



# CMSG Newsletter

CMSG 2011  
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6.071 !!

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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, 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. We also have editorial bases in Alabama, Michigan, and in Paris, France. Our members 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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[http://  
musculoskeletal.cochrane.org/](http://musculoskeletal.cochrane.org/)

## WHAT'S NEW AT THE CMSG

### CMSG team in Croatia

Managing Editor Lara Maxwell moved last year to the beautiful city of Belgrade, Serbia. This year she is enhancing her Balkans experience by enrolling in the PhD program at the University of Split, in Croatia. Lara is focusing her PhD on undertaking a comprehensive assessment of pain instruments with the aim of eventually establishing a hierarchy of pain instruments. This will be of tremendous value to provide guidance for CMSG authors on this area. We are looking forward to see the results of her PhD!



Lara Maxwell (left) with CMSG author Livia Puljak and Equity Methods Group Co-ordinator, Jennifer O'Neill

## New and Updated CMSG Reviews & Protocols - 2013

In total, **165 reviews** and **97 protocols** have been published in The Cochrane Library. Thank you for your hard work!

### New and Updated REVIEWS – 2013

#### Issue 1

- Giangregorio LM, MacIntyre NJ, Thabane L, Skidmore CJ, Papaioannou A. Exercise for improving outcomes after osteoporotic vertebral fracture.
- Häuser W, Urrütia G, Tort S, Üçeyler N, Walitt B. Serotonin and noradrenaline reuptake inhibitors (SNRIs) for fibromyalgia syndrome.

#### Issue 2

- Martí-Carvajal AJ, Agreda-Pérez LH, Solà I, Simancas-Racines D. Erythropoiesis-stimulating agents for anemia in rheumatoid arthritis.
- Fernandes Moça Trevisani V, Castro AA, Ferreira Neves Neto J, Atallah AN. Cyclophosphamide versus methylprednisolone for treating neuropsychiatric involvement in systemic lupus erythematosus.
- Chen J, Veras MMS, Liu C, Lin J. Methotrexate for ankylosing spondylitis.

#### Issue 3

- Supraha V, Francis DK, Utrobicic A, Choy EHS, Tenzera D, Kordic A. Probiotics for fibromyalgia

#### Issue 4

- Wechalekar MD, Vinik O, Schlesinger N, Buchbinder R. Intra-articular glucocorticoids for acute gout

#### Issue 5

- Deare JC, Zheng Z, Xue CCL, Liu JP, Shang J, Scott SW, Littlejohn G. Acupuncture for treating fibromyalgia.
- Moi JHY, Sriranganathan MK, Edwards CJ, Buchbinder R. Lifestyle interventions for chronic gout.
- Cameron M, Chrubasik S. Topical herbal therapies for treating osteoarthritis.
- Lethaby A, Lopez-Olivo MA, Maxwell L, Burls A, Tugwell P, Wells GA. Etanercept for the treatment of rheumatoid arthritis.
- Shea B, Swinden MV, Tanjong Ghogomu E, Ortiz Z, Katchamart W, Rader T, Bombardier C, Wells GA, Tugwell P. Folic acid and folinic acid for reducing side effects in patients receiving methotrexate for rheumatoid arthritis.
- Pattanittum P, Turner T, Green S, Buchbinder R. Non-steroidal anti-inflammatory drugs (NSAIDs) for treating lateral elbow pain in adults.
- Cramp F, Hewlett S, Almeida C, Kirwan JR, Choy EHS, Chalder T, Pollock J, Christensen R. Non-pharmacological interventions for fatigue in rheumatoid arthritis.

### New and Updated PROTOCOLS – 2013

#### Issue 1

- Hazlewood GS, Barnabe C, Tomlinson G, Marshall D, Bombardier C. Methotrexate monotherapy and methotrexate combination therapy with traditional and biologic disease modifying anti-rheumatic drugs for rheumatoid arthritis: A network meta-analysis.

#### Issue 2

- Østerås N, Kjeklen I, Smedslund G, Moe RH, Slatkowsky-Christensen B, Uhlig T, Hagen KB. Exercises for hand osteoarthritis.
- Alshryda SJM, Tsang K, Al-Shryda J, Blenkinsopp J, Adedapo A, Montgomery R, Mason J. Interventions for treating slipped upper femoral epiphysis (SUFE).

