

Mar 31, 2022

Version 2

# 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.2

DOI

[dx.doi.org/10.17504/protocols.io.q26g74pz8gwz/v2](https://dx.doi.org/10.17504/protocols.io.q26g74pz8gwz/v2)

Koki Yamamoto<sup>1</sup>, Mami Takayama<sup>2</sup>, Tadayoshi Nonoyama<sup>2</sup>, Yusuke Kon<sup>3</sup>, Yoshiki Saimon<sup>4</sup>, Takashi Kitagawa<sup>5</sup>

<sup>1</sup>Department of Rehabilitation, Hayashi Hospital, Fukui, Japan;

<sup>2</sup>Department of Rehabilitation, University of Fukui Hospital, Fukui, Japan;

<sup>3</sup>Department of Rehabilitation, Kugayama Hospital, Tokyo, Japan;

<sup>4</sup>Department of Physical Therapy, Faculty of Health Sciences, Iryo Sosei University, Fukushima, Japan;

<sup>5</sup>Department of Physical Therapy, School of Health Sciences, Shinshu University, Nagano, Japan



Koki Yamamoto

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**Protocol Citation:** 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.q26g74pz8gwz/v2> Version created by **Koki Yamamoto**

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**Protocol status:** Working

**We use this protocol and it's working**

**Created:** March 31, 2022

**Last Modified:** March 31, 2022

**Protocol Integer ID:** 60116

**Keywords:** acute exacerbations of chronic obstructive pulmonary disease, exercise therapy, self-management education, physical activity, effectiveness of exercise therapy, exercise therapy, differential effects of exercise therapy, physical activity levels in patient, improving physical activity level, vigorous activity time, moderate to vigorous activity time, physical activity level, chronic obstructive pulmonary disease, management education interventions on daily step, obstructive pulmonary disease, sedentary equivalent time, patients with acute exacerbation, controlled trial, management education intervention, acute exacerbation, steps per day

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## Abstract

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: 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.

## Attachments



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