

**INSIDE  
THIS  
ISSUE:****What's new at the  
CMSG (p. 2-4)**

- Second Coordinating Editor
- Funding
- Australian Satellite
- New Reviews & Protocols
- Top 10 Accessed Reviews on the Cochrane Library
- Tale of 4 Review Groups
- Priority Areas for Systematic Reviews
- Articles by CMSG

**Promoting the Work of  
CMSG (p. 5-6)**

- Australia
- Press Releases
- Journal of Rheumatology
- IMHA
- CADTH
- Online Evaluation of CMSG Consumer Summaries

**Upcoming Events (p. 6)**

- 5th Canadian Cochrane Symposium
- Author Training Workshop
- Consumer Workshop

# CMSG Newsletter

WWW.COCHRANEMSK.ORG

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## The Cochrane Musculoskeletal Review Group

The Cochrane Musculoskeletal Review Group (CMSG) is one of 50 groups that are part of the Cochrane Collaboration. Cochrane is an international organization that aims to help people make well informed decisions about health care by preparing, maintaining and promoting reviews of the effects of health care treatments.

The CMSG editorial base is in Ottawa, Canada and Melbourne, Australia and has members who are health care professionals, researchers and consumers from around the world.

Reviews produced by the CMSG cover many areas of musculoskeletal conditions, such as

gout, lupus, fibromyalgia, osteoarthritis, rheumatoid arthritis, paediatric rheumatology, soft tissue conditions, spondyloarthropathy, systemic sclerosis and vasculitis.

### **Cochrane Musculoskeletal Review Group**

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Nancy Santesso (Knowledge Translation Specialist)  
Louise Falzon (Trial search Coordinator)  
Jessie McGowan (Library Scientist)  
Doug Coyle (Health Economist)

## Posters and Workshops in Dublin

**Posters:**

- The plain language summary: Cochrane's most valuable product? Santesso N, Glenton C, Oxman A, Tugwell P.
- Communicating Consumer Summaries On-line: A web-based survey. Brehaut JC, Santesso N, Lott A, Tugwell P, O'Connor A, Cranney A, Graham I, Lindgaard G.
- Workings of the Australian Satellite of the Cochrane Musculoskeletal Group. Buchbinder R, Johnston R, Tugwell P, Maxwell L on behalf of the Satellite Advisory Board.

**Workshop:**

- Golden nuggets for dissemination: extracting relevant information from Cochrane reviews. Claire Glenton, Nancy Santesso .

**Musculoskeletal Meeting**

A great opportunity to meet the editorial staff and members of the Musculoskeletal Group and learn about our activities and plans for the future.

When: Tuesday, October 24th, 2006  
8:00am - 9:00am

Where: XIV Cochrane Colloquium  
Dublin, Ireland

# WHAT'S NEW AT THE CMSG

## Funding

### Second Coordinating Editor for the CMSG

We are very pleased to announce that the Musculoskeletal Group will now have two Co-ordinating Editors - Rachelle Buchbinder is joining Peter Tugwell in this role. Rachelle has been an active participant in Cochrane activities since 1998, authoring ten Cochrane reviews and a chapter on shoulder and elbow pain in the book 'Evidence Based Rheumatology'. She became an editor with the Musculoskeletal Group in 2003 and is the facilitator of our soft-tissue subgroup. Since October 2005, Rachelle has led the Australian Satellite of the Musculoskeletal Group. We warmly welcome Rachelle to this role and look forward to working with her.

We are happy to report that in January 2006 the Canadian Cochrane Centre was awarded funding of their application "Knowledge synthesis and translation by the Cochrane Collaboration in Canada", submitted on behalf of all the Canadian Cochrane Entities. The application is jointly funded by: the Canadian Institutes of Health Research (CIHR) Knowledge Translation Branch, the Canadian Agency for Drug and Technologies in Health (CADTH), and the CIHR Institutes of Health Services and Policy Research, Musculoskeletal Health and Arthritis, Gender and Health, Human Development, Child and Youth Health, Nutrition, Metabolism and Diabetes, and Infection and Immunity.

