
Nevala N; et al  
*Journal of occupational rehabilitation; Dec 2019; vol. 29 (no. 4); p. 773-802*

This systematic review analyzed the effectiveness of rehabilitation interventions on the employment and functioning of people with intellectual disabilities (ID), as well as barriers and facilitators of employment. The employment of people with ID can be improved through secondary education including proper teaching methods and personal support services, the use of supported work, workplace accommodations and support from one's family and employer. These results can be utilized in the development of rehabilitation, education, and the employment of people with ID, to allow them the opportunity to work in the open labor market and participate in society.

**Effects of exercise on the physical fitness level of adults with intellectual disability: a systematic review.**
Bouzas S; et al  
*Disability and rehabilitation; Dec 2019; vol. 41 (no. 26); p. 3118-3140*

We systematically review the existing scientific evidence regarding the effects of physical exercise on the fitness level of people with intellectual disabilities. There is sufficient scientific evidence for the beneficial effects of exercise on the cardiovascular and muscular fitness of adults with mild/moderate ID. There is a need for more studies focused on the impact of physical exercise on the body composition of this population, and those that aim at identifying the impact of alternative interventions. There is a need for basic guidelines that can help rehabilitation professionals to prescribe exercise for maintaining and improving physical fitness in the adults with intellectual disabilities. In adults with intellectual disabilities, aerobic exercise has beneficial effects on cardiovascular and muscular fitness, flexibility, and range of motion. No firm conclusion can be made regarding the effects of aerobic, muscular, and combined training programs on the body composition of adults with intellectual disabilities. Rehabilitation professionals should be aware that scientific evidence regarding the prescription of alternative exercise protocols in adults with intellectual disabilities (i.e. dancing, water-based exercise, animal therapy, etc) is scarce.

**Kidney disease**

*Neuromuscular Electrical Stimulation In Chronic Kidney Failure: A Systematic Review And Meta-Analysis.*
Schardong J; et al  
*Archives of physical medicine and rehabilitation; Dec 2019*

We systematically review the effects of neuromuscular electrical stimulation (NMES) in chronic kidney failure (CKF) patients on hemodialysis (HD) on lower and upper limb muscle strength, functional capacity and quality of life. NMES improves quadriceps muscle strength as well as the functional capacity of CKF patients on HD. The effects on upper limb muscle strength and quality of life seem to be positive, however, the quality of evidence is very limited for these outcomes.

*Does Intradialytic Exercise Improve Removal of Solutes by Hemodialysis? A Systematic Review and Meta-analysis.*
Ferreira GD et al
We describe a systematic review and meta-analysis to identify if intradialytic exercise improves the removal of solutes and the hemodialysis adequacy. The aerobic intradialytic exercise may be suggested to improve the Kt/V-urea and the creatinine removal during the dialysis.

Multiple Sclerosis

dasNair R; et al
Neuropsychological rehabilitation; Dec 2019; vol. 29 (no. 10); p. 1543-1568
Everyday memory is one of the most affected cognitive functions in multiple sclerosis (MS). Assessing everyday memory problems is crucial for monitoring the impact of memory deficits on individuals' day-to-day lives and evaluating the effectiveness of interventions that aim to improve cognitive functions. The aim of this systematic review was to identify the research literature on everyday memory measures used with people with MS, describe the types of measures used, and summarise their psychometric properties. This review presents researchers and clinicians with an overview of the various everyday memory measures used in studies with people with MS, to help them choose the appropriate measure for their evaluations.

Ramari C; et al
Annals of physical and rehabilitation medicine; Dec 2019
Lower-limb functional capacity is impaired in most people with multiple sclerosis (PwMS). Reductions in lower-extremity muscle mechanical function (e.g., muscle strength) appear to have critical implications for lower-limb functional capacity. However, no review has summarized the current knowledge about the importance of muscle strength for functional tasks in PwMS. Expanding the current knowledge would advance the design of both clinical and research interventions aiming to improve functional capacity in PwMS. In PwMS, muscle strength of particularly the weakest limb explains 20% to 30% of the variance across a number of lower-limb functional capacity tests. Thus, exercise programs should focus on increasing lower-extremity muscle mechanical function in PwMS and minimizing strength asymmetry between limbs.

