A systematic review and meta-analysis on the effects of physically active classrooms on educational and enjoyment outcomes in school age children.
[Physically active classrooms may slightly improve academic achievement compared to the traditional sedentary lessons. Future research is needed to ensure that studies are adequately powered, employ appropriate methods of randomization, and measure a wide range of important student outcomes across the full spectrum of the school-age.]
Freely available online

Advances in rehabilitation for chronic diseases: improving health outcomes and function.
Richardson CR. BMJ 2019;365:l2191.
[This review summarizes the evidence for benefit of in-person cardiac and pulmonary rehabilitation programs. It also reviews the literature on newer developments, such as home based remotely mediated exercise programs developed to decrease cost and improve accessibility, high intensity interval training in cardiac rehabilitation, and alternative therapies such as tai chi and yoga for people with chronic obstructive pulmonary disease.]

Assessment of Outcomes of Inpatient or Clinic-Based vs Home-Based Rehabilitation After Total Knee Arthroplasty: A Systematic Review and Meta-analysis.
[Based on low- to moderate-quality evidence, no superiority of clinic-based or inpatient programs compared with home-based programs was found in the early subacute period after TKA. This evidence suggests that home-based rehabilitation is an appropriate first line of therapy after uncomplicated TKA for patients with adequate social supports.]
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[Cognitive problems are common after stroke and their identification and management is important for survivors, carers and clinicians. However, the appropriateness of the screening methods and ways in which results inform community clinical care have not been established. The aim of this phase of the Cognitive Management Pathways in Stroke Services study was to explore key issues to undertaking cognitive assessment, particularly in community settings.]
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Developing vocational rehabilitation services for people with long-term neurological conditions: Identifying facilitators and barriers to service provision.  
[This study aimed to understand existing vocational rehabilitation service provision in one locality in London (population 3.74 million), identify any gaps and explore reasons for this, to support service development.]  
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Development of a patient reported outcome measures for measuring the impact of visual impairment following stroke.  
[Among the available patient-reported outcome measures (PROMs) there is an absence of a PROM with a specific focus on the impact of the wide variety of visual impairments following stroke. Our aim was to develop a patient reported quality of life outcome measure for stroke survivors with visual impairment.]  
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Diversity of practices in telerehabilitation for children with disabilities and effective intervention characteristics: results from a systematic review.  
[Despite a great variety in practices, telerehabilitation might be as effective as face-to-face interventions, across disciplines, for a variety of clinical outcomes. Telerehabilitation might be more effective when coaching approaches are used, especially to achieve outcomes related to children’s behavior or parental skills.]  
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Does health coaching improve health-related quality of life and reduce hospital admissions in people with chronic obstructive pulmonary disease? A systematic review and meta-analysis.  
[Meta-analysis showed that health coaching has a significant positive effect on HRQoL (SMD = -0.69, 95% CI: -1.28, -0.09, p = .02, from k = 4) and leads to a significant reduction in COPD-related hospital admissions (OR = 0.46, 95% CI: 0.31, 0.69, p = .0001, from k = 5), but not in all-cause hospital admissions (OR = 0.70, 95% CI: 0.41-1.12, p = .20, from k = 3). Three of four studies reported significant improvements to self-care behaviours such as medication adherence and exercise compliance.]  
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Effect of Pulmonary Rehabilitation on Symptoms of Anxiety and Depression in COPD: A Systematic Review and Meta-Analysis.  
[PR confers significant, clinically relevant benefits on anxiety and depression symptoms. Because further studies involving no treatment control groups are not indicated, these robust estimates of treatment effects are likely to endure.]  
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Effective occupational therapy intervention with children demonstrating reduced social competence during playground interactions.
[Occupational therapists are increasingly referred children who experience difficulty with social interaction at school. Research indicates that social difficulties are impacted by inefficient use of cognitive strategies. The Perceive, Recall, Plan and Perform system of intervention targets underlying cognitive strategies during task performance. This study aimed to investigate the impact of a playground social skills programme based on the Perceive, Recall, Plan and Perform intervention.]
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Effectiveness of paediatric occupational therapy for children with disabilities: A systematic review.
[Thirty percent of the indications assessed were graded 'do it' (Green Go); 56% 'probably do it' (Yellow Measure); 10% 'probably don't do it' (Yellow Measure); and 4% 'don't do it' (Red Stop). Evidence supports 40 intervention indications. Yellow light interventions should be accompanied by a sensitive outcome measure to monitor progress and red light interventions could be discontinued because effective alternatives existed.]
Freely available online

