

Oficina de Trabalho OIPSS/EVIPNet
Decisão informada por evidências nas políticas de saúde:
promovendo o uso do conhecimento para a tomada de decisão

Sessão 10

Localizando revisões sistemáticas sobre as opções que você está considerando

Encontrando e Usando as Evidências

E S C L A R E C E N D O			Sistemas de Saúde	Temas de Saúde Pública e Clínica Médica
	1	Qual é o problema?	<p>DATASUS – Departamento de Informática do SUS www.datasus.gov.br</p> <ul style="list-style-type: none"> • Informações de Saúde <ul style="list-style-type: none"> • Indicadores de Saúde <ul style="list-style-type: none"> Sala de Situação em Saúde Painel de Monitoramento da Mortalidade Infantil, Fetal e Materna Indicadores do Pacto pela Saúde Indicadores e Dados Básicos <p>IDSUS - Índice de Desempenho do SUS saladeinformacao.saude.gov.br/cartogramas/sage/avaliacao.htm</p> <p>IBGE - www.censo2010.ibge.gov.br</p>	
2	Como o problema recebeu a atenção e como este processo de priorização influenciou a perspectiva de que o problema seja enfrentado?			
3	Quais indicadores podem ser usados, ou coletados, para estabelecer a magnitude do problema e para medir o progresso do seu enfrentamento?			
P R O B L E M A	4	Quais comparações podem ser feitas para estabelecer a magnitude do problema e para medir o progresso do seu enfrentamento?	<p>Health Systems Evidence www.healthsystemsevidence.org</p>	<p>BVS - Biblioteca Virtual em Saúde www.bireme.br - www.bvsalud.org</p> <p>PubMed HSR Queries - Recurso de pesquisa sobre Serviços de Saúde www.nlm.nih.gov/nichsr/hedges/search.html</p> <p>Avaliação de processos (process assessment) Avaliação de resultados (outcomes assessment) Pesquisa Qualitativa (qualitative research)</p>
	5	Como o problema pode ser descrito e estruturado de maneira a motivar diversos grupos que possam estar interessados em enfrentá-lo?		

Encontrando e Usando as Evidências Revisões Sistemáticas

		Temas de Sistemas de Saúde	Temas de Saúde Pública e Clínica Médica
ESTRUTURANDO AS OPÇÕES		Foi identificado um conjunto de opções para enfrentar o problema?	Biblioteca Cochrane – Revisões Sistemáticas para programas clínicos, serviços e medicamentos
	2	Quais benefícios são importantes para os que serão afetados e quais podem ser alcançados para cada opção?	<ul style="list-style-type: none"> • Portal de Evidências da BVS evidences.bvsalud.org • BVS - Biblioteca Virtual em Saúde www.bireme.br - www.bvsalud.org
	3	Quais danos são importantes para os que serão afetados e quais danos podem ocorrer para cada opção?	Health Systems Evidence www.healthsystemsevidence.org
	4	Quais são os custos de cada opção e que evidência local/nacional existe sobre o custo-efetividade	Health-evidence.ca - Para programas e serviços de saúde pública health-evidence.ca
	5	Que adaptações podem ser feitas para cada opção e que poderão alterar os benefícios, danos e/ou custos?	Biblioteca Cochrane - Avaliações Econômicas <ul style="list-style-type: none"> • Portal de Evidências da BVS evidences.bvsalud.org • BVS - Biblioteca Virtual em Saúde www.bireme.br - www.bvsalud.org
			BVS - Biblioteca Virtual em Saúde www.bireme.br - www.bvsalud.org PubMed HSR Queries - Recurso de pesquisa sobre Serviços de Saúde www.nlm.nih.gov/nichsr/hedges/search.html <ul style="list-style-type: none"> • Pesquisa Qualitativa (qualitative research)