This five year funding assures a level of stability that the CMSG has not previously enjoyed and will allow us to fulfill many activities, including, supporting our authors in the continued production of high quality systematic reviews relating to treatments for arthritis as well as ensuring systematic reviews are updated on a regular basis. In addition, our continued participation in Cochrane workshops will advance the visibility of Cochrane activities in Canada and provide training for review authors and consumers. The Musculoskeletal Group is focused on improving the dissemination of our reviews in a user-friendly format to potential end users, such as clinicians, patients and policymakers.

## Australian Satellite of the Cochrane Musculoskeletal Group

The Australian Satellite of the Cochrane Musculoskeletal Group, funded by the Australian Government Department of Health and Ageing was launched at the 13th Cochrane Colloquium in October 2005 in Melbourne, Australia.

Some of the highlights of the satellite's achievements during its first year include:

- Mentoring of four local review authors preparing systematic reviews registered with the CMSG;
- Running training workshops on systematic reviews for Rheumatology Advanced Trainees in Australia;
- Co-hosting a workshop for consumers held at Arthritis Victoria, facilitated by the CMSG Knowledge Translation Specialist Nancy Santesso, and the Editor of the Cochrane Consumer Network, Janet Wale;
- Facilitating the availability of the CMSG plain language summaries on the Arthritis Victoria website, with links to this site from the Australian Rheumatology Association (ARA) website; and
- Disseminating results of new CMSG reviews to Australian rheumatologists via the ARA newsletter and to consumers via the Arthritis Victoria members' newsletter.

Planning is underway to promote the CMSG and disseminate results of CMSG reviews to general practitioners and other health professionals via relevant newsletters and journals; and contributing to CMSG publications outlining methods for performing Cochrane systematic reviews for the CMSG.

The Australian Satellite group has agreed to become a Co-editorial base, with A/Prof Rachelle Buchbinder and Dr. Peter Tugwell sharing the Co-ordinating Editor responsibilities, and the Melbourne base increasing its share of editorial and administrative duties.

# New and Updated CMSG Reviews & Protocols - 2006

## **REVIEWS**

### **Issue 4, 2006**

Colchicine for acute gout

Operative and non-operative treatment options for dislocation of the hip following total hip arthroplasty

Oral steroids for adhesive capsulitis

Methotrexate for ankylosing spondylitis (updated)

### **Issue 3, 2006**

Strontium ranelate for preventing and treating postmenopausal osteoporosis

Tramadol for osteoarthritis

Posterior versus lateral surgical approach for total hip arthroplasty in adults with osteoarthritis (updated)

### **Issue 2, 2006**

Calcium supplementation for improving bone mineral density in children

Cyclophosphamide versus methylprednisolone for treating neuropsychiatric involvement in systemic lupus erythematosus (updated)

Intraarticular corticosteroid for treatment of osteoarthritis of the knee (updated)

Viscosupplementation for the treatment of osteoarthritis of the knee (updated)

### **Issue 1, 2006**

Diacerin for osteoarthritis

Intra-articular steroids and splints/rest for children with juvenile idiopathic arthritis and adults with rheumatoid arthritis

Acetaminophen for osteoarthritis (updated)

## **PROTOCOLS**

### **Issue 4, 2006**

Chondroitin for osteoarthritis

Corticosteroid injection for de Quervain's tenosynovitis in adults

Corticosteroid injection for trigger finger in adults

Exercise for positive mental health outcomes in adults

Isokinetic exercise for improving knee flexor and extensor muscles

Surgery for rotator cuff disease

### **Issue 3, 2006**

Allopurinol for chronic gout

Antibiotics for reactive arthritis

Surgical treatment for advanced stage of avascular necrosis of the femoral head in adults

### **Issue 2, 2006**

Exercise for acutely hospitalised older medical patients

Exercise therapy for treating juvenile idiopathic arthritis

Interventions to improve adherence to exercise for chronic musculoskeletal pain in adults

Post-acute physiotherapy for primary total hip arthroplasty

### **Issue 1, 2006**

Chondroitin for osteoarthritis

Corticosteroid injection for de Quervain's tenosynovitis in adults

Corticosteroid injection for trigger finger in adults

Exercise for positive mental health outcomes in adults

Isokinetic exercise for improving knee flexor and extensor muscles

Surgery for rotator cuff disease

**Interested in writing a systematic review  
for CMSG?**

See our priorities on page 4!

