

## Evidensprofiler NKR distal radiusfraktur Final

### PICO 4

**Question:** Should K-tråde vs konservativ behandling be used for distal radiusfraktur?

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	K-tråde	Konservativ behandling	Relative (95% CI)	Absolute		
<b>SF36 mental score (follow-up mean 12 months; measured with: SF36; range of scores: 0-100; Better indicated by higher values)</b>												
1	randomised trials <sup>1</sup>	serious <sup>2</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	27	27	-	mean 51.0 higher (46.02 to 55.98 higher)	⊕⊕⊕⊕ LOW	CRITICAL
<b>SF36 fysisk score (follow-up mean 12 months; measured with: SF36; range of scores: 0-100; Better indicated by higher values)</b>												
1	randomised trials <sup>1</sup>	serious <sup>2</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	27	27	-	mean 42.2 higher (38.54 to 45.86 higher)	⊕⊕⊕⊕ LOW	CRITICAL
<b>Functional grading: Fair og Poor 6 mth (follow-up mean 6 months; assessed with: Excellent, good, fair og poor)</b>												
2	randomised trials	very serious <sup>2,4</sup>	no serious inconsistency	serious <sup>5,6</sup>	no serious imprecision	none	14/73 (19.2%)	19/75 (25.3%)	RR 0.76 (0.41 to 1.4)	61 fewer per 1000 (from 149 fewer to 101 more)	⊕⊕⊕⊕ VERY LOW	CRITICAL
<b>Functional grading: Fair og poor 12 mth (follow-up mean 12 months; assessed with: Excellent, good, fair og poor)</b>												
2	randomised trials	very serious <sup>2,4</sup>	no serious inconsistency	serious <sup>5,6</sup>	no serious imprecision	none	6/43 (14%)	19/42 (45.2%)	RR 0.31 (0.14 to 0.69)	312 fewer per 1000 (from 140 fewer to 389 fewer)	⊕⊕⊕⊕ VERY LOW	CRITICAL
<b>Smerte VAS (follow-up mean 12 months; measured with: VAS; range of scores: 0-10; Better indicated by lower values)</b>												
1	randomised trials	serious <sup>2</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	27	27	-	mean 0.7 higher (0.21 to 1.19 higher)	⊕⊕⊕⊕ LOW	IMPORTANT

Smerte lejlighedsvis (assessed with: egen skala)												
1	randomised trials <sup>7</sup>	serious <sup>2</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	2/20 (10%)	4/20 (20%)	RR 0.50 (0.1 to 2.42)	100 fewer per 1000 (from 180 fewer to 284 more)	⊕⊕○○ LOW	IMPORTANT
Tilbagevenden til arbejde (follow-up mean 12 months; assessed with: hvor mange der ikke vendte tilbage til arbejde)												
1	randomised trials <sup>7</sup>	serious <sup>2</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	0/5 (0%)	2/6 (33.3%)	RR 0.23 (0.01 to 3.97)	257 fewer per 1000 (from 330 fewer to 990 more)	⊕⊕○○ LOW	IMPORTANT

<sup>2</sup> Ingen blinding

<sup>3</sup> Brede konfidensintervaller og kun 1 studie

<sup>4</sup> Ingen ITT analyse, lost to follow up dårligt beskrevet

<sup>5</sup> Målemetoden er ikke et reelt patientrelateret effektmål, men derimod flere forskellige sammenlignelige metoder hvor der indgår radiologiske parametre, kirurgens vurdering samt funktionsmålinger.

<sup>6</sup> Bandageringsstilling volart og ulnart flekteret hånd

**PICO 5**

**Question:** Ex fix vs konservativ beh for DRF

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Ex fix	konservativ beh	Relative (95% CI)	Absolute		
<b>Functional grading: Fair or poor 3-6 md (follow-up 3-6 months)</b>												
3	randomised trials	very serious <sup>1,2</sup>	no serious inconsistency	serious <sup>3</sup>	no serious imprecision	none	34/91 (37.4%)	14/74 (18.9%)	RR 2.11 (1.26 to 3.54)	210 more per 1000 (from 49 more to 481 more)	⊕○○○ VERY LOW	CRITICAL
<b>Functional grading: Fair og poor 12md-10 år (follow-up 1-10 years)</b>												
10	randomised trials	very serious <sup>1,2</sup>	no serious inconsistency	serious <sup>3</sup>	no serious imprecision	none	68/276 (24.6%)	87/282 (30.9%)	RR 0.75 (0.57 to 0.98)	77 fewer per 1000 (from 6 fewer to 133 fewer)	⊕○○○ VERY LOW	CRITICAL

<sup>1</sup> ingen blinding

<sup>2</sup> oftest ingen ITT analyse og manglende redegørelse for patienter lost to follow-up

<sup>3</sup> De anvendte målemetoder er ikke reelle patient relaterede effektmål, men en måling hvor der indgår radiologiske vurderinger samt kirurgens vurdering samt måling af patientens funktionsniveau.