#### Issue 4

- van Herwaarden N, Den Broeder A, Jacobs W, Bijlsma JWJ, Van Vollenhoven RF, Van den Bemt B. Down titration and discontinuation strategies of tumor necrosis factor blocking agents for rheumatoid arthritis in patients with low disease activity.
- Lopez-Olivo MA, Bavineni M, Suarez-Almazor METofacitinib for rheumatoid arthritis.
- Kydd ASR, Seth R, Buchbinder R, Edwards CJ, Bombardier C. Uricosuric medications for chronic gout.
- Seth R, Kydd ASR, Buchbinder R, Bombardier C, Edwards CJ. Allopurinol for chronic gout.

#### Issue 5

- Fairhall NJ, Sherrington C, Cameron ID. Mobility training for increasing mobility and functioning in older people with frailty.
- Moi JHY, Sriranganathan MK, Edwards CJ, Buchbinder R. Lifestyle interventions for acute gout.

#### Issue 6

- Jolles BM, Eudier AF, Lécureux E.. Unicompartmental arthroplasty for knee osteoarthritis.

#### Issue 7

- Singh JA, Noorbalooshi S, Tucker MD. Belimumab for systemic lupus erythematosus.
- Witteveen AGH, Kerkhoffs GMMJ, Den Broeder AA, Siersevelt IN, Hofstad CJ. Conservative treatment for osteoarthritis of the ankle.
- Singh JA, Kalore NV, Bharat A. Perioperative interventions for smoking cessation in hip and knee arthroplasty for osteoarthritis and other non-traumatic diseases.
- Winzenberg TM, Shaw KA, van der Mei IAF, Jones G. Vitamin D supplementation in infancy for improving bone density.

## CMMSG priority reviews

We have been working to develop a list of priority reviews for which our editors and consumer panel agree to develop and maintain as current with any new studies. In collaboration with HIRU McMaster, we have developed a process for literature scanning to prompt a quick update and ensure that these reviews keep as up-to-date as possible.

### Reviews in progress

1. Weight loss for overweight patients with knee or hip osteoarthritis
2. Total joint replacement surgery for knee osteoarthritis and other non-traumatic diseases: a network meta-analysis and Cochrane overview
3. Total joint replacement surgery for hip osteoarthritis and other non-traumatic diseases: a network meta-analysis and Cochrane overview
4. Bisphosphonates for postmenopausal osteoporosis: A network meta-analysis
5. Down titration and discontinuation strategies of tumor necrosis factor alpha blocking agents for rheumatoid arthritis in patients with low disease activity.
6. Methotrexate monotherapy and methotrexate combination therapy with traditional and biologic disease modifying anti-rheumatic drugs for rheumatoid arthritis: A network meta-analysis
7. Exercise therapy for the rheumatoid hand
8. Self-management education programmes for osteoarthritis
9. High-intensity versus low-intensity physical activity or exercise in patients with hip or knee osteoarthritis
10. Percutaneous vertebroplasty for osteoporotic vertebral compression fracture
11. TNF-alpha inhibitors for ankylosing spondylitis
12. Cognitive behavioural therapies for fibromyalgia syndrome
13. Physical therapies for osteoarthritis: Overview of Cochrane Reviews
14. Interventions for adhesive capsulitis (frozen shoulder): an overview of Cochrane reviews

### Updates

1. Adverse effects of biologics: a network meta-analysis and Cochrane overview
2. Biologics for rheumatoid arthritis: an overview of Cochrane reviews
3. Dietary interventions for rheumatoid arthritis
4. Tai chi for treating rheumatoid arthritis
5. Patient education for adults with rheumatoid arthritis
6. Continuous passive motion following total knee arthroplasty in people with arthritis
7. Dynamic exercise programs (aerobic capacity and/or muscle strength training) in patients with rheumatoid arthritis
8. Occupational therapy for rheumatoid arthritis
9. Intraarticular corticosteroid for treatment of osteoarthritis of the knee
10. Viscosupplementation for the treatment of osteoarthritis of the knee
11. Glucosamine therapy for treating osteoarthritis
12. Preoperative education for hip or knee replacement
13. Aquatic exercise for the treatment of knee and hip osteoarthritis
14. Exercise for osteoarthritis of the hip
15. Exercise for osteoarthritis of the knee
16. Exercise for preventing and treating osteoporosis in postmenopausal women
17. Physical therapies for shoulder pain due to adhesive capsulitis (frozen shoulder)
18. Stretch for the treatment and prevention of contractures
19. Physical therapies for shoulder pain due to rotator cuff disease