Find out how at:

<https://www.cochranemsk.org/review/writing>

## Top 10 Accessed Reviews on the Cochrane Library

The Cochrane Top 10 Accessed Articles list was formulated by Wiley in February 2006 and was published on the Cochrane website. The following CMSG reviews have made the list:

- Glucosamine therapy for treating osteoarthritis (2005) by Towheed TE, Maxwell L, Anastassiades TP, Shea B, Houpt J, Robinson V, Hochberg MC, Wells G
- Acetaminophen for osteoarthritis (2005) by Towheed TE, Maxwell L, Judd MG, Catton M, Hochberg MC, Wells G
- Physiotherapy interventions for shoulder pain (2003) by Green S, Buchbinder R, Hetrick S

### A Tale of Four Review Groups

The Musculoskeletal; Back; Bone, Joint and Muscle Trauma; and Effective Practice and Organization of Care review groups sent out a short email survey, asking authors for their feedback on how supportive they found the editorial process/RGC activities to the development, production and maintenance of their review.

These results have now been collated and, in general, authors reported workshops, editorial staff, and help with literature searches as most helpful. The help that our Trial Search Coordinator provides was mentioned many times – well done, Louise!! Suggestions for areas we could improve on included having the same peer reviewers for a protocol and its review, helping with the assembly of review teams, etc. We have since updated the website with information on quality assessment and grading of evidence; developed a membership form in order to keep a list of people who are interested in joining a team; and developed a running task list for each review from title registration onwards, making it easier to request same peer reviewer for all stages. The new guidelines for clinical relevance tables and grading of evidence will also be circulated to all active authors.

### Priority Areas for New Systematic Reviews

- Reactive Arthritis - sulphasalazine, methotrexate, azathioprine
- Primary systemic vasculitis - corticosteroids, thermotherapy, acupuncture, biologics
- Gout - surgery (removal of tophaceous masses)
- JIA - anti-TNF, anakinra

The World Health Organization Essential Medicines Library recently updated their data sheets and the CMSG is using this list as a guide to prioritize updates of our systematic reviews.

The CMSG has been involved with the Umbrella Review Working Group. The group is developing guidance for compiling evidence from multiple Cochrane reviews into one accessible and usable document - serving as a "friendly front-end".

Please contact us at [cmsg@uottawa.ca](mailto:cmsg@uottawa.ca) if you are interested in any of these topics. We would love to hear from you!

To tell us what topics you think should be reviewed please see: [www.cochranemsk.org/consumer/prioritiesurvey](http://www.cochranemsk.org/consumer/prioritiesurvey)

## Articles by the CMSG

This November, the *Journal of Rheumatology* will publish two articles by the CMSG. These articles aim to provide advice specific to the CMSG to authors undertaking a systematic review as well as explain our knowledge translation strategies.

Keep an eye out for:

**Method guidelines for Cochrane Musculoskeletal Group systematic reviews.** Maxwell L, Santesso N, Tugwell PS, Wells GA, Judd M, Buchbinder R and the Editorial Board of the Cochrane Musculoskeletal Group. *Journal of Rheumatology* 2006; 33:2304-11.

**Knowledge Transfer to Clinicians and Consumers by the Cochrane Musculoskeletal Group.** Santesso N, Maxwell L, Tugwell PS, Wells GA, O'Connor AM, Judd M, Buchbinder R, and the Editorial Board of the Cochrane Musculoskeletal Group. *Journal of Rheumatology* 2006;33:2312-8.

This December, an article from the CMSG will be published in the *Journal of the Canadian Chiropractic Association*. The Canadian Chiropractic Association is a strong advocate of Cochrane and the CMSG. Our article describes the CMSG and how we can help chiropractors practice evidence-based care. Articles with other health care professional associations are planned in the future in Canada and Australia.