Effects of nonpharmacological interventions on functioning of people living with dementia at home: A systematic review of randomised controlled trials.
[In studies judged to have a lower risk of bias, in-home tailored exercise, individualised cognitive rehabilitation, and in-home activities-focussed occupational therapy significantly reduced functional decline relative to control groups in individual studies. There was consistent evidence from studies at low risk of bias that group-based exercise and reminiscence therapies were ineffective at reducing functional decline.]
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[The findings of this review indicate that virtual reality when combined with conventional therapy is moderately more effective in improving balance than conventional therapy alone in individuals' poststroke.]
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Interventions for visual field defects in people with stroke.
Pollock A. Cochrane Database of Systematic Reviews 2019;5:CD008388.
[Visual field defects are estimated to affect 20% to 57% of people who have had a stroke. There are many interventions for visual field defects, which are proposed to work by restoring the visual field; compensating for the visual field defect by changing behaviour or activity; substituting for the visual
field defect by using a device or extraneous modification; or ensuring appropriate diagnosis, referral and treatment prescription through standardised assessment or screening, or both.]

**Non-pharmacological interventions for Lewy body dementia: a systematic review.**
[Most studies reported beneficial effects of the interventions used, though the only sizeable study was on dysphagia, showing a benefit of honey-thickened liquids. Given the heterogeneity of interventions and poor quality of the studies overall, no quantitative synthesis was possible.]
*Freely available online*

**Relationship between home environment and energy expenditure of community-dwelling older adults**
[High energy expenditure by healthy older individuals has numerous benefits, and housework and exercises done at home are among the most common physical activities. However, there is little knowledge about how characteristics of the urban built environment could impact energy expenditure for moderate and vigorous daily activities. This study characterizes accessibility and a number of physical barriers, investigates the relationship between home environmental press and energy expenditure at home.]
*Contact the library for a copy of this article*

**The effectiveness of group exercise for improving activity and participation in adult stroke survivors: a systematic review.**
Church G. *Physiotherapy* 2019; doi: 10.1016/j.physio.2019.01.005.
[The review found improvements are short-term and less evident at long-term follow up with little improvements in participation after 6 months. However, this review was limited to the standard of intervention reporting. Further research should consider consistency in measuring underpinning mechanisms of group exercise interventions, which may explain the lack of activity changes in long-term follow-up.]
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**The effectiveness of somatosensory retraining for improving sensory function in the arm following stroke: a systematic review.**
[Somatosensory retraining may assist people to regain somatosensory discrimination skills in the arm after stroke.]
*Available with an NHS OpenAthens password for eligible users*

**Guidelines**
The following new guidance has recently been published:

**Adaptations without delay: A guide to planning and delivering home adaptations differently.**
Royal College of Occupational Therapists; 2019.
[https://www.rcot.co.uk/adaptations-without-delay]
[Adaptations play a crucial role in prevention and need to be delivered in a timely manner.]

Freely available online

Reports
The following report(s) may be of interest:

**Steps to better understanding resistant behaviours and the culture of bedside dementia care in hospitals.**
NIHR Dissemination Centre; 2019.
https://discover.dc.nihr.ac.uk/content/signal-000779/understanding-dementia-care-in-hospitals
[NIHR Signal. This in-depth study confirmed that people living with dementia are often resistant to care in acute hospital settings. It found that small interventions that are easy to implement had potential to change ingrained ward behaviour and strengthen staff understanding and care of patients with dementia.]

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