

Una revisione sistematica di argomenti di medicina fisica e riabilitativa sulla base del lavoro della Cochrane Collaboration

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1 Premessa

Per lungo tempo la riabilitazione è stata considerata la Cenerentola delle specialità mediche in parte per la mancanza di strumenti di valutazione validati e di conseguenza di una pratica basata su dati precisi e ricerche di buon livello, in parte per la sua nascita a cavallo tra più discipline e società scientifiche. Oggi tutto questo sta cambiando: la ricerca sta crescendo rapidamente, e la riabilitazione si sta guadagnando un posto di rilievo, accresciuto nella società occidentale dall'invecchiamento della popolazione e dall'aumento delle patologie croniche.

Nell'ambito della medicina basata sulle evidenze (EBM) la Cochrane Collaboration, un'organizzazione internazionale indipendente non-profit, dedicata all'aggiornamento e all'informazione accurata in ambito della salute sta svolgendo un ruolo primario.

2 Obiettivo

Fare una panoramica sulla Cochrane Collaboration, cos'è e cosa ha sviluppato in questi anni che possa essere utile per gli operatori che si occupano di medicina fisica e riabilitazione.

3 Metodi

Dopo aver brevemente presentato la Cochrane collaboration, abbiamo sistematicamente analizzato i titoli delle revisioni sistematiche dei 50 gruppi di revisione evidenziando quelli di interesse per la riabilitazione. Nel termine riabilitazione abbiamo incluso non solo gli esercizi e le terapie fisiche ma anche gli interventi educativi e farmacologici finalizzati al supporto dei pazienti. Abbiamo escluso dalla ricerca tutti i protocolli di revisioni che non sono arrivati allo stadio finale di pubblicazione dei risultati.

La ricerca è stata eseguita sulla fascicolo 2 del 2007 della Cochrane Library.

4 Risultati

Abbiamo trovato 138 revisioni complete riguardanti interventi riabilitativi svolte da 20 gruppi di revisione. Non sono state trovate revisioni ombrello. I gruppi maggiormente produttivi in ambito riabilitativo sono stati il gruppo muscoloscheletrico (28 revisioni), il gruppo Stroke (20), il Back group (18) il gruppo dei disturbi di movimento (13). Gli interventi riabilitativi maggiormente trattati sono gli esercizi (37 revisioni), le terapie fisiche (20) e gli interventi farmacologici (11). Sei revisioni si sono occupate di riabilitazione multidisciplinare. Gli argomenti maggiormente studiati sono stati la lombalgia e lo stroke.

Back group:

Exercise, manipulation, massage, multidisciplinary rehabilitation and work conditioning for neck disorders (5 reviews)
Rehabilitation after lumbar disk surgery (1 review)
Bed rest for acute low back pain (1 review)
Multidisciplinary rehabilitation for sub acute low back pain (1 review)
Behavioural treatment and TENS for chronic low back pain (2 reviews)
Back school, traction, exercise, massage, neuroreflexotherapy, spinal manipulation and heat or cold therapy for non specific low back pain (7 reviews)
Patient education for low-back pain (1 review)