### McMaster Plus alert system



We have developed in a joint collaboration with the HIRU unit at McMaster, an alert system to match potential studies with the reviews, using the platform of McMaster Plus. We will present the experience at the Colloquium: here you have a copy of the abstract.

**Background:** Reviews updating is a primary goal for the Collaboration, yet a common challenge for most Groups due to the workload associated with identifying new relevant content. There is currently no systematic mechanism for efficiently managing the update process without periodically repeating a full-gauge literature search. **Objectives:** To create a service that detects clinically relevant new studies likely to prompt review updates and that includes features to assist editors and authors with the task of organizing those references to streamline the update process. **Methods:** We used the continuously updated McMaster Plus database to feed a service aimed at efficient and timely management of new trials published in top journals topical to the Cochrane Musculoskeletal Review Group (CMMSG). The studies are indexed according to clinical topics, and made available to the editorial team on a dedicated software platform for manual assignment to individual reviews. The assignment **in turn triggers automatic alerts to the reviews' corresponding authors. Authors are offered a simple management tool to help** decide on subsequent actions regarding the alerted study, e.g. filing for inclusion in the update, linking it with the review until incorporated into the update, as well as providing **feed-back regarding any article's non-appropriateness.** **Results:** The system has been piloted with CMMSG. Between 7-15 new studies per topic were identified on a weekly basis, half of which were assigned to reviews. Analysis of whether matched studies trigger an update is underway. As well, highly relevant articles not filed to existing reviews are being logged and may serve to suggest new titles for the CMMSG group. **Conclusions:** Ease of use and efficiency are being tested in the pilot toward the timely identification of reviews in need of an update, as well as the prompting of topics not covered by the current CRG knowledge base.

## Access Cochrane abstracts in Croatian, French, Portuguese and Spanish

Translations in French and Spanish have been available on *The Cochrane Library* and on Cochrane Summaries for a while, and more recently Croatian and Portuguese have been added. People who wish to search or browse in their own language can do so on Cochrane Summaries - check it out and help us spread the word! More languages are coming soon.

If you are interested in knowing more about translations or contributing yourself, please contact Juliane Ried at [juliane.ried@cochrane.org](mailto:juliane.ried@cochrane.org).

French - Français (<http://summaries.cochrane.org/fr>) provided by the French Cochrane Centre

Spanish - Español (<http://summaries.cochrane.org/es>) provided by the Iberoamerican Cochrane Centre

Croatian - Hrvatski (<http://summaries.cochrane.org/hr>) provided by the Croatian Cochrane Branch

Portuguese - Português (<http://summaries.cochrane.org/pt>) provided by the Brazilian Cochrane Centre



## Top 50 Accessed Reviews

The Cochrane Top 50 Accessed Articles list shows which plain language summaries are more views on the on the Cochrane website. The following CMSG reviews or translations have made the list in the last 3 months:

- [Glucosamine therapy for treating osteoarthritis](#)
- [Interventions pour traiter l'arthrose de l'articulation du gros orteil](#)

## CMSG Podcasts & Journal Clubs

The CMSG has published three podcasts from published reviews (“Folic acid and folinic acid for reducing side effects in patients receiving methotrexate for rheumatoid arthritis”, “Adverse effects of biologics: a network meta-analysis and Cochrane overview” and “Exercise for preventing and treating osteoporosis in postmenopausal women”), and one of their reviews was highlighted on the Cochrane Journal Club (Vitamin D supplementation for improving bone mineral density in children).

## Decision aids featured in a Cochrane webinar

In collaboration with the Canadian Cochrane Centre, the CMSG provided an introductory webinar on Decision Aids and their Uses for Chiropractors in January, 2013. It is available at <http://www.youtube.com/watch?v=aiTH2BlePLg>.

