



CMSG Newsletter

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The Cochrane Musculoskeletal Review Group

The Cochrane Musculoskeletal Review Group (CMSG) is one of 52 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.

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**National licence for Canada
until December 2009!!**



THE COCHRANE LIBRARY

Enjoy free access to *The Cochrane Library* at thecochranelibrary.com

With over 2,000 systematic reviews available, the library provides reliable information on health prevention, treatment and rehabilitation.

See page 3 for more information!



The Canadian Cochrane Network and Centre

WHAT'S NEW AT THE CMSG

New Editor! A warm welcome to our new editor, Dr. Anne W.S. Rutjes. She is a physical therapist and epidemiologist with a PhD in Medicine, specialized in the area of sources of bias and variation in diagnostic test accuracy studies.

She has a track record in the conduct of meta-analyses of both diagnostic test accuracy and intervention reviews, including meta-epidemiological studies. Her current work concerns both primary and secondary research in the field of osteoarthritis and cardiovascular diseases.

Returned from maternity leave Lara Maxwell enjoyed a wonderful 14 months with her daughter, Isla, and is looking forward to working again with all her CMSG colleagues fulfilling the important mandate of the CMSG.

CMSG Reviews & Protocols

We are pleased to announce that a total of 126 reviews and 72 protocols have been published in the Cochrane Library.

New and Updated REVIEWS – 2009

Issue 4, 2009

- Abatacept for rheumatoid arthritis. Maxwell et al.
- Assistive technology for rheumatoid arthritis. Tuntland et al.
- Biologics for rheumatoid arthritis: an overview of Cochrane reviews. Singh et al.
- Doxycycline for osteoarthritis of the knee or hip. Nüesch et al.
- Dynamic exercise programs (aerobic capacity and/or muscle strength training) in patients with rheumatoid arthritis. Hurkmans et al.
- Leflunomide for the treatment of rheumatoid arthritis. Osiri et al.
- Oral or transdermal opioids for osteoarthritis of the knee or hip. Nüesch et al.
- Processed versus fresh frozen bone for impaction bone grafting in revision hip arthroplasty. Board et al.
- S-Adenosylmethionine for osteoarthritis of the knee or hip. Rutjes et al.
- Surgery for thumb (trapeziometacarpal joint) osteoarthritis. Wajon et al.
- Transcutaneous electrostimulation for osteoarthritis of the knee. Rutjes et al.

Issue 3, 2009

- Corticosteroid injection for de Quervain's tenosynovitis. Peters-Veluthamalingal et al.
- Exercise for osteoarthritis of the hip. Fransen et al.
- Topical glyceryl trinitrate for rotator cuff disease. Cumpston et al.

Issue 1, 2009

- Anakinra for rheumatoid arthritis. Mertens et al.

New and Updated REVIEWS – 2009 (cont'd)

Issue 1, 2009 (cont'd)

- Dietary interventions for rheumatoid arthritis. Birgen-Hagen et al.
- Glucosamine therapy for treating osteoarthritis. Towheed et al.
- Corticosteroid injection for trigger finger in adults. Peters-Veluthamalingal et al.

New and Updated PROTOCOLS – 2009

Issue 4, 2009

- Adrenocorticotrophic hormone for acute gout. Chen et al.
- Surgery for shoulder osteoarthritis. Singh et al.
- Mind and body therapy for fibromyalgia. Theadom et al.

Issue 3, 2009

- Cryotherapy following total knee replacement. Adie et al.
- TNF-alpha inhibitors for psoriatic arthritis. Golicki et al.

Issue 2, 2009

- Biologics for rheumatoid arthritis: an overview of Cochrane reviews. Singh et al.
- Home-based exercise therapy for rheumatoid arthritis. Hurkmans et al.
- Interventions for treating osteoarthritis of the big toe joint. Zammit et al.

Issue 1, 2009

- Balance training (proprioceptive training) for patients with rheumatoid arthritis. Silva et al.
- Certolizumab pegol (CDP870) for rheumatoid arthritis in adults. Ruiz Garcia et al.
- Steroid sparing drug treatments for giant cell arteritis. Hill et al.
- Steroid sparing drug treatments for polymyalgia rheumatica. Whittle et al.

