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**November 2022 edition**

# Introduction

Welcome to **November** **2022** **GPA Evidence Updates**, bringing you latest evidence updates on physiotherapy interventions in some common conditions seen within the Ghanaian physiotherapy context. In this and subsequent editions, we bring you updates on Cerebral palsy, Low back pain, Stroke and Parkinson’s disease. We look forward to expanding the condition portfolio based on your interest and uptake, and the formation of an evidence-based practice group within GPA to further this agenda.

[GPA Evidence Updates](https://physioghana.org/gpa-evidence-updates/)is brought to you by the **Evidence-based Practice Research Group**, a research group within Ghana Physiotherapy Association (GPA) to promote evidence-based practice culture amongst physiotherapists and other colleagues within the rehabilitation community.

These updatespresent new systematic reviews and clinical practice guidelines identified and compiled from comprehensive searches of the [PubMed](https://pubmed.ncbi.nlm.nih.gov/advanced/) database based on search strategies developed by Dr Beatrice Sankah, a systematic reviewer and evidence-based practice expert. An archive of the monthly updates is available [here](http://physioghana.org/gpa-evidence-updates/evidence-archives/)**.**

In this update, each article title provides a link to the abstract in PubMed. For open-access articles, full text articles are accessible by clicking the Free full text link (indicted in red text near article title). Where you are interested in a full text article that is not available, please contact the team and efforts will be made to access it for your use. It is important to critically appraise the quality of the systematic reviews and clinical practice guidelines before applying them to your practice, we therefore recommend the [SIGN checklist](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.sign.ac.uk%2Fmedia%2F1721%2Fsrchecklist.doc&wdOrigin=BROWSELINK) for systematic reviews and the [AGREE tool](https://www.agreetrust.org/resource-centre/agree-ii/) for clinical practice guidelines.

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## Guidelines

*No guidelines found this month for cerebral palsy, low back pain, stroke and Parkinson’s disease****.***

## Systematic Reviews

### Cerebral palsy

*No relevant systematic reviews found this month for Cerebral palsy*

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### Low back pain

[School-based interventions to improve spinal health of children and adolescents: a systematic review](https://pubmed.ncbi.nlm.nih.gov/34157947/)

Brink Y, Maart RA, Louw QA

Physiother Theory Pract. 2022 Nov;38(13):2378-2401. doi: 10.1080/09593985.2021.1938305.

**Results:**Twenty-two studies were included. Four interventions were identified: 1) exercise; 2) education; 3) the combination of exercise and education; and 4) furniture.

**Conclusion:** School-based exercise is most useful to promote spinal health in the short term, followed by a combination of exercise and education, and education-only interventions.

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### Stroke

[Feasibility, acceptability and effects of dance therapy in stroke patients: A systematic review.](https://pubmed.ncbi.nlm.nih.gov/36084579/) [Free Full text Article](https://www.sciencedirect.com/science/article/pii/S174438812200130X?via%3Dihub)

Ares-Benitez I, Billot M, Rigoard P, et.al.

Complement Ther Clin Pract. 2022 Nov;49:101662. doi: 10.1016/j.ctcp.2022.101662

**Results:** Eight studies were included (2 clinical cases, 5 case series and 1 randomized controlled trial), 7 of them in patients with chronic stroke and only 1 in subacute stroke phase. The most widely used dance modality was tango and ballet, with sessions ranging from 30 to 110 min. Dance therapy (DT) seems to show positive effects on post-stroke body functions and activities such as gait and balance. Reported dropout rates are inconsistent, no adverse effects were reported, and participant satisfaction was high.

**Interpretation:** Given the heterogeneity and uneven quality of the included studies, strong conclusions cannot be put forward on the effectiveness of DT in post-stroke body function and activities. Nevertheless, DT seems to be safe and acceptable therapy for patients, and no adverse effects have been reported.

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### Parkinson’s disease

*No relevant systematic reviews found this month for Parkinson’s disease*

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# Notes

*Please note that the links provided to each identified record should not be taken as endorsement of records. We have made reasonable efforts to ensure accuracy of all articles, however we cannot guarantee total accuracy or completeness. Hence, as advised earlier, please endeavor to critically appraise the papers before use.*

For all feedbacks, comments, and recommendations for improvements, please contact us

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# Acknowledgement

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