Biblioteca Virtual em Saúde

www.bireme.br - www.bvsalud.org

bvs
biblioteca
virtual em saúde

español | english

BIREME

Biblioteca Virtual em Saúde

Pesquisa na BVS

para serviços personalizados

Entre uma ou mais palavras Todos os índices Todas as fontes **Pesquisar**

método: integrado por palavras google

pesquisa via descritores DeCS/MeSH

Fontes de Informação

- Literatura Científica e Técnica**
 - Ciências da Saúde em Geral**
LILACS, IBECs, MEDLINE, Biblioteca Cochrane, SciELO
 - Portal de Evidências**
Revisões Sistemáticas, Ensaios Clínicos, Sumários de Evidências, Avaliações de Tecnologias em Saúde, Diretrizes para Prática Clínica
 - Áreas Especializadas**
CidSaúde, DESASTRES, HISA, HOMEINDEX, LEYES, MEDCARIB
 - Organismos Internacionais**
PAHO, WHOLIS
 - LIS- Localizador de Informação em Saúde**
 - DeCS- Terminologia em Saúde**
 - Acesso a Documentos**
SCAD- serviço de cópia de documentos, Catálogo de revistas científicas

Destaques

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.net

Dia Internacional da Família
OPAS lança Plataforma de Acesso e Inovação para a Saúde

Exemplo de pesquisa

Atividade física e doenças crônicas

español | english

bvs biblioteca virtual em saúde

Biblioteca Virtual em Saúde

BIREME

para serviços personalizados

Pesquisa na BVS

Entre uma ou mais palavras

Todos os índices

Todas as fontes

Pesquisar

método: integrado por palavras google

("physical activity" or "atividade física" or fitness) ("chronic diseases" or "doenças crônicas" or "doença crônica" or "doenças cardiovasculares" or hipertensão)

Fontes de Informação

Literatura Científica e Técnica

Ciências da Saúde em Geral
LILACS, IBECs, MEDLINE, Biblioteca Cochrane, SciELO

Portal de Evidências
Revisões Sistemáticas, Ensaio Clínico, Sumários de Evidência, Avaliações Econômicas em Saúde, Avaliações de Tecnologias em Saúde, Diretrizes para Prática Clínica

Áreas Especializadas
CidSaúde, DESASTRES, HISA, HOMEINDEX, LEYES, MEDCARIB, REPIDISCA

Organismos Internacionais
PAHO, WHOLIS

LIS- Localizador de Informação em Saúde

DeCS- Terminologia em Saúde

Acesso a Documentos
SCAD- serviço de cópia de documentos, Catálogo de revistas científicas

Destaques

Redes Sociais

1

Rede de Notícias

Dia Mundial do Meio Ambiente

Dia Mundial Sem Tabaco e Indústria do Tabaco

Dia Internacional da Família

OPAS lança Plataforma de Acesso e Inovação para a Saúde

> Pesquisa > ("physical activity" or "atividade física" or fitness) ("chronic diseases" or "doenças crônicas" or "doença crônica" or "doenças cardiovasculares" or hipertensão)

("physical activity" or "atividade física" or fitness) ("chronic di Todos os índices onde: Todas as fontes pesquisar

Sua seleção (0)

Resultados -10 de 9.192

<< Primeira < Ante

Ocultar Mostrar

Selecionar todos Ordem do resultado Curto RSS XML Enviar resultado

Tipo

Aspecto clínico

Texto completo (1554)

Tipo de estudo

Ensaio Clínico Controlado (1550)

Estudos de Prevalência (1468)

Estudos de Incidência (982)

Estudos de Coorte (442)

Estudos de Caso-Control (165)

Relatos de Casos (64)

Guias de Prática Clínica (51)

Revisões Sistemáticas (22)

Avaliações Econômicas de Saúde (10)

Avaliações de Tecnologias em Saúde (2)