Featured reviews in 2009

Wiley (publisher of The Cochrane Library) selects reviews for promotion upon the release of each new issue. From time to time, the Cochrane.org Web Team's editors may add reviews to this list that they or other editorial groups in the Collaboration deem noteworthy. The following CMSG reviews have been highlighted and press releases are available at <http://www.cochrane.org/press/wiley/>. The podcasts of some of these reviews are available at <http://www.cochrane.org/podcasts/>

- Highlights from Issue 1, 2009: Anakinra for rheumatoid arthritis; Dietary interventions for rheumatoid arthritis; Glucosamine for osteoarthritis
- Highlights from Issue 4, 2009: Abatacept for rheumatoid arthritis; Biologics for rheumatoid arthritis: an overview of Cochrane reviews; Dynamic exercise programs (aerobic capacity and/or muscle strength training) in patients with rheumatoid arthritis; Transcutaneous electrostimulation for osteoarthritis of the knee

The Biologics for rheumatoid arthritis: an overview of Cochrane reviews has been selected by Wiley to be a pilot for their Journal Club. The Journal Club consists of powerpoint slides and podcasts on the clinical and methodological aspects of the review for use by clinicians and methodologists to discuss the evidence in more detail. We are thrilled to be part of this pilot project!

Priority setting for osteoarthritis reviews

The CMSG is pleased to be working with Alejandra Jaramillo, a Masters student, to undertake a systematic priority setting exercise for interventions for osteoarthritis. This project undertakes a broad approach from upstream to downstream interventions and emphasizes equity aspects. Existing systematic reviews on osteoarthritis interventions are being mapped onto an existing framework for the spectrum of osteoarthritis and with input from different stakeholder groups –patients, clinicians and policymakers— gaps in the evidence base will be identified and prioritized.

We look forward to sharing the results of this work with you.

CMSG and Health Equity

The Cochrane Health Equity Field would like to thank the CMSG for their support of our work and equity. On their Title Registration form, the CMSG is now asking review authors whether their review will consider equity. If you are a review author and are interested in equity, please contact Erin Ueffing at erin.ueffing@uottawa.ca. We've developed some resources on equity for review authors, including an equity checklist, and would be happy to offer our help and expertise. We look forward to working with CMSG review authors as they address health disparities and equity issues!

If you would like to learn more about the Field and its work, please visit www.equity.cochrane.org.

Contact information:

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National licence for Canada

Australian residents enjoy free access to the Cochrane Library. Canadians now have **free** access to the Cochrane Library until December 2009!

With over 2000 systematic reviews available, the Library provides reliable information on health prevention, treatment, and rehabilitation.

The Canadian Cochrane Centre is asking for feedback on how the Library has helped you. They need your help to extend the free access beyond December 2009. Please take the user survey at:

<http://tiny.cc/cochranesurvey>

Enjoy free access at: www.thecochranelibrary.com

Sign-up for a tutorial at www3.interscience.wiley.com/aboutus/demo



THE CANADIAN COCHRANE
NETWORK AND CENTRE

Some statistics on the usage of the Cochrane Library in Canada

- in 2008, there were 203, 699 visits by Canadians

- •Canada continues to generate the fourth highest visit rates in the world

Tell your family & friends about the FREE access!

Top 50 Accessed Reviews

The Cochrane Top 50 Accessed Articles list was formulated by Wiley and published on the Cochrane website.

The following CMSG reviews have made the list:

- Acupuncture for shoulder pain (2005) Green S, Buchbinder R, Hetrick S
- Tramadol for osteoarthritis (2006) Cepeda MS, Camargo F, Zea C, Valencia L
- Glucosamine therapy for treating osteoarthritis (2009) Towheed TE, Maxwell L, Anastassiades TP, Shea B, Houpt J, Robinson V, Hochberg MC, Wells G
- Surgery for thumb (trapeziometacarpal joint) osteoarthritis (2009) Wajon A, Ada L, Edmunds I
- Physiotherapy intervention for shoulder pain (2003) Green S, Buchbinder R, Hetrick S
- Diacerein for osteoarthritis (2005) Fidelix TSA, Soares BGDO, Trevisani VF M

Knowledge translation of Exercise for Fibromyalgia Syndrome: a useful format for future research recommendations

The Canadian Institutes of Health Research's (CIHR) Institute of Musculoskeletal Health and Arthritis (IMHA) Knowledge Exchange Task Force (KETF) partnered with the Cochrane Musculoskeletal Group (CMSG) in 2006 to disseminate results of Cochrane reviews.

