

# Hydrotherapy

Evidence Update

February 2018

(Quarterly)



Respecting everyone  
Embracing change  
Recognising success  
Working together  
**Our hospitals.**





## Library Clinic

Stop by and find out more about our services. We will be here to answer any questions you may have!

March 7<sup>th</sup>: **Canteen (Level 9, BRI) 12.00-14.00**

March 19<sup>th</sup>: **Welcome Centre, BRI 10.00-16.00**

April 4<sup>th</sup>: **Foyer, Education Centre 12.00-14.00**

April 11<sup>th</sup>: **Foyer, St Michael's Hospital 12.00-14.00**

May 2<sup>nd</sup>: **Canteen (Level 9, BRI) 12.00-14.00**

June 6<sup>th</sup>: **Terrace (Level 4, Education Centre) 12.00-14.00**

June 19<sup>th</sup>: **Welcome Centre, BRI 10.00-16.00**

July 3<sup>rd</sup>: **Welcome Centre, BRI 10.00-16.00**

July 4<sup>th</sup>: **Canteen (Level 9, BRI) 12.00-14.00**

August 8<sup>th</sup>: **Foyer, Education Centre 12.00-14.00**

August 29<sup>th</sup>: **Foyer, St Michael's Hospital 12.00-14.00**

September 5<sup>th</sup>: **Canteen (Level 9, BRI) 12.00-14.00**

September 11<sup>th</sup>: **Welcome Centre, BRI 10.00-16.00**

October 3<sup>rd</sup>: **Terrace (Level 4, Education Centre) 12.00-14.00**

November 7<sup>th</sup>: **Canteen (Level 9, BRI) 12.00-14.00**

December 5<sup>th</sup>: **Foyer, Education Centre 12.00-14.00**

December 11<sup>th</sup>: **Welcome Centre, BRI 10.00-16.00**

# Training Sessions 2018

*All sessions are one hour*

## February (12.00-13.00)

1st (Thu)	Literature Searching
9th (Fri)	Critical Appraisal
12th (Mon)	Statistics
20th (Tue)	Literature Searching
28th (Wed)	Critical Appraisal

## March (13.00-14.00)

8th (Thu)	Statistics
12th (Mon)	Literature Searching
20th (Tue)	Critical Appraisal
28th (wed)	Statistics

## April (12.00-13.00)

5th (Thu)	Literature Searching
9th (Mon)	Critical Appraisal
17th (Tue)	Statistics
25th (Wed)	Literature Searching

## Your Outreach Librarian – **Helen Pullen**

Whatever your information needs, the library is here to help. Just email us at [library@uhbristol.nhs.uk](mailto:library@uhbristol.nhs.uk)

**Outreach:** Your Outreach Librarian can help facilitate evidence-based practice for everyone in the team, as well as assisting with academic study and research. We also offer one-to-one or small group training in **literature searching, critical appraisal and medical statistics**. Get in touch: [library@uhbristol.nhs.uk](mailto:library@uhbristol.nhs.uk)

**Literature searching:** We provide a literature searching service for any library member. For those embarking on their own research it is advisable to book some time with one of the librarians for a one-to-one session where we can guide you through the process of creating a well-focused literature research. Please email requests to [library@uhbristol.nhs.uk](mailto:library@uhbristol.nhs.uk)

# Updates

UpToDate®

OpenAthens login required. Register here: <https://openathens.nice.org.uk/>

Resource searched but nothing relevant to add



[Effects of intestinal hydrotherapy treatment for mechanical intestinal obstruction](#)

Liao ZB

Modern diagnosis and treatment [xian dai zhen duan yu zhi liao], 2013, 24(9), 2036

Online Publication Date: 2018

[Underwater gait analysis in Parkinson's disease](#)

Volpe D , Pavan D , Morris M , Guiotto A , Iansek R , Fortuna S , Frazzitta G and Sawacha Z

Gait & posture, 2017, 52, 87

Online Publication Date: 2018

[Effect of aquatic physical therapy on pain perception, functional capacity and quality of life in older people with knee osteoarthritis: study protocol for a randomized controlled trial](#)

Alcalde GE , Fonseca AC , Boscoa TF , Goncalves MR , Bernardo GC , Pianna B , Carnavale BF , Gimenes C , Barrile SR and Arca EA

Trials, 2017, 18(1) (no pagination)

Online Publication Date: 2017

## Journal Tables of Contents

Click on the journal title (+ Ctrl) for the most recent tables of contents. If you would like any of the papers in full text then please email the library:

[library@uhbristol.nhs.uk](mailto:library@uhbristol.nhs.uk)

### **Musculoskeletal Science and Practice**

February 2018, Volume 33

### **Physiotherapy**

December 2017, Volume 103, Issue 4

### **BMJ**

Recent additions to the archive

### **Spine**

February 15 2018, Volume 43, Issue 4

### **British Journal of Sports Medicine**

February 2018, Volume 52, Issue 4

## Recent Database Articles related to Hydrotherapy

If you would like any of the following articles in full text, or if you would like a more focused search on your own topic, then get in touch:

[library@uhbristol.nhs.uk](mailto:library@uhbristol.nhs.uk)

### 1. Water- versus land-based treatment for postural control in postmenopausal osteoporotic women: a randomized, controlled trial.

