# Presenting ‘Effects of interventions’ in a Cochrane Review: Exercise

*The following is an example adapted from a Cochrane Review on hip protectors for preventing hip fractures in older people (Santesso et al, 2014). The example is presented as an excerpt from the ‘Results’ section text (below) and a forest plot (separate PDF).* *Review the example and identify some of the key considerations in writing up the ‘Effects of interventions’ subsection by answering the questions that follow.*

**Falls**

Sixteen studies reported falls incidence; the pooled analysis shows little or no effect on the frequency of falls (RateR 1.02, 95% CI 0.90 to 1.16, Analysis 1.6). In people at low risk of falls, the absolute effect is 10 more falls per 1,000 people (95% CI, from 50 fewer to 80 more); in people at high risk it is 60 more falls per 1,000 people (95% CI, from 300 fewer to 480 more). There is, however, considerable heterogeneity amongst these studies (Chi² = 198.69, df = 15 (P < 0.00001), I² = 92%), but it did not result in imprecise results. The overall certainty of evidence is moderate, downgraded one level due to high risk of bias. O’Halloran 2004 reported on the occurrence of injurious falls (falls requiring medical attention): adjusted RateR 1.16 (95% CI 0.77 to 1.76) in a trial authors’ analysis. Kannus 2000 reported on falls only in the protector group (1,404 falls occurring in the 653 individuals).

1. Have the authors presented effect estimates together with a measure of statistical uncertainty? (*If yes, write down here what they have reported*):

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1. Have the authors presented number of studies and participants contributing to the outcome? (*If yes, write down here what they have reported*):

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1. Have the authors clearly indicated the direction of the effect? (*If yes, write down here what they have reported*):

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1. Have the authors presented the estimates both as relative and absolute effect? (*If yes, write down here what they have reported*):

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1. Have the authors commented on the certainty (quality) of evidence? (*If yes, write down here what they have reported):*

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1. Have the authors reported the effect estimates from the studies not included in the meta-analysis? (*If yes, write down here what they have reported):*

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1. Have the authors reported the results of subgroup or sensitivity analyses for this outcome? (*If yes, write down here what they have reported):*

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