**PICO 6**

**Question:** Should volar vinkelstabil skinne vs reposition og gips (konservativ behandling) be used for distal radiusfraktur?

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Volar vinkelstabil skinne	Reposition og gips (konservativ behandling)	Relative (95% CI)	Absolute		
<b>Funktionscore 3 måneder (follow-up mean 12 weeks; measured with: Patient-rated wrist evaluation score; range of scores: 0-100; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>2,3</sup>	none	36	37	-	mean 33.7 higher (23.3 to 44.2 higher)	⊕000 VERY LOW	CRITICAL
<b>Funktionscore 1 år (follow-up mean 1 years; measured with: Patient-rated wrist evaluation score (0 bedst); range of scores: 0-100; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>2,3</sup>	none	36	37	-	mean 12.8 higher (5.2 to 20.4 higher)	⊕000 VERY LOW	CRITICAL
<b>Funktionscore 3 måneder (measured with: Dissability of the shoulder and hand score; range of scores: 0-100; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>2,3</sup>	none	36	37	-	mean 13.3 higher (8.5 to 18.1 higher)	⊕000 VERY LOW	CRITICAL
<b>Funktionscore 1 år (measured with: Disability of shoulder and ar score; range of scores: 0-100; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	36	37	-	mean 5.7 higher (2.1 to 9.3 higher)	⊕000 VERY LOW	CRITICAL
<b>Smerter i hvile 3 måneder (follow-up mean 3 months; measured with: VAS skala; range of scores: 0-10; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>2,3</sup>	none	36	37	-	mean 0.2 higher (0 to 0.4 higher)	⊕000 VERY LOW	IMPORTANT

Smerter i hvile 1 år (follow-up mean 1 years; measured with: VAS skala; range of scores: 0-10; Better indicated by lower values)												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	36	37	-	MD 0.1 higher (0 to 0.2 higher)	⊕○○○ VERY LOW	IMPORTANT
Smerter i aktivitet 3 måneder (follow-up mean 3 months; measured with: VAS skala; range of scores: 1-10; Better indicated by lower values)												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	36	37	-	mean 1.4 higher (0.8 to 2.1 higher)	⊕○○○ VERY LOW	IMPORTANT
Smerter i aktivitet 1 år (follow-up mean 1 years; measured with: VAS skala; range of scores: 0-10; Better indicated by lower values)												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	36	37	-	mean 0.7 higher (0.4 to 1 higher)	⊕○○○ VERY LOW	IMPORTANT

<sup>1</sup> manglende blinding af forsøgsperson og behandler samt manglende data for udgåede patienter (ingen ITT analyse)

