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Feb 25, 2022

Effectiveness of exercise therapy and self-management education to improve physical activity levels in patients with acute exacerbations of chronic obstructive pulmonary disease: protocol of a systematic review and meta-analysis V.1

Koki Yamamoto¹, Mami Takayama², Tadayoshi Nonoyama², Yusuke Kon³, Yoshiki Saimon⁴, Takashi Kitagawa⁵

¹Department of Rehabilitation, Hayashi Hospital, Fukui, Japan;

²Department of Rehabilitation, University of Fukui Hospital, Fukui, Japan;

³Department of Rehabilitation, Kugayama Hospital, Tokyo, Japan;

⁴Department of Physical Therapy, Faculty of Health Sciences, Iryo Sosei University, Fukushima, Japan;

⁵Department of Physical Therapy, School of Health Sciences, Shinshu University, Nagano, Japan

1



dx.doi.org/10.17504/protocols.io.b5mbq42n

Koki Yamamoto

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We aimed to evaluate the effectiveness of exercise therapy and self-management education in improving physical activity levels (PA) in patients with acute exacerbations of chronic obstructive pulmonary disease (AECOPD) and to provide future research directions. We plan to include all randomized controlled trials (RCTs) of exercise therapy and self-management education or either intervention alone designed to improve PA in patients with AECOPD. We will determine the differential effects of exercise therapy and self-management education interventions on daily steps, moderate to vigorous activity time (MVPA), and sedentary equivalent time (SB) (P: AECOPD, I: 1. exercise therapy, 2. self-management education, 3. exercise therapy and self-management education, C: usual care, O C: usual care, O: steps per day, MVPA, SB). In this review, we plan to use five databases. Two reviewers will screen articles to identify studies for inclusion. For risk of bias assessment, we will use Risk of Bias 2 tool.

protocol for systematic
review and meta-
analysis.pdf

DOI

dx.doi.org/10.17504/protocols.io.b5mbq42n

Koki Yamamoto, Mami Takayama, Tadayoshi Nonoyama, Yusuke Kon, Yoshiki Saimon, Takashi Kitagawa 2022. Effectiveness of exercise therapy and self-management education to improve physical activity levels in patients with acute exacerbations of chronic obstructive pulmonary disease: protocol of a systematic review and meta-analysis. **protocols.io**
<https://dx.doi.org/10.17504/protocols.io.b5mbq42n>



acute exacerbations of chronic obstructive pulmonary disease, exercise therapy, self-management education, physical activity

protocol ,

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