Evaluation of NeuroPage as a memory aid for people with multiple sclerosis: A randomised controlled trial.
Goodwin RA; et al
Neuropsychological rehabilitation; Jan 2020; vol. 30 (no. 1); p. 15-31
Memory problems are reported in 40%-60% of people with multiple sclerosis (MS). These problems affect independence and may limit the ability to benefit from rehabilitation. Our aim was to evaluate the effectiveness of NeuroPage for people with MS living in the community.

Motivational interviewing to promote health outcomes and behaviour change in multiple sclerosis: a systematic review.
Dorstyn DS; et al
Clinical rehabilitation; Dec 2019; p. 269215519895790
We examine the evidence for motivational interviewing when used to assist individuals with multiple sclerosis manage their healthcare. Motivational interviewing is a flexible counselling technique that may improve
rehabilitation care for multiple sclerosis. However, evidence for persisting benefits to health outcomes and behaviour is currently limited.

**Neurological conditions**

**Effect of Rehabilitation Treatments on Disability in Persons With Disorders of Consciousness: A Propensity Score Study.**
Sattin D; et al
*Archives of physical medicine and rehabilitation*; Jan 2020; vol. 101 (no. 1); p. 95-105
We evaluate the effects of rehabilitation (physical and cognitive) treatments on the diagnosis severity and Disability Rating Scale (DRS) scores, adjusted for a number of potential confounders measured at baseline, in a large cohort of patients with disorders of consciousness across time. Our propensity score analysis suggests that rehabilitation treatment protocols seem effective and should be applied to a broader spectrum of patients with disorders of consciousness.

**Measuring Motor Fatigability In The Upper Limbs In Subjects With Neurological Disorders. A Systematic Review.**
Brauers L; et al
*Archives of physical medicine and rehabilitation*; Dec 2019
We summarize the literature on definitions, assessment protocols and outcome measures for motor fatigability in neurological patients and investigates the known clinimetric properties according to the CONsensus-based Standards for the selection of health status Measurement INstruments (COSMIN) criteria. Based on physiology, recommendations are made for protocols and outcome measures for motor fatigability at the ICF Body Function level. For the ICF Activities level, too little is known to make sound statements on the use of protocols in neurological populations. Clinimetric properties should be further investigated for neurological populations.

**Behavioural activation treatment for depression in individuals with neurological conditions: a systematic review.**
Oates LL; et al
*Clinical rehabilitation*; Dec 2019; p. 269215519896404
We evaluate the effectiveness of behavioural activation interventions for people with neurological conditions with comorbid depression, and explore content and adaptations.<br/>DATA SOURCES: PsyCINFO, MEDLINE, CINAHL, AMED, and EMBASE databases were searched on the 19 November 2019. Reference lists of selected full-texts were screened by title. The effectiveness of behavioural activation in randomized controlled trials varied from small to large (d = 0.24-1.7) in reducing depression. The content of behavioural activation was comparable to established treatment manuals. Adaptations appeared to support individuals to engage in therapy.
Orthopaedics

Suman A; et al
Journal of occupational rehabilitation; Sep 2017; vol. 27 (no. 3); p. 422-433
To reduce the burden of low back pain (LBP) in the Netherlands, a multidisciplinary guideline for LBP has been implemented in Dutch primary care using a multifaceted implementation strategy targeted at health care professionals (HCPs) and patients. The current paper describes the process evaluation of the implementation among HCPs. The data presented in this paper have shown that the strategy that was used to implement the guideline in a Dutch primary care setting was feasible, especially when using a multidisciplinary approach. However, identified barriers for implementation have been identified and should be addressed in future implementation.