Assunto principal

Limites

Revista

Idioma

Ano de publicação

1. **Changes in diet and lifestyle and long-term weight gain in women and men.**
Mozaffarian D; Hao T; Rimm EB; Willett WC; Hu FB
N Engl J Med; 364(25): 2392-404, 2011 Jun 23.
Artigo [MEDLINE PMID: 21696306] Idioma: Inglês
 Resumo Imprimir Fotocópia PubMed LinkOut
2. **The role of exercise and PGC1alpha in inflammation and chronic disease.**
Handschin C; Spiegelman BM
Nature; 454(7203): 463-9, 2008 Jul 24.
Artigo [MEDLINE PMID: 18650917] Idioma: Inglês
 Resumo Texto em inglês Imprimir Fotocópia PubMed LinkOut
3. **Healthy lifestyle through young adulthood and the presence of low cardiovascular disease risk at age: the Coronary Artery Risk Development in (Young) Adults (CARDIA) study.**
Liu K; Daviglus ML; Loria CM; Colangelo LA; Spring B; Moller AC; Lloyd-Jones DM
Circulation; 125(8): 996-1004, 2012 Feb 28.
Artigo [MEDLINE PMID: 22291127] Idioma: Inglês
 Resumo Imprimir Fotocópia PubMed LinkOut
4. **Positive signature-tagged mutagenesis in Pseudomonas aeruginosa: tracking patho-adaptive mutations promoting airways chronic infection.**
Bianconi I; Milani A; Cigana C; Paroni M; Levesque RC; Bertoni G; Bragonzi A
PLoS Pathog; 7(2): e1001270, 2011.
Artigo [MEDLINE PMID: 21304889] Idioma: Inglês
 Resumo Texto em inglês Imprimir Fotocópia PubMed LinkOut
5. **Recurrent signature patterns in HIV-1 B clade envelope glycoproteins associated with either**

Mostrar

Selecionar todos Ordem do resultado Curto    Enviar resultado

- 1. **Single risk factor interventions to promote physical activity among patients with chronic diseases: systematic review (Structured abstract)**
Centre for Reviews and Dissemination
Resumos de revisões sistemáticas com qualidade avaliada (DARE). In: The Cochrane Library
[ID: DARE12009100610]
 Imprimir
- 2. **Physical activity as a supportive care intervention in palliative cancer patients: a systematic review (Structured abstract)**
Centre for Reviews and Dissemination
Resumos de revisões sistemáticas com qualidade avaliada (DARE). In: The Cochrane Library
[ID: DARE12009105266]
 Imprimir
- 3. **Impact of erythropoiesis-stimulating agents on energy and physical function in nondialysis CKD patients with anemia: a systematic review (Provisional abstract)**
Centre for Reviews and Dissemination
Resumos de revisões sistemáticas com qualidade avaliada (DARE). In: The Cochrane Library
[ID: DARE12010001786]
 Imprimir
- 4. **School-based physical activity programs for promoting physical activity and fitness in children and adolescents aged 6-18**
Dobbins Maureen, DeCorby Kara, Robeson Paula, Husson Heather, Tirilis Daiva
Revisões Sistemáticas da Cochrane (CDSR). In: The Cochrane Library
[ID: CD007651]
 Resumo  Imprimir
- 5. **Systematic review of the health benefits of physical activity and fitness in school-aged children and youth (Provisional abstract)**
Centre for Reviews and Dissemination

Single risk factor interventions to promote physical activity among patients affected by at least one chronic disease in primary care settings

HudonC, FortinM, SoucyL

CRD summary

The authors concluded that physical activity among patients is uncertain given a number of weaknesses in the review.

Authors' objectives

To assess the effectiveness of single risk factor interventions to promote physical activity among patients affected by at least one chronic disease in primary care settings.

Searching

MEDLINE, CINAHL and EMBASE were searched. Reference lists of included studies were also reported.

Study selection

Randomised controlled trials were included. Studies that recruited patients affected by at least one chronic disease in primary care settings were included.

The included studies were screened for multiple behaviours. Participants with hypercholesterolaemia, Type 2 diabetes, hypertension, asthma, chronic obstructive pulmonary disease, heart failure, depression, anxiety, and chronic pain were included. The Health Education Authority, a nurse practitioner, and a physiotherapist were included in the review. The Activity Questionnaire, Short-Form 36, and the Physical Activity Scale for Individuals with Disabilities were used.