Coming soon:

**Evidence Based Chiropractic Care: Systematic Reviews from the Cochrane Musculoskeletal Group.** Santesso N, Maxwell L, Tugwell PS, Buchbinder R, Johnston R, and the Editorial Board of the Cochrane Musculoskeletal Group. *Journal of the Canadian Chiropractic Association* (December 2006). Visit <http://www.jcca-online.org/>

# PROMOTING THE WORK OF CMSG

## Promoting the work of the CMSG in Australia

The Australian Satellite of the CMSG has an Australian CMSG Coordinating Editor, Coordinator, and Advisory Board made up of key clinical, consumer, policy-maker and Cochrane stakeholders. The Board advises on the Satellite's activities and helps promote and disseminate the Satellite's work. One of the objectives of the Satellite is to facilitate the dissemination of the results of relevant Cochrane reviews to clinicians, consumers and policy-makers in the Australian musculoskeletal community. In its first year, the Satellite has been working to achieve this objective using several approaches.

The Satellite has disseminated results of Cochrane reviews of musculoskeletal disorders and promoted the work of the CMSG to consumers by the following means: making available the plain language summaries of treatments for arthritis and other related musculoskeletal disorders that are produced by the CMSG on the Arthritis Victoria website, with links to this site from the Australian Rheumatology Association (ARA) website; co-hosting a workshop for consumers held at Arthritis Victoria, facilitated by the CMSG Knowledge Translation Specialist Nancy Santesso, and the editor of Cochrane Consumer Network, Janet Wale; disseminating results of new CMSG reviews to consumers via the Arthritis Victoria members' newsletter.

The Satellite has disseminated results of reviews and promoted the work of the CMSG to health professionals by: running training workshops on systematic reviews for Rheumatology advanced trainees in Australia; oral presentation discussing the results of the published shock wave therapy Cochrane review for lateral epicondylitis at the ARA meeting in May 2006; disseminating results of new CMSG reviews to health professionals via the ARA newsletter, with plans underway to promote the CMSG and disseminate results to GPs and other health professionals via relevant newsletters and journals; contributing to CMSG publications outlining methods for performing Cochrane systematic reviews for the CMSG; and contributing to journal articles in progress for the Australian Journal for Occupational Therapists discussing the work of the CMSG and the satellite, with plans underway to write articles for national chiropractic and physiotherapy journals.

The Australian-based policy advisory group, the National Arthritis and Musculoskeletal Conditions Advisory Group (NAMSCAG) is represented on the Satellite Advisory Board. NAMSCAG has a role in reporting the Satellite's activities to Australian policy-makers, and identifying priority musculoskeletal topics Australian policy-makers would like reviewed.

### Press Releases

Two CMSG reviews this year received a lot of media attention. Congrats to our authors!

- Strontium ranelate for preventing and treating postmenopausal osteoporosis – O'Donnell S, Cranney A, Wells GA, Adachi JD, Reginster JY
- Calcium supplementation for improving bone mineral density in children – Winzenberg TM, Shaw K, Fryer J, Jones G

### Journal of Rheumatology

In our last newsletter, we highlighted that 'Adalimumab for the treatment of rheumatoid arthritis' and 'Efficacy and safety of shock wave therapy for lateral elbow pain' were being formatted for journal publication. We are happy to report that these two reviews are now published in The Journal of Rheumatology.

Adalimumab for the treatment of rheumatoid arthritis. Navarro-Sarabia F, Ariza-Ariza R, Hernandez-Cruz B, & Villanueva I (2006) *Journal of Rheumatology*, 33: 1075-81.

Systematic Review of the Efficacy and Safety of Shock Wave Therapy for Lateral Elbow Pain. Buchbinder R, Green SE, Youd JM, Assendelft WJJ, Barnsley L, and Smidt N (2006). *Journal of Rheumatology*, 33; 1351-63.

'Tramadol for osteoarthritis' is currently being formatted for journal publication.

