Development of first aid and prevention guidelines for recreational athletes by Belgian Red Cross-Flanders

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SOCIAL ASSISTANCE
RELIEF

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Belgian Red Cross-Flanders
FIRST AID TRAINING
Background

Organisation of scientific support of BRCF

Belgian Red Cross
Flanders

Ready. Anytime, anywhere.

Blood Service  Humanitarian Services

Domestic  International
Blood Service

Humanitarian Services

Domestic

International

Scientific support by Centre for Evidence-Based Practice of Belgian Red Cross-Flanders
Evidence-Based guidelines for recreational athletes

- Evidence-Based First Aid and prevention guidelines
  - for recreational athletes of Flanders (Belgium)
  - adapted for laypeople
    - Wording of recommendations
    - Accessibility

- On request of Flemish Government
  - to update its information sources
Objectives
Evidence-Based guidelines for recreational athletes

- Objective:
  First Aid and Prevention Guidelines
Objectives
Evidence-Based guidelines for recreational athletes

- Objective:
  Evidence-based Guidelines

- BEST AVAILABLE SCIENTIFIC EVIDENCE
- PREFERENCES AND AVAILABLE RESOURCES OF THE TARGET GROUP
- PRACTICAL EXPERIENCE AND EXPERTISE OF EXPERTS IN THE FIELD
1. Project Prioritization: Steering committee

~ AGREE II

Request of Flemish Government
Methods
Guideline development process

GUIDELINE DEVELOPMENT PROCESS

1. Project Prioritization: Steering committee

2. Formulation of the research questions (PICO) and definition of eligibility criteria

Focus on relevant sports disciplines for Flanders
GUIDELINE DEVELOPMENT PROCESS

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Focus on relevant sports disciplines for Flanders

Examples:
• Which interventions [I] are effective and feasible for laypeople [P] as first aid technique in case of blisters [O]?
• Is muscle stretching before a training [I] performed by a recreational athlete [P] effective to prevent muscle soreness and cramps [O] compared to no stretching [C]?

Example:
• Inclusion of cycling, and ball games
• Exclusion of hockey, horse racing
1. Project Prioritization: Steering committee

2. Formulation of the research questions (PICO) and definition of eligibility criteria

3. Development of search strategy & search in multiple databases

Databases:
- GIN (Guidelines International Network)
- NGC (National Guideline Clearing house)
- BestBETs (rapid reviews)
- The Cochrane Library
- MEDLINE
- Embase
- PEDro
- SPORTDiscus
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6. Formulate draft recommendations
## Methods

### Guideline development process

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<td>Guideline validation and contextualisation (panel discussion)</td>
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- Dutch guidelines for Flemish laypeople (wording, etc.)
Methods

Guideline development process

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7. Guideline validation and contextualisation (panel discussion)
8. Implementation & Evaluation

Guidelines online from May 2013
Focus on evidence concerning 15 sport disciplines that were defined by popularity, medical costs and injury risk in Flanders*

⇒ 32 systematic reviews, 2 guidelines and 73 individual studies (first aid guideline)
⇒ The overall quality of the body of evidence varied from moderate to very low (GRADE).

*Cumps E. et al, Injury rate and socio-economic costs resulting from sports injuries in Flanders, Br J Sports Med. 2008 Sep;42(9):767-72
Flemish experts in sports medicine (e.g. physiotherapist, surgeon, sports physician)

⇒ The GRADE criteria were used to decide about inclusion/exclusion of the recommendation
⇒ No grading/labeling of recommendation (strong/weak) for laypeople.
Results
Evidence-based guidelines

- Active and explicit wording of recommendations
- Accessible on the website of the Flemish Government via 1) sports discipline, 2) type of injury, 3) body part and 4) intervention [example on the next slide]
Results

Evidence-based guidelines: blisters as an example

Sports discipline

Intervention

Body part

Type of injury
Evidence-based guidelines: blisters as an example

**Sports discipline**
- Walking

**Intervention**
- Clothing
  - Socks

**Body part**
- Skin

**Type of injury**
- Blisters
Belgian Red cross-Flanders: scientific support by Centre for Evidence-based Practice

Guidelines on request of Flemish Government

- Context-dependent first aid and prevention guidelines for Flemish recreational athletes
  - Sports disciplines relevant for Flemish population
  - Wording adapted and accessibility convenient for laypeople
More information:

- about the Centre for Evidence-based Practice (CEBaP)
  - [Info.redcross.be](http://Info.redcross.be) (> Centre for Evidence-Based Practice)
  - Contact: cebap@redcross.be

- about the evidence-based guidelines (in Dutch):
  - [www.gezondsporten.be](http://www.gezondsporten.be)
Acknowledgments:

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- Flemish Government: Nancy Barette and Patrick Ghelen

Thank you for your attention!