Content and psychometric evaluations of questionnaires for assessing physical function in people with low back disorders. A systematic review of the literature.
Wiitavaara B; Heiden M
Disability and rehabilitation; Jan 2020; vol. 42 (no. 2); p. 163-172
The purpose was to investigate how physical function is assessed in people with musculoskeletal disorders in the low back. Specifically: Which questionnaires are used to assess physical function in people with musculoskeletal disorders in the low back? What aspects of physical function do those questionnaires measure? What are the measurement properties of the questionnaires?: The extent of psychometric evaluations differed substantially, as did the items included. Focus of measurement was predominantly on activities in daily life. Valid and reliable instruments that measure relevant aspects of low back disorders are needed to provide early diagnostics and effective treatment. Most questionnaires need more psychometric evaluations to establish the quality. The Oswestry Disability Index and the Quebec Back Pain Disability Scale showed adequate psychometric properties in most evaluations. The results may be useful when making decisions about which measurement instruments to use when evaluating low back disorders.

The effect of mechanical traction on low back pain in patients with herniated intervertebral disks: a systemic review and meta-analysis.
Cheng YH; et al
Clinical rehabilitation; Jan 2020; vol. 34 (no. 1); p. 13-22
We evaluate the effectiveness of traction in improving low back pain, functional outcome, and disk morphology in patients with herniated intervertebral disks. Compared with sham or no traction, lumbar traction exhibited significantly more pain reduction and functional improvements in the short term, but not in the long term. There is insufficient evidence to support the effect of lumbar traction on herniated disk size reduction.

Gay C; et al
Annals of physical and rehabilitation medicine; Nov 2019
The efficacy of spa therapy in osteoarthritis (OA) has ever been demonstrated, with a good level of evidence for pain and disability. The effect of a self-management program with spa therapy on physical activity (PA) level has
never been demonstrated. This study showed the lack of impact of a short self-management program on PA level in addition to 18-day spa therapy for KOA, but both intervention and control groups showed improved PA level.

### Uphill treadmill walking plus physical therapy versus physical therapy alone in the management of individuals with knee osteoarthritis: a randomized clinical trial.
Sedaghatnezhad P; et al
Disability and rehabilitation; Dec 2019; p. 1-9
This study aims to compare the effectiveness of uphill walking and physical therapy versus physical therapy alone on knee pain, excursion ranges, stride length, and walking speed in individuals with knee osteoarthritis. This study revealed that the addition of uphill walking to physical therapy results in stride length and walking speed improvements and that it also has persistent effects on knee ranges, stride length, and walking speed as compared with physical therapy alone. Stretching exercises are recommended to correct knee flexion contracture and uphill treadmill walking is a form of functional stretching. This study shows 10 sessions of combined uphill treadmill walking and physical therapy provided superior improvements in stride length and walking speed at 10-session or 20-day follow-up, and active and passive excursion ranges at 20-day follow-up compared with physical therapy alone. Physical therapist may consider uphill treadmill walking when designing a physical therapy for patients with knee osteoarthritis to promote the results of the rehabilitation programs.

### The effect of low-level laser therapy and physical exercise on pain, stiffness, function, and spatiotemporal gait variables in subjects with bilateral knee osteoarthritis: a blind randomized clinical trial.
de Matos Brunelli Braghin R; et al
Disability and rehabilitation; Dec 2019; vol. 41 (no. 26); p. 3165-3172
We evaluate the effects of individual and combination therapies (low-level laser therapy and physical exercises) on pain, stiffness, function, and spatiotemporal gait variables in subjects with bilateral knee osteoarthritis (OA). The group treated only with exercise showed improvement in WOMAC questionnaire scores. Regarding the gait variables, all groups undergoing the interventions showed increases in the gait speed compared to the CG. The laser and exercise combination therapy provided the best results for the other gait variables (cadence and duration of right limb support and duration of single right limb support). There are differences in gait patterns in patients with knee OA, including decreased gait speed, cadence, and step length. The results shown in the present study provide additional information about the physical therapy approaches that should be chosen during clinical practical to improve gait performance in individuals with knee osteoarthritis. The improvement in gait performance is a relevant issue due to the fact that is associated to physical independence and better quality of life.