One reviewer screened studies and a consensus was achieved.

Validity assessment

Study quality was assessed using the Cochrane Risk of Bias tool. Points to be included in the review were: participants, interventions, outcomes, and estimates, discussion, and conclusions.

Two reviewers independently

Data extraction

Descriptive data on the direction of intervention effects were extracted.

The authors did not state how many reviewers extracted data.

Methods of synthesis

The results of included studies were summarised in a narrative synthesis.

Results of the review

Three studies were included (n=1,276): one RCT and two cluster-RCTs. One study had a quality score of 22 points and two achieved a score of 20 points. Follow-up ranged between two to 12 months.

Two studies reported no significant effect of the interventions on levels of physical activity.

In one study there was a significant increase in physical activity with the most intensive intervention only (Godin score 14.4, 95% confidence interval 7.8 to 21).

Authors' conclusions

There was insufficient evidence to assess the effectiveness of single risk factor interventions to promote physical activity among patients affected by at least one chronic disease in primary care settings.

CRD commentary

The review question was clearly stated. Several relevant sources were searched. The limitation to papers published in English or French meant there was potential for language and publication biases. The search for unpublished studies was limited and relevant studies may have been missed. Appropriate steps were taken to minimise risks of error and bias during study selection and validity assessment; it was unclear whether similar efforts were taken during data extraction. The study quality assessment criteria appeared appropriate. The decision to combine study results in a narrative synthesis was justified given significant differences between studies in terms of interventions. Only a few studies were included and sample sizes were small.

The reliability of the authors' conclusion is uncertain given a number of weaknesses in the review (potential for publication bias, small number of studies and small sample sizes).

Implications of the review for practice and research

Practice: The authors did not state any implications for practice.

Research: The authors stated that further studies (preferably in collaborative nurse-physician practices) were needed to identify the kinds of interventions that would be effective over the long term in patients with chronic diseases (including osteoarthritis and asthma).

Funding

Pfizer Canada; Family Medicine Department, University of Sherbrooke, Quebec.

URL for original research

<http://www.cfp.ca/cgi/content/abstract/54/8/1130>

Single risk factor interventions to promote physical activity among patients with chronic diseases Systematic review

Catherine Hudon, MD MSc CCMF, Martin Fortin, MD MSc FCMF and Hassan Soubhi, MD PhD

Author Affiliations

Correspondence to: **Dr C. Hudon**, Université de Sherbrooke, 305 St-Vallier, Chicoutimi, QC G7H 5H6; e-mail catherine.hudon@usherbrooke.ca

ABSTRACT

OBJECTIVE To provide a summary of evidence on the effectiveness of interventions to promote physical activity among patients affected by at least 1 chronic disease. The interventions studied were each targeted at a single risk factor.

DATA SOURCES MEDLINE, CINAHL, and EMBASE were searched from 1966 to 2006 using 2 sets of search terms. First we searched using *physical activity* or *physical fitness* or *exercise* and *health care* or *primary care* or *primary health care* or *family practice* or *medical office* or *physician's office* and *health promotion* or *health education* or *counselling*. Then we used *physical activity* or *exercise* and *diabetes* or *hyperlipidemia* or *hypertension* or *obesity* or



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Canadian Family Physician
August 2008 vol. 54 no. 8
1130-1137

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SCHOOL-BASED PHYSICAL ACTIVITY PROGRAMS FOR PROMOTING PHYSICAL ACTIVITY AND FITNESS IN CHILDREN AND ADOLESCENTS AGED 6-18

Dobbins Maureen, DeCorby Kara, Robeson Paula, Husson Heather, Tirilis Daiva


Dobbins Maureen, DeCorby Kara, Robeson Paula, Husson Heather, Tirilis Daiva


Cochrane Database of Systematic Reviews, Issue 05, 2012 (Status in this issue: EDITED (NO CHANGE TO CONCLUSIONS))