**Author(s):** Aveiro, M Chaves; Avila, M Arias; Pereira-Baldon, V Santos; Ceccatto Oliveira, A Santa Barbara; Gramani-Say, K; Oishi, J; Driusso, P

**Source:** Climacteric : the journal of the International Menopause Society; Oct 2017; vol. 20 (no. 5); p. 427-435

**Publication Date:** Oct 2017

**Publication Type(s):** Journal Article

**PubMedID:** 28539066

**Abstract:**OBJECTIVE To compare the effects of water-based and land-based physical therapy on postural control of older women with osteoporosis. METHOD Thirty-six postmenopausal women with osteoporosis were allocated into two groups: land-based or water-based. Volunteers received 12 weeks of a supervised land-based or water-based physical therapy treatment. The outcome measure was postural control of the body during quiet standing on upright stance (eyes opened and closed), tandem and one-limb stance on a force plate. A two-way ANOVA with a Tukey HSD post-hoc test were used to highlight differences between pre- and post-intervention evaluations. Effect sizes were measured with Cohen d coefficient. For all variables, a level of 5% of significance was adopted. RESULT Significant improvements at tandem ( $p < 0.05$ , effect sizes from -0.67 to -1.35) and one-limb stance ( $p < 0.05$ , effect sizes from -0.76 to -1.03) for women carrying out water-based treatment were observed. Land-based treatment did not present significant improvement. CONCLUSION Group-based water-based physical therapy treatment may be more effective than land-based therapy to improve postural control at one-limb stance in women with osteoporosis.

**Database:** Medline

[Comparing the Effects of Three Combined Training Methods on the Pain and Performance of the Patients with Knee Osteoarthritis](#)

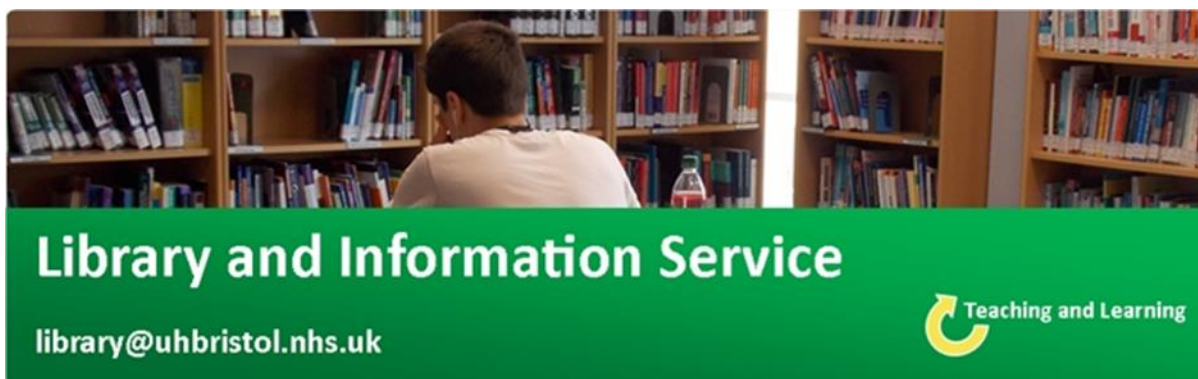
F Rostami Zalani, S Ahanjan... - International Journal ..., 2018 - ijmpp.modares.ac.ir

... Foley A, Halbert J, Hewitt T, Crotty M. Does hydrotherapy improve strength and physical function in patients with osteoarthritis-a randomized controlled trial comparing a gym based and a hydrotherapy based strengthening programmer ...

[Response to the Letter to the Editor on: Effect of yoga versus hydrotherapy training on health-related quality of life and exercise capacity in patients with heart failure: A ...](#)

E Hägglund, I Hagerman... - European journal of ..., 2018 - ncbi.nlm.nih.gov

Response to the Letter to the Editor on: Effect of yoga versus hydrotherapy training on health-related quality of life and exercise capacity in patients with heart failure: A randomized controlled study ... Author information: (1)1 Department of Cardiology, Karolinska Institutet,



## Library Opening Times

**Staffed hours: 8am-5pm, Monday to Friday**

**Swipe-card access: 7am-11pm, seven days a week**

**Level 5, Education and Research Centre**

**University Hospitals Bristol**

**Contact your Outreach Librarian:**

**Helen Pullen**

**[library@uhbristol.nhs.uk](mailto:library@uhbristol.nhs.uk)**