### Questionnaires for knee instability assessment in people with anterior cruciate ligament injury: a systematic review of original questionnaires and their translated versions.
Marinho APR; et al
Disability and rehabilitation; Jan 2020; vol. 42 (no. 2); p. 173-182
We verify the quality of questionnaires/scales regarding knee instability caused by anterior cruciate ligament (ACL) insufficiency and their translated versions. The International Knee Documentation Committee had the largest number of translated versions and it was considered the best instrument assessed. Furthermore, The International Knee Documentation Committee
was considered to be easy to apply, short and accessible, thus it is the choice of several clinicians and researchers. Knee instability is one of the most important factors to be evaluated during rehabilitation of people with anterior cruciate ligament injury in both surgical and non-surgical approach. The use of questionnaires may provide a better overall functionality assessment of people with knee instability from ACL injury. To choose the most appropriate questionnaire, clinicians should consider their needs and should consider validated questionnaires linked with adequate psychometric properties which guarantee the original characteristics of a questionnaire and also guarantee reliable results.

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Nazari G; et al

Archives of physical medicine and rehabilitation; Dec 2019

We identify, critically appraise and synthesize the reported psychometric properties of shoulder performance-based functional tests in patients with shoulder diseases. The Standardized Index of Shoulder Function (Fi2S) and the Shoulder Function Index (SFInX) tests are reliable, valid and responsiveness in patients with shoulder-related diseases.

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Three Out of Ten Working Patients Expect No Clinical Improvement of Their Ability to Perform Work-Related Knee-Demanding Activities After Total Knee Arthroplasty: A Multicenter Study.

van Zaanen Y; et al

Journal of occupational rehabilitation; Sep 2019; vol. 29 (no. 3); p. 585-594

Three out of ten patients do not return to work after total knee arthroplasty (TKA). Patient expectations are suggested to play a key role. What are patients' expectations regarding the ability to perform work-related knee-demanding activities 6 months after TKA compared to their preoperative status? Most patients have high expectations, especially regarding activities involving deep knee flexion. Remarkably, three out of ten patients expect no clinical improvement or even a worse ability to perform work-related knee-demanding activities 6 months postoperatively compared to their preoperative status. Therefore, addressing patients’ expectations seems useful in order to assure realistic expectations regarding work activities.

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Effects of therapeutic ultrasound for knee osteoarthritis: a systematic review and meta-analysis.

Wu Y; et al

Clinical rehabilitation; Dec 2019; vol. 33 (no. 12); p. 1863-1875

We assess the effectiveness and safety of therapeutic ultrasound with sham ultrasound on pain relief and functional improvement in knee osteoarthritis patients. As phonophoresis is a unique therapeutic ultrasound, we also compared the effects of phonophoresis with conventional non-drug ultrasound. Therapeutic ultrasound is a safe treatment to relieve pain and improve physical function in patients with knee osteoarthritis. However, phonophoresis does not produce additional benefits to functional improvement, but may relieve pain compared to conventional non-drug ultrasound.

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Paediatrics

Systematic review of measurement instruments for patients with juvenile idiopathic arthritis in the foot and ankle.
Ortega-Avila AB; et al
European journal of physical and rehabilitation medicine; Dec 2019
Juvenile idiopathic arthritis (JIA) is the most common rheumatic disease in childhood. The part of the body most commonly affected, and where cysts are most likely to form, is in the small joints of the foot. Despite the very low quality of the available evidence, the Italian-language adaptation of the Oxford Ankle Foot Questionnaire presents acceptable methodological quality. However, further studies, with greater methodological rigour, are required. A review of psychometric properties and methodological quality of evidence for each Patient Reported Outcome Measures specific for the foot and ankle affected by juvenile idiopathic arthritis is provided.

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Additional validation study and French cross-cultural adaptation of the Pediatric Stroke Outcome Measure-Summary of Impressions (PSOM-SOI).
Morard MD; et al
Annals of physical and rehabilitation medicine; Dec 2019
The Pediatric Stroke Outcome Measure-Summary of Impressions (PSOM-SOI) measures neurological function across right and left sensorimotor domains (Item A), language production (Item B), language comprehension (Item C), and cognition/behaviour (Item D). The IRR of the French PSOM-SOI gave variable results depending on the item and rater’s experience, but the extent of disagreements was minor for individual items and total score. Additional prospective validation studies using the French PSOM-Short Neurological Exam to score the PSOM-SOI are needed. A dichotomised total score (cut-offs ≤0.5) could be used to define normal function versus poor outcome.