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DOI: 10.1002/14651858.CD007651.pub1

This review should be cited as: Dobbins Maureen, DeCorby Kara, Robeson Paula, Husson Heather, Tirilis Daiva. School-based physical activity programs for promoting physical activity and fitness in children and adolescents aged 6-18. Cochrane Database of Systematic Reviews. In: *The Cochrane Library*, Issue 05, Art. No. CD007651. DOI: 10.1002/14651858.CD007651.pub1

Opções

 Índice

 versão para impressão

 documento em espanhol
(versão anterior)

ABSTRACT

Background

The World Health Organization estimates that 1.9 million deaths worldwide are attributable to physical inactivity. Chronic diseases associated with physical inactivity include cancer, diabetes and coronary heart disease.

Objective

The purpose of this systematic review is to summarize the evidence of the effectiveness of school-based interventions in promoting physical activity and fitness in children and adolescents.

Criteria for considering studies for this review

The search strategy included searching several databases. In addition, reference lists of included articles and background papers were reviewed for potentially relevant studies, as well as references from relevant Cochrane reviews. Primary authors of included studies were contacted as needed for additional information.

Selection criteria

To be included, the intervention had to be relevant to public health practice, implemented, facilitated, or promoted by staff in local public health units, implemented in a school setting and aimed at increasing physical activity, report on outcomes for children and adolescents (aged 6 to 18 years), and use a prospective design with a control group.

Data collection and analysis

Standardized tools were used by two independent reviewers to rate each study's methodological quality and for data extraction. Where discrepancies existed discussion occurred until consensus was reached. The results were summarized narratively due to wide variations in the populations, interventions evaluated and outcomes measured.

Main results

13,841 titles were identified and screened and 482 articles were retrieved. Multiple publications on the same project were combined and counted as one project, resulting in 395 distinct project accounts (studies). Of the 395 studies 104 were deemed relevant and of those, four were assessed as having strong methodological quality, 22 were of moderate quality and 78 were considered weak. In total 26 studies were included in the review. There is good evidence that school-based physical activity interventions have a positive



School-based physical activity programs for promoting physical activity and fitness in children and adolescents aged 6-18

- Abstract
- Background
- Objectives
- Criteria for considering studies for this review
- Search methods for identification of studies
- Data collection and analysis
- Methods of the review
- Methodological quality
- Results
- Discussion
- Authors' conclusions
- Acknowledgements
- Potential conflict of interest
- Notes
- Characteristics of included studies
- Characteristics of excluded studies
- Characteristics of ongoing studies
- Additional tables
- References
- Graphs and Tables
- Cover sheet
- Sources of support
- Plain language summary
- Keywords

Background

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Authors' conclusions

Given that there are no harmful effects and that there is some evidence of positive effects on lifestyle behaviours and physical health status measures, ongoing physical activity promotion in schools is recommended at this time.

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SCAD- serviço de cópia de documentos, Catálogo de revistas científicas

Destaques

Redes Sociais

Rede de Notícias

Dia Mundial do Meio A
Dia Mundial Sem Taba
indústria do tabaco"
Dia Internacional da F
OPAS lança Plataform
Acesso e Inovação pa
Saúde