## Consumer's Corner

### CMSG Consumer joins the Steering Group!

As usual, there is a strong representation of CMSG Consumers at this year's Cochrane Colloquium in Quebec City, Canada. Thanks to all who applied and especially to those attending for their hard work and contributions.

Marilyn Bamford  
Mary Brachaniec  
Claudia Cattivera  
Christine Fyfe  
Janet Gunderson  
Jean Legare  
Anne Lyddiatt  
Colleen Maloney  
Alfretta Vanderheyden  
Marilyn Walsh

Congratulations to Anne Lyddiatt for being elected to represent the Consumer Network on the Steering Group. Anne will begin her 3-year term during the Annual General Meeting of The Cochrane Collaboration, held on 21 September, 2013. Anne has been living with rheumatoid arthritis and volunteering in health-related organizations for many years. She participates in activities that promote patient involvement in research at the national level in Canada.



### Marilyn Walsh — Advocate for quality patient information

Thanks to Marilyn Walsh for appearing at a Cafe Scientifique to promote the work of the Cochrane Collaboration. She was part of a panel discussion entitled **“Health information in the age of the internet: Why Google your health questions when you can Cochrane them?”** Hosted by the Canadian Cochrane Centre in collaboration with the Canadian Institutes of Health Research on March 5, 2013.

### Plain Language Summaries: A PLEACS update

The CMSG uses a format for plain language summaries that emphasizes outcomes important to patients. The format ensures that the plain language summary, abstract, and summary of findings table are all consistent. The format has been adapted for a style guide for authors and is available on request. Since 2011, all newly published and updated reviews have a plain language summary that follows the format. Tamara Rader, Trials Search Coordinator for the CMSG, is a member of the Plain Language Expectations for Authors of Cochrane Summaries Working Group within The Cochrane Collaboration, aiming to develop and evaluate a plain language summary template to help make the results of Cochrane Reviews more understandable to the general public. The PLEACS committee has developed 12 principles to guide the content of the plain language summaries, and work continues to progress on the format of the PLS.

# CMSG impact and usage



## Cochrane Impact Factor

The Cochrane Database of Systematic Reviews (CDSR) has a 2012 Impact Factor of 5.772 ranking it in the top 11 out of 153 journals in the Medicine, General and Internal category.

**The Impact Factor is a tool used to measure, rank and compare journals. It's calculated by taking the number of times a journal has been cited in the past two years and dividing it by the number of publications it has released during that time period.**

In order to provide an estimate of the individual groups performance, Wiley, the publisher of The Cochrane Library, calculates what is the impact factor for each individual group using the citations and the production made for each group. This data is unofficial, as it is not an approved Impact Factor. The Musculoskeletal Group (CMSG) published 28 reviews or updates, that were cited 170 times. That bring us an impact factor for CMSG reviews of 6.071. That means that reviews published by the Musculoskeletal Group in 2010 or 2011 was cited, on average, 6.071 times in 2011.

## Top 10 cited reviews in 2012

Adverse effects of biologics: a network meta-analysis and Cochrane overview	43
Acupuncture for peripheral joint osteoarthritis	17
Interventions to improve adherence to exercise for chronic musculoskeletal pain in adults	9
Tocilizumab for rheumatoid arthritis	9
Exercise for preventing and treating osteoporosis in postmenopausal women	8
Opioid therapy for treating rheumatoid arthritis pain	7
Combination therapy for pain management in inflammatory arthritis (rheumatoid arthritis, ankylosing spondylitis, psoriatic	7
Stretch for the treatment and prevention of contractures	6
Methotrexate monotherapy versus methotrexate combination therapy with non-biologic disease modifying antirheumatic drugs	6
Continuous passive motion following total knee arthroplasty in people with arthritis	5
Vitamin D supplementation for improving bone mineral density in children	5
Surface neuromuscular electrical stimulation for quadriceps strengthening pre and post total knee replacement	5
Joint lavage for osteoarthritis of the knee	5
Golimumab for rheumatoid arthritis	5
Antidepressants for pain management in rheumatoid arthritis	5

## Top 10 viewed reviews in 2012

Wiley provides data of the amount of times our reviews have been viewed in full text and abstract. Here we have our top 10 more accessed reviews.