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The methodological application of goal attainment scaling in pediatric rehabilitation research: a systematic review.
Harpster K; et al
Disability and rehabilitation; Dec 2019; vol. 41 (no. 24); p. 2855-2864
The objectives of this review article were to (1) describe the populations and interventions to which Goal Attainment Scaling (GAS) has been applied in pediatric rehabilitation, (2) summarize the scientific rigor of published studies utilizing GAS as an outcome measure in pediatric rehabilitation, and (3) illustrate the responsiveness of GAS following intervention. GAS is a clinically useful tool for measuring progress toward goals, but has not been utilized with a high level of methodological rigor in research. Emphasis on reduced variation in administration and interpretation will strengthen the utility of GAS for efficacy and program evaluation in future research. Goal Attainment Scaling (GAS) can be used across a diversity of interventions and diagnoses as an outcome measure in pediatric rehabilitation. Careful consideration should be used in the study design to standardize administration and scoring of GAS to strengthen the study. Goal Attainment Scaling is responsive to change, and the tool appears to detect meaningful change the majority of the time in pediatric rehabilitation.

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Megía García A; et al
Neurorehabilitation and neural repair; Jan 2020; vol. 34 (no. 1); p. 3-12
Epidural spinal electrical stimulation at the lumbar spinal level evokes rhythmic muscle activation of lower-limb antagonists, attributed to the central
pattern generator. However, the efficacy of noninvasive spinal stimulation for the activation of lower-limb muscles is not yet clear. This review aimed to analyze the feasibility and efficacy of noninvasive transcutaneous spinal cord stimulation (tSCS) on motor function in individuals with spinal cord injury. Although this review highlights tSCS as a feasible therapeutic neuromodulatory strategy to enhance voluntary movement, muscle strength, and function in patients with chronic spinal cord injury, the clinical impact and efficacy of electrode location and current intensity need to be characterized in statistically powered and controlled clinical trials.

Construct validity of the Trunk Aesthetic Clinical Evaluation (TRACE) in young people with idiopathic scoliosis.
Negrini S; et al
Annals of physical and rehabilitation medicine; Dec 2019
Aesthetics is recognized as a main outcome in idiopathic scoliosis (IS) treatment, but to date, there is no criterion standard for physicians' evaluation. Trunk Aesthetic Clinical Evaluation (TRACE) is a simple 12-point ordinal scale to quantify symmetry as a proxy of aesthetics. TRACE is already diffused worldwide and has been used in clinical research. The TRACE ordinal scale has been converted into a Rasch-consistent, interval-level measure of trunk aesthetics in IS patients and can be used to compare different populations. Its main flaw is low reliability, likely because of the small number of items. TRACE can be used as an outcome measure and in everyday clinical evaluation of IS, even if new developments of the scale are advised.

A systematic review of factors related to employment in transition-age youth with visual impairments.
Lund EM; Cmar JL
Rehabilitation psychology; Jan 2020
Individuals with visual impairments, including transition-age youth, have much lower employment rates than their peers without disabilities. We conducted a systematic review to examine the factors that predict employment in American youth with visual impairments. These results highlight the need to teach vocational skills, particularly job search skills, to youth with visual impairments and to support their completion of postsecondary education. Because most studies involved secondary analysis of older datasets, and five relied on the same dataset, additional research should be conducted using novel and current datasets in order to replicate and expand on these findings. Research is also needed to identify factors associated with completion of postsecondary education for youth with visual impairments as well as interventions that lead to positive postsecondary educational and employment outcomes.
**Pain**

*Relative Effectiveness of Electroacupuncture and Biofeedback in Treatment of Neck and Upper Back Myofascial Pain: a Randomized Clinical Trial*

Eslamian F; et al

*Archives of physical medicine and rehabilitation;* Jan 2020

We determine the differences between clinical effects of electro-acupuncture and biofeedback therapy in addition to conventional treatment in patients with cervical Myofascial Pain Syndrome (MPS). Both electroacupuncture and biofeedback therapies were found to be effective in management of MPS when integrated with conventional treatment. However, intergroup differences showed priority of acupuncture in some parameters versus biofeedback. Thus, electro-acupuncture seems to be a better complementary modality for treatment of MPS in neck and upper back area.