<sup>2</sup> brede konfidensintervaller

<sup>3</sup> Der foreligger kun et studie

PICO 7

**Question:** Should volar vinkelstabil skinne vs ekstern fiksation be used for distal radius fraktur?

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Volar vinkelstabil skinne	Ekstern fiksation	Relative (95% CI)	Absolute		
<b>Disabilities of the arm, shoulder and hand score (follow-up mean 3 months; measured with: DASH; Better indicated by lower values)</b>												
3	randomised trials	serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>2</sup>	none	84	90	-	MD 15.58 higher (24.52 to 6.64 higher)	⊕⊕⊕⊕ LOW	CRITICAL
<b>Disabilities of the arm, shoulder and hand score (follow-up mean 12 months; measured with: DASH; Better indicated by lower values)</b>												
3	randomised trials	serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>2</sup>	none	84	90	-	MD 8.00 higher (15.55 to 0.44 higher)	⊕⊕⊕⊕ LOW	CRITICAL
<b>Komplikationer (follow-up mean 12 months; assessed with: Total antal komplikationer)</b>												
3	randomised trials	serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>2</sup>	none	17/84 (20.2%)	23/90 (25.6%)	OR 0.71 (0.34 to 1.46)	60 fewer per 1000 (from 151 fewer to 78 more)	⊕⊕⊕⊕ LOW	CRITICAL
<b>Smerter i hvile 3 md (follow-up mean 3 months; measured with: VAS; Better indicated by lower values)</b>												
1	randomised trials	serious <sup>3</sup>	no serious inconsistency	no serious indirectness	serious <sup>2</sup>	none	43	51	-	MD 3 lower (8 lower to 2 higher)	⊕⊕⊕⊕ LOW	IMPORTANT
<b>Smerter i aktivitet 3 md (follow-up mean 3 months; measured with: VAS; Better indicated by lower values)</b>												
1	randomised trials	serious <sup>3</sup>	no serious inconsistency	no serious indirectness	serious <sup>2</sup>	none	43	50	-	MD 6 higher (14 to 1 higher)	⊕⊕⊕⊕ LOW	IMPORTANT
<b>Smerter i hvile 1 år (follow-up mean 12 months; measured with: VAS; Better indicated by lower values)</b>												
1	randomised	serious <sup>3</sup>	no serious	no serious	serious <sup>2</sup>	none	50	54	-	MD 2 higher (5 to 1	⊕⊕⊕⊕	IMPORTANT

	trials		inconsistency	indirectness						higher)	LOW	
<b>Smerter i aktivitet 1 år (follow-up mean 12 months; measured with: VAS; Better indicated by lower values)</b>												
1	randomised trials	serious <sup>3</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	50	54	-	MD 3 higher (3 to 9 higher)	⊕⊕⊕⊕ LOW	IMPORTANT

<sup>1</sup> Ingen blinding, Mulighed for attrition bias

<sup>2</sup> Brede konfidens intervaller.

<sup>3</sup> Ingen blinding, Ikke blokrandomiseret i forhold til AO grupper

**PICO 8**

**Question:** Volar vinkelstabil skinne vs K-tråd for DRF

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Volar vinkelstabil skinne	K-tråd	Relative (95% CI)	Absolute		
<b>DASH, 3 mdr (follow-up mean 3 months; Better indicated by lower values)</b>												
4	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	no serious imprecision	none	114	122	-	MD 9.29 lower (13.21 to 5.38 lower)	⊕⊕⊕⊕ LOW	CRITICAL
<b>DASH, 6 mdr (follow-up mean 6 months; Better indicated by lower values)</b>												
2	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	no serious imprecision	none	77	82	-	MD 6.68 lower (10.15 to 3.21 lower)	⊕⊕⊕⊕ LOW	CRITICAL
<b>DASH 12 mdr (follow-up mean 12 months; Better indicated by lower values)</b>												
2	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>2</sup>	none	37	39	-	MD 3.04 lower (9.96 lower to 3.87 higher)	⊕⊕⊕⊕ VERY LOW	CRITICAL
<b>Tilbagevenden til arbejde (follow-up mean 12 months; assessed with: antal)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	18/18 (100%)	15/16 (93.8%)	-	938 fewer per 1000 (from 938 fewer to 938 fewer)	⊕⊕⊕⊕ VERY LOW	IMPORTANT

<sup>1</sup> Ingen blinding og ingen ITT analyse

<sup>2</sup> bredt konfidensinterval

<sup>3</sup> Kun et studie



**PICO 9**

**Question:** Should tidlig mobilisering (indenfor 14 dage) vs sen mobilisering (6 uger) be used for distal radius fraktur behandlet med volar vinkelstabil skinne?