## Canadian Institute of Musculoskeletal Health and Arthritis (IMHA)

**Training Initiatives.** IMHA operates twelve programmes across Canada, called Strategic Training Initiatives in Health Research, to mentor, train and educate new scholars in transdisciplinary research in musculoskeletal health. Every year, the programme directors meet to plan and refine the programme. This year, Peter Tugwell, co-ordinating editor CMSG, presented to the group about definitions and models of knowledge translation. Using the Ottawa Model of Research Use, participants worked in small groups to discuss how to develop a plan for disseminating and translating their own research into use and action. We hope the presentation will spur the development of **knowledge translation training** in each of the programmes across Canada. We also hope to be a part of future training!!

**Knowledge Exchange Task Force (KETF).** The KETF brings together researchers, patients, health care professionals, volunteer organisations, policy makers, students to help bridge the gap between research and users so they can make informed decisions about health care. The CMSG was excited to attend and present at their meeting in April 2006. There we presented about CMSG knowledge translation products, such as the Evidence Based Rheumatology book, decision aids and consumer summaries. The Task Force provided great feedback about the format of our summaries.. We are now working with them to pull out evidence based messages from CMSG reviews and reviews from other groups such as Back, Oral Health, and Bone, Joint and Muscle Trauma. In the future, members of the KETF group will use those messages to transfer research knowledge to their respective affiliates. **Knowledge Exchange at its finest!**

## Canadian Agency for Drugs and Technologies in Health (CADTH)

CADTH held their annual symposium "From Evidence to Policy to Practice", this past April and many members of the CMSG editorial base were able to attend. Nancy Santesso, representing the CMSG, worked with Anne Dooley, member of the Canadian Arthritis Patient Alliance, to present about **Consumer Involvement in Decision Making for Health Care Policy and Planning**. The focus of the panel was consumer and public involvement in decision making at an individual and policy level. Of course, we highlighted consumer involvement in the Cochrane systematic review process. The presentation was well received and feedback about the value of including consumers in the policy and health technology assessment process was encouraging!

To see the presentation visit [http://www.cadth.ca/media/symposium\\_pdfs/cadth\\_symposium06\\_ppt\\_Santesso-Dooley.pdf](http://www.cadth.ca/media/symposium_pdfs/cadth_symposium06_ppt_Santesso-Dooley.pdf)

## Online Evaluation of CMSG Consumer Summaries

For 7 months, visitors to the CMSG consumer summaries (which are posted on the Arthritis Society of Canada web site) were asked to evaluate our summaries. Results from over 250 surveys are now in. In general, respondents were 35 to 65 years old and had some post secondary education.

Most respondents (60% or more): found the consumer summary exploring the Internet or through support groups; felt the summaries were not frustrating, not boring and not hard to learn from; and were in an appropriate language and would be useful to others.

Many respondents (20 to 40%): did not know that the summaries present reliable, up-to-date or the best available information; wanted more details about the treatments; wanted more diagrams graphs, pictures.

Bottom Line:

Posting the consumer summaries on the Arthritis Society web site enables us to reach our target audience. More 'branding' and a better description of Cochrane within the summary may ensure people see the summaries as reliable and current. The purpose of the summary may need to be clarified and better described or links to more treatment information may be needed. Graphs and diagrams could make the summaries even more appealing.

From *Communicating Consumer Summaries On-line: A web-based survey* (Poster presentation at XIV Cochrane Colloquium)

## UPCOMING EVENTS

### Workshops offered prior to the 5th Canadian Cochrane Symposium:

#### COCHRANE REVIEW AUTHOR TRAINING WORKSHOP

Saturday, February 10th - Sunday February 11th, 2007

**Location:** Ottawa, Ontario; Venue TBD

**Register online at:** [www.cochrane.uottawa.ca/symposia.asp](http://www.cochrane.uottawa.ca/symposia.asp)

#### CONSUMER WORKSHOP

Sunday, February 11th, 2007

Free introductory workshop for consumers about Cochrane and Research. If you know of any consumers in Canada who would like to attend, they can contact Nancy Santesso at [santesso@uottawa.ca](mailto:santesso@uottawa.ca) or visit

<http://www.cochrane.uottawa.ca/consumers.asp>



[www.cochrane.uottawa.ca/symposia.asp](http://www.cochrane.uottawa.ca/symposia.asp)