

Appraisal

Appraisal of Clinical Practice Guideline: Canadian 24-hour movement guidelines for children and youth: An integration of physical activity, sedentary behaviour, and sleep

Date of latest update: June 2016. **Date of next update:** 2026. **Patient group:** Children and youth aged 5 to 17 years. Guidelines may be adapted, under the guidance of health professionals, for children and youth with disabilities. **Intended audience:** Youth, parents, teachers, paediatricians and exercise professionals. **Additional versions:** Corresponding Tools and Resource Package. Updated integration of Canadian Physical Activity Guidelines for Children (5 to 11 years) and Youth (12 to 17 years)¹ and Canadian Sedentary Behaviour Guidelines for Children (5 to 11 years) and Youth (12 to 17 years).² **Expert working group:** Consensus panel (27 members) of research and practice experts and representatives of Canadian agencies in physical activity, sedentary behaviour, sleep and health promotion; methodological experts; international content experts (Australia, USA and Wales); and parent and youth representatives. **Funded by:** Canadian Society for Exercise Physiology, Conference Board of Canada, Healthy Active Living and Obesity Research Group (Children's Hospital of Eastern Ontario Research Institute), Public Health Agency of Canada and ParticipACTION. **Consultation with:** External consultation was undertaken in French and English with youth, parents, caregivers, teachers, exercise practitioners, paediatricians, government and non-government organisations, and national and international content experts via surveys (590 participants) and focus groups (28 groups of 104 participants). The consensus panel addressed comments and concerns prior to final approval. **Approved by:** Complete consensus panel. **Location:** Online at: <https://csepguidelines.ca/children-and-youth-5-17/>

Description: The Canadian 24-Hour Movement Guidelines for Children and Youth is a concise two-page document. It includes a preamble and a clear written and visual representation of the amount of moderate to vigorous physical activity (> 60 minutes of 'Sweat'), light physical activity (several hours of 'Step'), sleep (9 to 11 hours) and sedentary behaviour (< 2 hours of 'Sit') that should be included in a healthy 24-hour period for children and youth aged 5 to 17 years. The corresponding 'Tools and Resource Package' includes valuable links to background information (eg, hub of guidelines for different population groups), professional development opportunities (eg, webinars) and case scenarios for clinicians to practise integrating the guidelines into the daily life of children and youth.

Provenance: Invited. Not peer reviewed.

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References

1. Tremblay MS, et al. *Appl Physiol Nutr Metab.* 2011;36:36–46.
2. Tremblay MS, et al. *Appl Physiol Nutr Metab.* 2011;36:59–64.

Appraisal of Clinical Practice Guideline: Developing clinical practice guidelines for physiotherapists working with people with inherited bleeding disorders

Date of latest update: April 2021. **Date of next update:** Not stated. **Patient group:** People with inherited bleeding disorders. **Intended audience:** Physiotherapists working with people with bleeding disorders (PWBD). Secondary audience: Administrators in the management of PWBD, educators, consumers and researchers. **Additional versions:** This clinical practice guideline is an update of the *Clinical Guidelines for Physiotherapists working with Persons with Bleeding Disorders* that was published in 2018 by the Canadian Hemophilia Society. **Expert working group:** Members of the Canadian Physiotherapists in Hemophilia Care (CPHC). **Funded by:** not stated. **Consultation with:** All members (n = 37) of the CPHC. **Approved by:** Canadian Hemophilia Society. **Location:** Journal article: <https://onlinelibrary.wiley.com/doi/10.1111/hae.14327>. The Canadian Hemophilia Society, website in French and English: <https://www.hemophilia.ca/physiotherapy>

Description: The CPHC published their updated *Clinical Practice Guidelines for Physiotherapists Working with Persons with Bleeding Disorders in Haemophilia* (2021, in press). The working group of the CPHC followed the eight steps outlined in the American Physical Therapy Association (APTA) *Clinical Practice Guideline Process Manual* (2018). The guidelines are comprised of practice statements in nine areas of practice: interdisciplinary care, assessment of acute musculoskeletal bleeds, management of bleeds, annual assessment, physiotherapy treatment for musculoskeletal complications, physiotherapy treatment before and after musculoskeletal surgery, consultation with other care providers, encouraging a

healthy life style and continuing competence. Data extraction was obtained from 63 articles, mostly (n = 30) expert opinion/review papers and 12 randomised controlled trials. Although the scope of the guidelines was extended to bleeding disorders, all references pertained to only haemophilia. From the 39 practice statements *strong* evidence was present for two statements ('use of therapeutic exercise to address hemophilia arthropathy' and 'use manual techniques, including traction, joint gliding, fascial therapy and manual stretching'), *moderate* evidence for one ('use of point of care ultrasound (POCUS) to confirm diagnosis or monitor resolution') and *weak* evidence for three ('assessment of pain', 'must actively and regularly watch for signs of bleeding or infection', 'use of hydrotherapy after hip or knee arthroplasty'). The remaining statements were graded as theoretical (n = 30), best practice (n = 2) or research (n = 1). Despite the limitations in the available evidence, as well as the lack of consumer input, the authors feel that the guidelines will assist with clinical decision-making.

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