KETF sub-groups were asked to choose one CMSG Cochrane Review on which to base a knowledge transfer or dissemination project. Long-time consumer group member Mary Bracheniac chose "Exercise for Treating Fibromyalgia Syndrome (FM)," a review updated in October 2007 by University of Saskatchewan physiotherapy researcher Dr. Angela Busch and her colleagues. As with many reviews where 'more research is needed', the results of this review did not warrant strong, actionable, positive messages to patients. Instead the group worked with Dr. Busch to summarize the research priorities identified in the review for other researchers and funding agencies using a framework proposed by BMJ editors in 2006 [1].

This Consumer-led knowledge translation project is a great example of how Cochrane authors can collaborate with consumers to disseminate their results widely.

[1] [Brown P, Brunnhuber K, Chalkidou K, Chalmers I, Clarke M, Fenton M, et al. How to formulate research recommendations. *Brit Med J*. 2006;333:804–6.]

Randomized Controlled Trial evaluation of plain language summaries

Many research organisations now have a mandate to translate their research evidence to patients and the public. How to successfully translate research evidence has not yet been determined. It has been shown that a random sample of existing PLS have had errors and were of low quality. A template for a new format of the PLS has been developed to ensure a high quality Plain Language Summary. User testing was conducted with consumers from Argentina, Canada, Norway and Spain. A new format which includes standardised statements of the effect and quality of the evidence, and a table of results, was created. This study will evaluate the effect of the PLS on consumers' understanding of the main results of a Cochrane review and on consumers' satisfaction compared to the original format.

Funding from the Opportunities Fund 2007 has allowed the international development and evaluation of a new plain language summary format. The results of this study will inform the next steps to ensure understandable and useful plain language summaries of Cochrane reviews

Co-publication in the Journal of Rheumatology & Canadian Medical Association Journal

Selected CMSG reviews are considered for co-publication in the Journal of Rheumatology. We are happy to report that the following reviews have recently been selected:

Anakinra for rheumatoid arthritis : A Systematic Review. Mertens M, Singh JA. *J Rheumatol* 2009;36(6):1118-25
Abatacept for rheumatoid arthritis: A Systematic Review. Maxwell LJ, Singh JA. *J Rheumatol* (in press)

There was great interest in the Biologics for rheumatoid arthritis overview which compared the results of six Cochrane reviews on individual biologics for rheumatoid arthritis. The Canadian Medical Association Journal agreed to co-publish this review and it will be available online on the same day in CMAJ as Issue 4, 2009 of the Cochrane Library.

Thank you to the Journal of Rheumatology and the Canadian Medical Association Journal for supporting the work of the CMSG!!

CMMSG Consumer Update

Grant Awarded!

The CMMSG Consumer Group, in collaboration with the Canadian Cochrane Network and Centre, was recently awarded a grant to promote the Cochrane Collaboration and the Cochrane Library.

Lyddiatt A. Whamond, L. Arratoon C. Rader T. "Development of a process template for use by consumers to promote the work of the Cochrane Collaboration and dissemination of Cochrane reviews." Canadian Cochrane Network and Centre Capacity Building Fund. Ottawa, ON. Project Funded April 2009. About \$ 3000 Cdn will be used to pilot materials and methods so that consumers can bring information about Cochrane to their local groups. Congratulations!

Mentoring Program

This year Anne Lyddiatt has introduced a mentoring program to help new consumers feel confident in commenting on Cochrane materials. Each new consumer is matched with a more experienced person. They work on the same review or protocol and compare notes in a telephone call before submitting the comments to the CMMSG editors. This helps raise issues about the reviews and promotes a collaborative spirit among our consumer group.

Many thanks to the following consumers who have looked at a review or protocol and given their thoughtful comments. We are grateful to you all for finding the time in your busy schedules to contribute this way!

| | |
|-------------------------|-------------------------|
| Corrie Billedeau | Iris Maurstad |
| Claudia Cattivera | Carmen Montalvo |
| Dr. Giuliano Colombetti | Laurie Proulx |
| Marg Elliot | Deborah Rehner |
| Anna Marie Frediani | Marcel Ruest |
| Christine Fyfe | Sylvia Smith |
| Janet Gunderson | Alfretta Van der Hayden |
| Caleb Higdon | Janney Wale |
| Jacqueline Lukas | Marilyn Walsh |