**Parkinson’s disease**

*Measures of balance and falls risk prediction in people with Parkinson’s disease: a systematic review of psychometric properties.*

Winser SJ; et al

*Clinical rehabilitation;* Dec 2019; vol. 33 (no. 12); p. 1949-1962

We investigate the psychometric properties of measures of balance and falls risk prediction in people with Parkinson’s disease (PD). Six of the 68 outcome measures have strong psychometric properties for the assessment of balance and falls risk prediction in PD. Measures assessing balance and falls risk prediction at the participatory level are limited in number with a lack of psychometric validation.

*Barthel Index and modified Rankin Scale: Psychometric properties during medication phases in idiopathic Parkinson disease.*

Taghizadeh G; et al

*Annals of physical and rehabilitation medicine;* Dec 2019

Independence in activities of daily living (ADL) is one of the most important aspects in planning treatment for people with Parkinson disease (PD). The Barthel Index (BI) and modified Rankin Scale (mRS) are commonly used in neurological diseases. The BI and mRS showed acceptable validity and reliability to measure the degree of disability in patients with PD in daily activities in both ON and OFF medication phases.

*Effect of Repetitive Transcranial Magnetic Stimulation on Gait and Freezing of Gait in Parkinson Disease: A Systematic Review and Meta-analysis.*

Xie YJ; et al

*Archives of physical medicine and rehabilitation;* Jan 2020; vol. 101 (no. 1); p. 130-140

The purpose of this review was to systematically assess the effectiveness of repetitive transcranial magnetic stimulation (rTMS) intervention on gait in individuals with Parkinson disease (PD). The results of the meta-analysis propose the favorable effect of rTMS on walking performance in the short term but not over the long term in individuals with PD.

*Should respiratory muscle training be part of the treatment of Parkinson's disease? A systematic review of randomized controlled trials.*

Rodríguez MÁ; et al

*Clinical rehabilitation;* Dec 2019; p. 269215519896054

We determine the effectiveness of respiratory muscle training in persons with Parkinson’s disease. Respiratory muscle training may be an effective
alternative for improving respiratory muscle strength, swallowing function and phonatory parameters in subjects with Parkinson's disease. Nevertheless, the lack of primary studies about this type of training prevents obtaining robust evidence.

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Effects of vibratory stimulation on balance and gait in Parkinson's disease: a systematic review and meta-analysis.
Marazzi S; et al
European journal of physical and rehabilitation medicine; Jan 2020
Among the different rehabilitative approaches to Parkinson's disease, there is conflicting evidence about the effects of vibratory stimulation and its capability to modulate the central elaboration of proprioceptive stimuli. The hypothesis is that the vibration-induced sensorial perturbation (through Whole Body Vibration (WBV) or localized vibration) can influence the motor response in complex tasks such as postural control and gait. Thus, the objective of this review was to evaluate the effect of different modalities of vibratory stimulation treatment on balance, gait signs and symptoms, and quality of life, in patients with Parkinson's disease. Results of the review show that WBV can improve gait performance in patients with Parkinson's disease.

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Polio

Sleep disorders in aging polio survivors: A systematic review.
Léotard A; et al
Annals of physical and rehabilitation medicine; Nov 2019
Sleep disturbances, especially sleep disordered breathing and sleep movement disorders, seem to be highly prevalent among aging polio survivors. They could contribute to late functional deterioration, fatigue, poor quality of life and negative health outcomes, thereby increasing cardiovascular risk. Follow-up of polio survivors should include systematic screening for sleep disorders because they are associated with adverse consequences. Sleep disorder evaluation and management should improve the long-term survival and quality of life of polio survivors. Methodologically robust clinical trials are needed, but the decreasing prevalence and large clinical spectrum of the disease may complicate the creation of comparable groups.

