

Tabel 1 - Systematische reviews m.b.t. bewegingsinterventies bij patiënten met kanker in de palliatieve fase (module Bewegingsinterventies)

| | Dittus 2017 | Heywood 2017 | Nadler 2019 | Weller 2021 | De Lazzari 2021 | Tanreverdi 2023 | Rogers - Shepp 2023 | Toohy 2023 |
|-----------------------------|--|--------------|-------------------------|-----------------|--------------------|------------------------------------|---------------------|-----------------------------------|
| Aantal studies | 26 | 25 | 16 | 17 | 14 | 14 | 8 | 22 |
| - RCT | 14 | 16 | 16 | 16 | 12 | 14 | 8 | 22 |
| - Controlled clinical trial | | | | 1 | 2 | | | |
| - Niet-vergelijkend | 12 | 9 | | | | | | |
| Meta-analyse | - | - | + | - | - | + | - | + |
| Aantal patiënten | 2053 | 1088 | 1318 | 1489 | 940 | 1034 | 680 | 1890 |
| Uitval | 11-53% | 25% (6-58%) | | 17% (0-47%) | 23% | | 15-45% | 20% (0-59%) |
| Risk of bias | NR | | | | | | | NR |
| - Laag | | 44% | 0% | 29% | 21% | 7% | 0% | |
| - Intermediair | | 56% | 0% | 59% | 65% | 43% | 0% | |
| - Hoog | | | 100% | 12% | 14% | 50% | 100% | |
| Verbetering van: | | | | | | | | |
| - Fysiek functioneren | 9/9 studies 4/4 RCTs (100%) | | Overall NS ¹ | 7 studies (54%) | 5/9 studies (55%) | NS | 4/7 studies (57%) | |
| - Fysieke activiteit | | | | | 1/3 studies (33%) | NS | | |
| - Aerobe capaciteit | 14/19 studies (74%) 4/7 RCTs (57%) | | | | | SMD 0.37 (0.07-0.67 ²) | | SMD 0.30 (0.12-0.49) |
| - Spierkracht | 11/12 studies (92%) 5/5 RCTs (100%) | | | 6 studies (67%) | | NS | | SMD 0.48 ³ (0.12-0.84) |
| - Vermoeidheid | 11/19 studies (58%) 4/10 RCTs (40%) | | Overall NS | 3 studies (23%) | 6/13 studies (46%) | SMD -0.48 (-0.83 - 0.12) | 2/6 studies (33%) | SMD 0.30 (0.13-0.47) |
| - Kwaliteit van leven | 10/19 studies (53%) 3/9 RCTs (33%) | | Overall NS ¹ | 6 studies (43%) | 2/10 studies (20%) | SMD 0.23 (0.02-0.43) | 1/6 studies (17%) | SMD 0.27 (0.14-0.39) |

SMD = Standardized mean difference (verschil bij meta-analyse tussen wel of geen bewegingsinterventie)

¹ Verschillen wel klinisch significant bij lage baseline waardes (2SD onder gemiddelde)

² 95% betrouwbaarheidsinterval

³ Spierkracht in onderste lichaamshelft