Thanks also to those consumers who have helped with promoting the CMMSG and Cochrane through making presentations, writing letters of support or helping on other projects in addition to reviewing materials: Mary Bracheniac, Amye Leong, & Anne Lyddiatt

Update from the CMMSG Australian Editorial Base

The Australian Editorial Base of CMMSG is pleased to announce that we were successful in our application to the Australian Department of Health and Ageing for funding to continue our CMMSG activities until 30 June 2012. Thank you to our funders! This renewed funding allows us to contribute to the work of the Cochrane Collaboration worldwide, and in Australia, through:

- Increasing our editorial capacity to publish reviews in a timely fashion, recruiting new authors, peer reviewers, and other contributors and provide assistance with training
- Improving access of Australian consumers to the work of the Cochrane Collaboration through collaboration with local consumer groups to disseminate plain language summaries and summaries of reviews
- Conducting annual Cochrane workshops for advanced trainees in rheumatology and rheumatologists leading to an increased familiarity with Cochrane reviews and their importance in informing practice

Knowledge Translation Activities

- Plain language summaries of Cochrane reviews on arthritis and other conditions are available free from the website of Arthritis Victoria, a consumer organisation: www.arthritisvic.org.au (under the 'Arthritis explained' heading). Arthritis Victoria also publishes summaries in their regular newsletter.
- An 8-part series of summaries and patient scenarios for general practitioners was published in the journal *Australian Family Physician*, from June 2007 to March 2008. The series included articles on calcium supplements for children, colchicine for gout, corticosteroid injections for osteoarthritis of the knee, strontium for osteoporosis, non-pharmacological interventions for rheumatoid arthritis, oral therapies for osteoarthritis, oral steroids for adhesive capsulitis and use of glucocorticoids in early rheumatoid arthritis. These articles are available free of charge online at www.racgp.org.au/afp.
- A similar series is underway in the *Journal of Family Practice* (US-based journal widely read by US primary caregivers)
- New and updated Cochrane reviews appear regularly in the newsletter of the Australian Rheumatology Association.

Updates & Orphaned Reviews

The mandate of the Cochrane Collaboration is to provide the most up-to-date evidence for decision makers.

The CMSG is systematically reviewing our out-of-date reviews. We are applying for funding to pilot a project to standardize our process to keep reviews up-to-date.

We have recently identified several reviews that are more than five years old and in need of updating, but the original authors are no longer able to take on this task. Would you be interested in updating one of these reviews? The CMSG will update and run the literature searches for you, as we do for all our authors, and we are happy to provide any support and advice.

- Intensity of exercise for the treatment of osteoarthritis
- Low level laser therapy (classes I, II and III) for treating rheumatoid arthritis
- Therapeutic ultrasound for treating patellofemoral pain syndrome
- Thermotherapy for the treatment of osteoarthritis
- Transcutaneous electrical nerve stimulation (TENS) for the treatment of rheumatoid arthritis in the hand.
- Electrical stimulation for the treatment of rheumatoid arthritis
- Fluoride for treating post-menopausal osteoporosis

We would be happy to hear from anyone interested in taking over any one of these reviews.

The CMSG is involved with the Overviews Working Group. The group has developed guidance for compiling evidence from multiple Cochrane reviews into one accessible and useable document—serving as a “friendly front-end”.

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

Topics needing a systematic review

Interventions for osteoarthritis:

- Cox-2 inhibitors in separate reviews (excluding rofecoxib and etoricoxib)
- Cartilage transplant repair during surgery patellar resurfacing
- Low level laser
- Joint distraction

Interventions for soft tissue:

- Splints for De Quervain’s tenosynovitis

To tell us what topics you think should be reviewed please see:

www.cochranemsk.org/consumer/prioritysurvey

Our Funders - Thank you!

- Canadian Institute of Health Research (CIHR) Knowledge Translation Branch
- Canadian Agency for Drug and Technologies in Health (CADTH)
- 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
- The Australian Government Department of Health and Ageing
- Cabrini Institute, Melbourne, Australia

UPCOMING EVENTS



8th Annual
Canadian Cochrane Symposium
Ottawa, ON
May 19-20, 2010

OMERACT 10

OMERACT 10 conference on Outcome Measures in Rheumatology will be held from 4 May - 8 May 2010 in Kota Kinabalu, Borneo. Check www.omeract.org for further details.