Portal de Evidências da BVS

evidencias.bvsalud.org

The screenshot shows the BVS Evidence Portal website. At the top left is the BVS logo (biblioteca virtual em saúde). To its right is the title 'Portal de Evidências'. On the top right are logos for BIREME, OPAS, and OMS, with the text 'español | english' below them. The main content area is divided into three columns: 'Redes', 'Pesquisa', and 'Destaques'. The 'Redes' column lists Cochrane (Colaboração Cochrane, Centro Cochrane do Brasil, Centro Cochrane Ibero-americano) and EVIPNet. The 'Pesquisa' column features a search bar with the placeholder 'Entre uma ou mais palavras' and a 'Pesquisar' button. Below the search bar is a section titled 'Atenção à saúde' with sub-sections: 'Revisões Sistemáticas' (Revisões Cochrane (CDSR), Revisões avaliadas (DARE), LILACS), 'Ensaio Clínicos' (CENTRAL, LILACS, Estudos sobre Dor nas Costas), 'Sumários de Evidência' (Atualização na prática ambulatorial, Bandolier, Gestão clínica e sanitária), 'Avaliações Econômicas em Saúde' (NHS-EED, LILACS), 'Avaliações de Tecnologias em Saúde' (HTA-INAHTA, Agências Ibero-Americanas), and 'Diretrizes para Prática Clínica' (National Guideline Clearinghouse (US)). The 'Destaques' column lists two events: 'Reunión de la Red Cochrane Iberoamericana, 23 al 25 mayo 2012, Lima/Perú' and '20th Cochrane Colloquium, 30 september - 3 october 2012, New Zealand'. A white box with an orange border is overlaid on the right side of the page, containing the text 'Inclui:' followed by three bullet points: '• Biblioteca Cochrane (todas as bases de dados)', '• Biblioteca Cochrane Plus (revisões sistemáticas traduzidas ao espanhol)', and '• Resumos de revisões sistemáticas traduzidos ao português'. At the bottom, there are two more sections: 'Medicina Baseada em Evidências: metodologia e aplicação' with sub-sections 'Sites relevantes', 'Ensaio clínicos' (Como e onde buscar, Plataformas de registros, Aplicação da metodologia), and 'Revisões sistemáticas e metanálises' (Como e onde buscar, Aplicação da metodologia, Atividades de capacitação); and 'Cochrane Ibero-Americana' with the sub-section 'PAHO IberoAmerican Cochrane Network Award'. The bottom right corner has a section for 'Colaboração Cochrane'.

Inclui:

- Biblioteca Cochrane (todas as bases de dados)
- Biblioteca Cochrane Plus (revisões sistemáticas traduzidas ao espanhol)
- Resumos de revisões sistemáticas traduzidos ao português

Acesso ao Documento Completo

The screenshot shows the homepage of the Portal de Periódicos da CAPES. At the top, there is a navigation bar with links for 'MAPA DO SITE', 'FALE CONOSCO', 'MEU ESPAÇO', 'TAMANHO', and 'CONTRASTE'. Below this is a secondary navigation bar with 'PÁGINA INICIAL', 'INSTITUCIONAL', 'ACERVO', 'BUSCA', 'NOTÍCIAS', and 'SUPPORTE'. The main content area is divided into several sections:

- Top Banner:** A message stating that only free content is accessible and that full-text access is available for participating institutions.
- Search Section:** Three search options are provided: 'Buscar assunto', 'Buscar periódico', and 'Buscar base'. Each has a search input field, a 'BUSCAR' button, and a link to 'Busca avançada'. The 'Buscar periódico' and 'Buscar base' sections also include alphabetical navigation buttons and a 'Lista Completa' link.
- Image:** A photograph of Daniela Savassi using a laptop on a beach, with a caption: 'Daniela Savassi acessa o Portal de Periódicos da Capes na praia do Leblon, Rio de Janeiro.' The photo credit 'Foto: Gustavo Laíto' is on the right.
- News Section (Notícias):** Three news items are listed with dates and titles: '06.06.12 - Manutenção no Portal de Periódicos', '06.06.12 - Nova ferramenta de busca recupera dados com maior velocidade', and '30.05.12 - Conteúdos científicos auxiliam profissionais da saúde na tomada de decisões'.
- Collections Section (Coleções):** Three collections are listed: 'Alexander Street Press', 'CABI compendia', and 'Project Euclid', each with a brief description of the content.
- Trainings Section (Treinamentos):** Three training events are listed: 'Treinamento do Portal de Periódicos - UNIVILLE', 'Treinamento do Portal de Periódicos - UVA', and 'Treinamento do Portal de Periódicos - UFPA', each with a date, address, and type.

At the bottom left, there is a logo for 'EVII EVIDENCE INFORM' and at the bottom right, the text 'e decisão'.