



GUIDE-Rehab could help solve some of the issues in understanding treatments for spinal deformities in children and adults

The guideline for intervention description in rehabilitation (Guide-Rehab):
a tool to open the “Black Box” of rehabilitation complex interventions

Conclusions

GUIDE-Rehab will support reporting standardised descriptions of complex rehabilitation interventions to improve clinical research and may support the implementation of rehabilitation interventions in clinical practice. GUIDE-Rehab is specific to rehabilitation, but the theory approach used to open the “black box” could inform the development of reporting guidelines for other complex interventions. The concept and reporting of background treatment could be relevant beyond rehabilitation.

Results

The Executive and Advisory Committees included 16 and 29 experts, respectively, and the piloting involved 17 chief editors, seven research groups and the participants in 10 scientific rehabilitation and evidence meetings. In total, we involved 68 experts from 26 countries of all continents, including the Global South. The guideline includes four versions: complete (16 items), short (10 items), uncontrolled studies (13 items), and graphical intervention description (9 items), each designed to respond to different research needs. It comprises a glossary of terms and explanations for implementation, with 12 items of the complete version referring to the methods, two to the discussion, and one to the abstract/introduction and the results sections.

This poster provides the background of

- A poster on bracing
24 April 10.00-10.30
- A presentation on PSSEs
24 April 13.06-13.12

with GUIDE-Rehab implementation

Graphical representation of the GUIDE-Rehab description of interventions

Intervention		Intervention components				Intervention Ingredients			
Intervention	Intervention theory	Target 1	Component 1	Component theory 1	Ingredient 1	Quantity	Tailoring	Quantity changes	
					Target 2	Component 2	Component theory 2	Ingredient 2	Quantity
Ingredient 3	Quantity	Tailoring	Quantity changes						
Target 3	Component 3	Component theory 3	Ingredient 1	Quantity	Tailoring	Quantity changes			
			Ingredient 2	Quantity	Tailoring	Quantity changes			
			Ingredient 3	Quantity	Tailoring	Quantity changes			

Terminology used in GUIDE-Rehab

- ✓ **Intervention type:** Classification of the studied intervention, ranging from a single (and simple) intervention (or even an intervention component) to a complex rehabilitation programme.
- ✓ **Rehabilitation programme:** A complex intervention that meets all aspects of the definition of rehabilitation for research purposes developed by Cochrane Rehabilitation in collaboration with global stakeholders (A2) (Figure 2).
- ✓ **Intervention for rehabilitation:** An intervention used in rehabilitation that can be implemented as a stand-alone treatment or a component of a rehabilitation programme.
- ✓ **Intervention theory:** The biological, psychological and/or social reason(s) why the intervention should work.
- ✓ **Intervention component:** The set of active ingredients that accounts for change in a single intervention target.
- ✓ **Component theory:** The biological, psychological and/or social reason(s) why the component should work.
- ✓ **Intervention target:** A measurable aspect of the functioning or contextual factors hypothesised to be directly changed by the active ingredients of the intervention component.
- ✓ **Active ingredient:** A single constituent of the intervention responsible alone or with other ingredients for the therapeutic action.
- ✓ **Attributes of an active ingredient:** Materials, procedures, personnel, mode of delivery, context, and team factors characteristic of intervention delivery.
- ✓ **Background treatment:** All interventions provided to all study participants (intervention and comparison) which are common to both groups.

Design

Mixed-methods study, including research preparatory papers, Delphi rounds, consensus meetings and piloting.

Methods

We followed the EQUATOR Network’s guidance and reported on the consensus procedure using the ACCORD reporting guideline. The background preparation work included 21 papers identifying the needs and defining the baseline knowledge. The GUIDE-Rehab contents development started from the TIDieR reporting guideline, the Rehabilitation Treatment Specification System, and the definition of rehabilitation for research purposes. The Executive Committee participated in the consensus meeting and the Delphi process, which also included the Advisory Committee. We performed a three-phases piloting: editorial, clinical research and general rehabilitation.

Background

The World Health Assembly adopted a resolution to strengthen rehabilitation in health systems and improve the quality of rehabilitation research globally. Reporting guidelines can enhance the reporting but also the conduct of research. Rehabilitation is a complex and, at times, poorly described intervention. Similarly to what happens for other complex interventions, it has been characterised as a “black box” intervention. The existing reporting guidelines have not resolved the problems. We developed the Guideline for Intervention Description in Rehabilitation (GUIDE-Rehab) to address this issue and contribute to solving the problem of describing complex interventions.

Objective

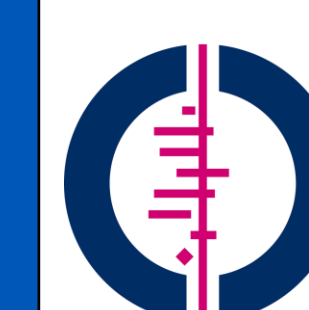
To develop a reporting guideline for the description of rehabilitation interventions for research purposes.



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