Acute respiratory infections group: Chest physiotherapy for bronchiolitis in children aged 0-24 months
Airways group: Exercise and physical therapy for asthma (5 reviews) Physical training for bronchiectasis Physical therapy and pulmonary rehabilitation for BRDQ (2 reviews) Educational interventions for asthma in children
Bone, joints and muscle trauma group: Rehabilitation for distal radial fractures (1 review) Multidisciplinary rehabilitation and mobilisation for hip fractures (2 reviews) Exercise for anterior cruciate ligament injuries (1 review) Biopsychological rehabilitation for repetitive upper limb injuries (1 review) Rehabilitation after surgery for flexor tendon injuries in the hand (1 review) Prosthesis after limb amputation (1 review)
Breast cancer group: Physical therapy for lymphoedema (1 review) Exercise for women receiving adjuvant therapy (1 review)
Cystic fibrosis and genetic disorders group: Chest physiotherapy and physical training for cystic fibrosis (4 reviews)
Dementia and cognitive impairment group: Cognitive rehabilitation for Alzheimer disease (1 review) Light therapy, music therapy, reminiscence therapy, snoezelen, massage and touch, TENS, validation therapy for dementia (7 reviews)
Eyes and vision group: Orientation and mobility training and reading aids for people with low vision (2 reviews)
Heart group: Exercise for coronary heart disease (1 review)
HIV/AIDS group: Aerobic exercise and progressive resistive interventions (2 reviews)
Injuries group: Pharmacological interventions for spasticity following spinal cord injury Sensory stimulation for brain injured individuals in coma or vegetative state Spinal injuries centre for people with acute traumatic spinal cord injuries Multi-disciplinary rehabilitation for acquired brain injury in adults of working age Pharmacological treatment for agitation and aggression on people with acquired brain injuries
Metabolic and endocrin disorder group: Exercise and Group based training for self-management strategies for type 2 diabetes mellitus (2 reviews) Exercise for overweight or obesity
Movement disorder group: Botulinum toxin type A and B for cervical dystonia (4 reviews) Botulinum toxin type A for lower and upper limb spasticity in cerebral palsy (2 reviews) Occupational therapy for Parkinson's disease Physiotherapy for Parkinson's disease (2 reviews) Speech and language therapy for Parkinson's disease and cerebral palsy (3 reviews) Non-pharmacological therapies for dysphagia in Parkinson's disease
Multiple sclerosis group: Anti-spasticity agents for multiple sclerosis Exercise therapy, Occupational therapy for multiple sclerosis (2 reviews) Multidisciplinary rehabilitation for adults with multiple sclerosis Treatment for ataxia in multiple sclerosis
Neonatal group: Chest physiotherapy for preventing morbidity in babies being extubated from mechanical ventilation
Neuromuscular disease group: Exercise for people with peripheral neuropathy Rehabilitation interventions for foot drop in neuromuscular disease Strength training and aerobic exercise training for muscle disease Treatment for spasticity in amyotrophic lateral sclerosis/motor neuron disease Treatment for swallowing difficulties (dysphagia) in chronic muscle disease
Pain, palliative and supportive care group: Music for pain relief Non-invasive physical treatments for chronic/recurrent headache Transcutaneous electrical nerve stimulation (TENS) for chronic pain
Peripheral vascular diseases group: Exercise for intermittent claudication
Stroke group: Acupuncture for stroke rehabilitation Cognitive rehabilitation for attention deficits, memory deficits, spatial neglect following stroke (3 reviews) Electrical stimulation and Supportive devices for preventing and treating post-stroke shoulder pain and subluxation (2 reviews) Electrostimulation for promoting recovery of movement or functional ability after stroke EMG biofeedback for the recovery of motor function after stroke Force platform feedback for standing balance training after stroke Information provision for stroke patients and their caregivers Interventions for apraxia of speech following stroke Interventions for dysphagia in acute stroke Occupational therapy for patients with problems in activities of daily living after stroke Organised inpatient (stroke unit) care for stroke Physical fitness training for stroke patients Physiotherapy treatment approaches for the recovery of postural control and lower limb function following stroke Speech and language therapy for aphasia and dysarthria due to non-progressive brain damage (2 reviews) Therapy-based rehabilitation services for stroke patients at home Treadmill training and body weight support for walking after stroke

Muscoloscheletrico group:

Balneotherapy, Occupational therapy, Splints and Orthosis for rheumatoid arthritis (3 reviews)
Braces and orthoses, Transcutaneous electrical nerve stimulation, Therapeutic ultrasound for treating osteoarthritis of the knee (3 reviews)
Continuous passive motion following total knee arthroplasty
Deep transverse friction massage for treating tendinitis
Electrical stimulation, Low level laser therapy (Classes I, II and III), Thermotherapy, Therapeutic ultrasound for the treatment of rheumatoid arthritis (101-104) (4 reviews)
Electromagnetic fields, Thermotherapy for the treatment of osteoarthritis (2 reviews)
Exercise for acutely hospitalised older medical patients
Exercise for osteoarthritis of the hip or knee
Exercise for preventing and treating osteoporosis in postmenopausal women
Exercise for treating fibromyalgia syndrome
Home versus center based physical activity programs in older adults
Intensity of exercise for the treatment of osteoarthritis
Multidisciplinary rehabilitation for fibromyalgia and musculoskeletal pain in working age adults
Orthotic devices, Shock wave therapy for lateral elbow pain (2 review)
Patient education for adults with rheumatoid arthritis
Physiotherapy interventions for ankylosing spondylitis
Physiotherapy interventions for shoulder pain
Therapeutic ultrasound for treating patellofemoral pain syndrome
Transcutaneous electrical nerve stimulation (TENS) for the treatment of rheumatoid arthritis in the hand

5 Conclusioni

La Cochrane Collaboration attualmente rappresenta un passo fondamentale nell'accrescimento di un approccio Evidence Based alla medicina, anche nel campo della riabilitazione. Il Cochrane Database per revisioni sistematiche sembra essere uno strumento molto utile, soprattutto per i clinici che generalmente necessitano di informazioni aggiornate e attendibili in risposta a precisi quesiti clinici. La disponibilità di revisioni ombrello anche nel campo della riabilitazione migliorerà significativamente quello che oggi appare un aiuto importante nella sfida della migliore pratica clinica.

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