Rehabilitation

Is the Wellness Recovery Action Plan (WRAP) efficacious for improving personal and clinical recovery outcomes? A systematic review and meta-analysis.
Canacott L; et al
Psychiatric rehabilitation journal; Dec 2019; vol. 42 (no. 4); p. 372-381
The Wellness Recovery Action Plan (WRAP) is a structured approach to illness self-management that is widely used within mental health services. This systematic review identifies, appraises, and meta-analyzes quantitative evidence from experimental or quasi-experimental comparison group designs for effects of WRAP on measures reflecting personal recovery and clinical symptomatology. Participation in WRAP has positive outcomes for participants, quantifiable using comprehensive measures of self-perceived recovery. Improvements were not sustained over time. Future research could explore this, as well as potential effects of follow-up WRAP sessions. The results support a move to broader measurement of outcomes within mental health, away from a reliance on clinical outcome measures. Recommendations for further research are made.

Stroke

Exercise Programs Delivered According to Guidelines Improve Mobility in People With Stroke: A Systematic Review and Meta-analysis.
Pogrebnoy D; Dennett A
Archives of physical medicine and rehabilitation; Jan 2020; vol. 101 (no. 1); p. 154-165
We determine if prescribing a combined aerobic and resistance training exercise program in accordance with American Stroke Association physical activity guidelines improves mobility and physical activity levels of people after stroke. A combined exercise program comprising aerobic and resistance training that adheres to the American Stroke Association guidelines is safe and should be prescribed in addition to usual care to improve mobility. Further research is needed to understand the relationship between exercise programs and behavior change requirements to improve long-term physical activity levels.

Factors influencing implementation of aerobic exercise after stroke: a systematic review.
Gaskins NJ; et al
This systematic review aimed to explore the perspectives of healthcare, exercise, and fitness professionals working with people post-stroke regarding the factors affecting the implementation of aerobic exercise after stroke. Key factors influencing the implementation of aerobic exercise after stroke included characteristics of the staff and intervention and system-level issues, some of which are modifiable. Further research should evaluate strategies which specifically target these modifiable factors to facilitate implementation in practice. Aerobic exercise after stroke is an effective intervention but there are challenges to implementation from a staff and system perspective. Any changes to the identified factors should be tailored to suit the staff group and setting. Provision of training and knowledge-sharing could improve staff’s confidence in the prescription and delivery of aerobic exercise after stroke though other implementation strategies should also be considered.

Identification of categories of the International Classification of Functioning, Disability and Health in functional assessment measures for stroke survivors: a systematic review.
Silva SM; et al
Disability and rehabilitation; Jan 2020; vol. 42 (no. 2); p. 156-162
Perform a systematic review to identify the categories of the International Classification of Functioning, Disability and Health linked to the concepts measured by functional assessment tools validated for Brazilian Portuguese: Timed Up and Go test, Functional Independence Measure, Barthel Index, and Rivermead Mobility Index and Modified Rankin Scale. The Functional Independence Measure has more concepts related to the International Classification of Functioning, Disability and Health, since it addresses a greater number of categories. These findings can help guide health professionals in the selection of assessment tools for the evaluation of post-stroke functioning, making viable the use of the International Classification of Functioning, Disability and Health categories in clinical practice and public health services. This study standardized identification of the International Classification of Functioning, Disability and Health categories in the main outcome measures used to assess post-stroke functional capacity. Functional Independence Measure has more concepts related to the International Classification of Functioning, Disability and Health compared to other functional assessment instruments. Findings can enable physiotherapists and researchers choose the most appropriate measure that best corresponds to their field of interest. These results facilitate the implementation of the International Classification of Functioning, Disability and Health in clinical practice. Use of International Classification of Functioning, Disability and Health categories can standardize information on functional health.

Kang N; et al
Archives of physical medicine and rehabilitation; Jan 2020; vol. 101 (no. 1); p. 141-153
The postural imbalance poststroke limits individuals' walking abilities as well as increase the risk of falling. We investigated the short-term treatment effects of noninvasive brain stimulation (NIBS) on functional balance and postural control in patients with stroke. Our systematic review and meta-analysis confirmed that NIBS may be an effective option for restoring functional balance and postural control for patients with stroke.