Exercise for preventing and treating osteoporosis in postmenopausal women	5,218	11,754
Physiotherapy interventions for shoulder pain	4,976	10,885
Exercise for osteoarthritis of the knee	4,715	9,717
Adverse effects of biologics: a network meta-analysis and Cochrane overview	3,947	9,751
Glucosamine therapy for treating osteoarthritis	3,446	11,169
Occupational therapy for rheumatoid arthritis	3,126	5,572
Stretch for the treatment and prevention of contractures	3,114	6,783
Deep transverse friction massage for treating tendinitis	3,041	7,041
Aquatic exercise for the treatment of knee and hip osteoarthritis	2,783	6,920
Pre-operative education for hip or knee replacement	2,648	5,632

## Update from the CMSG Australian Editorial Base

The Australian Editorial Base of CMSG continues to prepare and maintain Cochrane reviews through training and mentoring of individual authors. It is currently responsible for the publication and maintenance of more than 80 review titles.

### Knowledge Translation in Australia

We facilitate the dissemination of results of relevant Cochrane reviews to clinicians, consumers and policy-makers in the Australian musculoskeletal community by publishing review summaries in newsletters, publications and websites:

For consumers: Arthritis VIC ([www.arthritisvic.org.au](http://www.arthritisvic.org.au)) have a link on their website to plain language summaries (PLS) on the Cochrane Musculoskeletal Group's (CMSG) website <http://www.arthritisvic.org.au/Research/Cochrane-Reviews>  
<http://musculoskeletal.cochrane.org/plain-language-summaries>

For rheumatologists: A brief summary of results of all published Cochrane reviews and review updates are published in the Australian Rheumatology Association quarterly newsletter

For GPs: Publication of a series of articles in The Journal of Family Practice featuring Cochrane systematic reviews of particular relevance for GPs and practical advice in consultations, including recently: Howes F, Buchbinder R, Winzenberg T. Tramadol and opioids for the management of osteoarthritis – what is the evidence? *Journal of Family Practice* 2011;60(4):206-12

For physiotherapists: a series of articles, called the Linking Evidence And Practice (LEAP) series, highlighting Cochrane systematic reviews relevant to physiotherapists is being published in *Physical Therapy*, one of the top physiotherapy journals internationally. A recent article is: Effectiveness of Exercise for Managing Osteoporosis in Women Postmenopause. The entire list is accessible at: <http://ptjournal.apta.org/cgi/collection/leap>

### Rheumatology trainees

The 3e (Evidence, Expertise, Exchange) Initiative is a multi-national collaboration aimed at promoting evidence-informed practice in rheumatology by developing practical recommendations that address important clinical problems. The Australian Editorial Base has mentored a number of rheumatology trainees in preparing Cochrane systematic reviews.

In 2011 and 2012 3e, the project has developed recommendations for treatment of gout, with several new and updated Cochrane reviews published, which are also due to be published in a *Journal of Rheumatology* supplement.

### Research fellows

In the last year we have hosted three research fellows at the editorial base, to assist in completing their Cochrane reviews:

Carolina Weller a post-doctoral fellow in our Department published the full review, Interventions for helping people adhere to compression treatments for venous leg ulceration

Tjarco Alta, a visiting Orthopaedic Surgeon Fellow, updating the review, Surgery for rotator cuff disease

Melanie Cameron, Associate Professor from University of Sunshine Coast published an updated Cochrane review, Topical herbal therapies for osteoarthritis; and has nearly completed the update, Oral herbal therapies for osteoarthritis.

### Training medical students and postgraduate students

The Australian Editorial Base has continued training local and international medical students and in conducting systematic reviews. Students have become authors of Cochrane review, nearing publication: self-management programs for osteoarthritis, and updates of an older review of physiotherapy for shoulder pain, now several reviews of manual therapy and exercise for shoulder disorders, and electrotherapy modalities for shoulder disorders.

An online postgraduate course in systematic reviews for Monash University drafted and taught by members of the Australian Editorial Base and Matthew Page (from the Australasian Cochrane Centre) is in its third year of operation.

## UPCOMING EVENTS

### Cochrane Canada Symposium 2014

24-25 April 2014  
Ottawa, Ontario  
Ottawa Marriott Hotel

Parliament Hill photo by David Samuel, ser:Hellodavey1902  
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