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Tidlig mobilisering (indenfor 14 dage)	Sen mobilisering (6 uger)	Relative (95% CI)	Absolute		
<b>Smerte 3 måneder (follow-up mean 3 months; measured with: VAS skala; range of scores: 0-10; Better indicated by lower values)</b>												
1	randomised trials	no serious risk of bias	no serious inconsistency	serious <sup>1</sup>	serious <sup>2</sup>	none	29	27	-	mean 2.4 higher (1.7 to 3.2 higher)	⊕⊕○○ LOW	IMPORTANT
<b>Smerter 6 måneder (measured with: VAS skala; range of scores: 0-10; Better indicated by lower values)</b>												
1	randomised trials	no serious risk of bias	no serious inconsistency	serious <sup>1,3</sup>	serious <sup>2</sup>	none	28	26	-	MD 1.5 higher (0.7 to 2.3 higher)	⊕⊕○○ LOW	IMPORTANT
<b>Funktionscore 3 måneder (measured with: Disabilities of the arm, shoulder and hand score; range of scores: 0-100; Better indicated by lower values)</b>												
1	randomised trials	no serious risk of bias	no serious inconsistency	serious <sup>1,3</sup>	serious <sup>2</sup>	none	29	27	-	mean 19 higher (13 to 25 higher)	⊕⊕○○ LOW	CRITICAL
<b>Funktionscore 6 måneder (measured with: Disabilities of the arm, shoulder and hand score; range of scores: 0-100; Better indicated by lower values)</b>												
1	randomised trials	no serious risk of bias	no serious inconsistency	very serious <sup>1,3</sup>	serious <sup>2,4</sup>	none	28	26	-	mean 8.5 higher (2.6 to 14 higher)	⊕○○○ VERY LOW	CRITICAL

<sup>1</sup> 8 pt havde AO B type frakturer og passede derfor ikke med vores population

<sup>2</sup> Der findes kun 1 randomiseret studie om emnet

<sup>3</sup> 6 måneders follow-up er væsentligt forskelligt fra 12 måneder som var ønsket follow-up tid i PICO spørgsmålet

<sup>4</sup> brede konfidensintervaller

PICO 10

**Question:** Should Superviseret vs Ikke superviseret træning be used for Distal radius fraktur efter op med volar skinne?

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Superviseret	Ikke superviseret træning	Relative (95% CI)	Absolute		
<b>Function, 2 mdr. (follow-up mean 8 weeks; measured with: PRWE og DASH; Better indicated by lower values)</b>												
2	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2</sup>	none	61	57	-	SMD 0.42 lower (0.79 to 0.05 lower)	⊕000 VERY LOW	CRITICAL
<b>Function, 6 mdr (follow-up mean 6 months; measured with: DASH ; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	37	38	-	MD 1.10 higher (2.18 lower to 4.38 higher)	⊕000 VERY LOW	CRITICAL
<b>Smerter, 3 mdr (follow-up mean 3 months; measured with: VAS; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2,3</sup>	none	38	34	-	MD 0.10 higher (0.46 lower to 0.26 higher)	⊕000 VERY LOW	CRITICAL
<b>Smerter, 6 mdr (follow-up mean 6 months; measured with: VAS; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2,3</sup>	none	37	39	-	MD 0.40 higher (0.22 lower to 1.02 higher)	⊕000 VERY LOW	CRITICAL

<sup>1</sup> Manglende blinding og stort bortfald

<sup>2</sup> Bredt konfidensinterval. Anbefaling vil være afhængigt af øvre og nedre grænse.

<sup>3</sup> Usikkerhed på grund af kun et publiceret studie

**PICO 10**

**Question:** Should Superviseret træning vs Ikke superviseret be used for DRF, behandlet konservativt?

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Superviseret træning	Ikke superviseret	Relative (95% CI)	Absolute		
<b>Funktion, 6 uger (follow-up mean 6 weeks; measured with: PRWE, aktivitet; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2</sup>	none	19	16	-	MD 6.8 lower (25.55 lower to 11.95 higher)	⊕○○○ VERY LOW	CRITICAL
<b>Smerter, 6 uger (follow-up mean 6 weeks; measured with: PRWE, smerter; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2,3</sup>	none	19	16	-	MD 5.50 lower (23.03 lower to 12.03 higher)	⊕○○○ VERY LOW	CRITICAL
<b>Funktion, 24 uger (follow-up mean 24 weeks; measured with: PRWE, funktion; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>4</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2,3</sup>	none	19	14	-	MD 5.10 lower (24.33 lower to 14.03 higher)	⊕○○○ VERY LOW	CRITICAL
<b>Smerter, 24 uger (follow-up mean 24 weeks; measured with: PRWE, smerter; Better indicated by lower values)</b>												
1	randomised trials	very serious <sup>1,4</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2,3</sup>	none	19	14	-	MD 8.4 lower (27.07 lower to 10.27 higher)	⊕○○○ VERY LOW	CRITICAL

<sup>1</sup> Ingen blinding

<sup>2</sup> Usikkerhed på grund af kun et publiceret studie

<sup>3</sup> Bredt konfidensinterval. Anbefaling vil variere afhængigt af øvre og nedre grænse

<sup>4</sup> Ingen blinding og 19 % bortfald