Rehabilitation of the upper arm early after stroke: Video games versus
Several rehabilitation methods have proven their efficacy in increasing sensorimotor recovery and/or function of the upper limb (UL) after stroke. Video games (VGs) are promising tools in this indication. In general, we cannot conclude that video gaming and conventional OT led to different long-term sensorimotor recovery of the UL after sub-acute stroke. However, when applied within the first month after stroke, video gaming was more efficient than conventional rehabilitation on both sensorimotor recovery and gross grasping function.

Evidence of chronic stroke rehabilitation interventions in activities and participation outcomes: systematic review of meta-analyses of randomized controlled trials.

García-Rudolph A; et al
European journal of physical and rehabilitation medicine; Dec 2019; vol. 55 (no. 6); p. 695-709
Stroke is a leading cause of long-term disabilities worldwide. A great deal of meta-analyses of randomized controlled trials (RCTs) address rehabilitation in chronic stroke, several of them with focus on activities and participation, considered critical outcomes of successful rehabilitation. Nevertheless, substantial heterogeneity might exist between studies, the reported associations may be causal, but they might also be flawed, as inherent study biases such as residual confounding and selective reporting of positive results may exaggerate the effect of interventions in chronic phase. Furthermore, most RCTs might focus on specific rehabilitation domains, not paying the same attention to others. The findings of this study show a clear need for high quality RCTs examining the effectiveness of rehabilitation interventions addressing activities and participation. The ICF framework may contribute to a holistic approach in chronic stroke rehabilitation, including not only motor functioning but also the ability to participate in everyday life activities.

Land-based and aquatic trunk exercise program improve trunk control, balance and activities of daily living ability in stroke: a randomized clinical trial.

Park HK; et al
European journal of physical and rehabilitation medicine; Dec 2019; vol. 55 (no. 6); p. 687-694
There are many land-based or aquatic exercise programs for improving trunk control, balance, and activities of daily living in stroke patients. However, no study has reported the effects of an exercise program that combines land-based and aquatic trunk exercises in stroke patients. The results of this study suggest that the LATE program can help improve trunk control, balance, and activities of daily living in chronic stroke patients and may be used as a practical adjunct to conventional physical therapy. The LATE program can improve postural control in stroke patients and improve independence in daily activities.
Trauma

Predictors of health-related quality of life after non-catastrophic injury sustained in a road traffic crash.
Gopinath B; et al
Annals of physical and rehabilitation medicine; Nov 2019
Health-related quality of life (HRQoL) is an important patient-reported outcome that warrants greater attention in individuals who sustained a non-catastrophic injury in a road traffic crash. Additional robust data on HRQoL outcomes after a non-catastrophic injury are needed to effectively identify potential targets for studies of tertiary prevention of poor recovery after a crash. A wide spectrum of biopsychosocial factors contribute to HRQoL after a road traffic crash injury. These epidemiological data are potentially important because they could identify potential targets for studies of tertiary prevention of persistently poor HRQoL after such an injury.

The effectiveness of multi-dimensional resilience rehabilitation programs after traumatic physical injuries: a systematic review and meta-analysis.
Heathcote K; et al
Disability and rehabilitation; Dec 2019; vol. 41 (no. 24); p. 2865-2880
We synthesize evidence of the effectiveness of socio-ecological resilience rehabilitation programs on returning to work (RTW), self-efficacy, and stress mitigation following traumatic physical injuries. Methods: PubMed, Scopus, Proquest, Cinahl, Web of Science, Clinical Trials Database, and the Cochrane Central Register of Controlled Trials databases were searched. Methodological quality was assessed using the PEDro tool. Compared to rehabilitation programs providing standard care following injuries, programs aimed at developing resilience could improve reemployment outcomes and self-efficacy. Individual resilience may be an important factor promoting functional recovery after traumatic injury. Resilience rehabilitation programs are effective in enabling patients' return to work and increasing their self efficacy. In particular, programs involving the workplace are important components for enabling optimal work participation outcomes.

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