**Evidensprofiler NKR distal radiusfraktur Final**

**PICO 4**  
**Question:** K-tråd sammenlignet med reposition og gips (konservativ behandling) af distal radius fraktur

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| **Quality assessment** | | | | | | | **No of patients** | | **Effect** | | **Quality** | **Importance** |
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| **No of studies** | **Design** | **Risk of bias** | **Inconsistency** | **Indirectness** | **Imprecision** | **Other considerations** | **K-tråde** | **Konservativ behandling** | **Relative (95% CI)** | **Absolute** |
| **SF36 mental score (follow-up mean 12 months; measured with: SF36; range of scores: 0-100; Better indicated by higher values)** | | | | | | | | | | | | |
| 1 | randomised trials1 | serious2 | no serious inconsistency | no serious indirectness | serious3 | none | 27 | 27 | - | mean 51.0 higher (46.02 to 55.98 higher) |  LOW | CRITICAL |
| **SF36 fysisk score (follow-up mean 12 months; measured with: SF36; range of scores: 0-100; Better indicated by higher values)** | | | | | | | | | | | | |
| 1 | randomised trials1 | serious2 | no serious inconsistency | no serious indirectness | serious3 | none | 27 | 27 | - | mean 42.2 higher (38.54 to 45.86 higher) |  LOW | CRITICAL |
| **Functional grading: Fair og Poor 6 mth (follow-up mean 6 months; assessed with: Excellent, good, fair og poor)** | | | | | | | | | | | | |
| 2 | randomised trials | very serious2,4 | no serious inconsistency | serious5,6 | 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 |
| **Functional grading: Fair og poor 12 mth (follow-up mean 12 months; assessed with: Excellent, good, fair og poor)** | | | | | | | | | | | | |
| 2 | randomised trials | very serious2,4 | no serious inconsistency | serious5,6 | 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 |
| **Smerte VAS (follow-up mean 12 months; measured with: VAS; range of scores: 0-10; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | serious2 | no serious inconsistency | no serious indirectness | serious3 | none | 27 | 27 | - | mean 0.7 higher (0.21 to 1.19 higher) |  LOW | IMPORTANT |
| **Smerte lejlighedsvis (assessed with: egen skala)** | | | | | | | | | | | | |
| 1 | randomised trials7 | serious2 | no serious inconsistency | no serious indirectness | serious3 | 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 trials7 | serious2 | no serious inconsistency | no serious indirectness | serious3 | 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 |

2 Ingen blinding  
3 Brede konfidensintervaller og kun 1 studie  
4 Ingen ITT analyse, lost to follow up dårligt beskrevet  
5 Målemetoden er ikke et reelt patientrelateret effektmål, men derimod flere forskellige sammenlignelige metoder hvor der indgår radiologiske parametre, kirurgens vurdering samt funktionsmålinger.  
6 Bandageringsstilling volart og ulnart flekteret hånd

**PICO 5**   
**Question:** Ekstern fiksation sammenlignet med reposition og gips (konservativ behandling) af distal radiusfraktur.

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| **Quality assessment** | | | | | | | **No of patients** | | **Effect** | | **Quality** | **Importance** |
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| **No of studies** | **Design** | **Risk of bias** | **Inconsistency** | **Indirectness** | **Imprecision** | **Other considerations** | **Ex fix** | **konservativ beh** | **Relative (95% CI)** | **Absolute** |
| **Functional grading: Fair or poor 3-6 md (follow-up 3-6 months)** | | | | | | | | | | | | |
| 3 | randomised trials | very serious1,2 | no serious inconsistency | serious3 | 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 |
| **Functional grading: Fair og poor 12md-10 år (follow-up 1-10 years)** | | | | | | | | | | | | |
| 10 | randomised trials | very serious1,2 | no serious inconsistency | serious3 | 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 |

1 ingen blinding  
2 oftest ingen ITT analyse og manglende redegørelse for patienter lost to follow-up  
3 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:** Volar vinkelstabil skinne sammenlignet med reposition og gips (konservativ behandling) til distal radiusfraktur.

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| **Quality assessment** | | | | | | | **No of patients** | | **Effect** | | **Quality** | **Importance** |
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| **No of studies** | **Design** | **Risk of bias** | **Inconsistency** | **Indirectness** | **Imprecision** | **Other considerations** | **Volar vinkelstabil skinne** | **Reposition og gips (konservativ behandling)** | **Relative (95% CI)** | **Absolute** |
| **Funktionsscore 3 måneder (follow-up mean 12 weeks; measured with: Patient-rated wrist evaluation score; range of scores: 0-100; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | serious2,3 | none | 36 | 37 | - | mean 33.7 higher (23.3 to 44.2 higher) |  VERY LOW | CRITICAL |
| **Funktionsscore 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)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | serious2,3 | none | 36 | 37 | - | mean 12.8 higher (5.2 to 20.4 higher) |  VERY LOW | CRITICAL |
| **Funktionsscore 3 måneder (measured with: Dissability of the shoulder and hand score; range of scores: 0-100; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | serious2,3 | none | 36 | 37 | - | mean 13.3 higher (8.5 to 18.1 higher) |  VERY LOW | CRITICAL |
| **Funktionsscore 1 år (measured with: Disability of shoulder and ar score; range of scores: 0-100; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | serious3 | none | 36 | 37 | - | mean 5.7 higher (2.1 to 9.3 higher) |  VERY LOW | CRITICAL |
| **Smerter i hvile 3 måneder (follow-up mean 3 months; measured with: VAS skala; range of scores: 0-10; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | serious2,3 | none | 36 | 37 | - | mean 0.2 higher (0 to 0.4 higher) |  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 serious1 | no serious inconsistency | no serious indirectness | serious3 | 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 scala; range of scores: 1-10; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | serious3 | 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 scala; range of scores: 0-10; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | serious3 | none | 36 | 37 | - | mean 0.7 higher (0.4 to 1 higher) |  VERY LOW | IMPORTANT |

1 manglende blinding af forsøgsperson og behandler samt manglende data for udgåede patienter (ingen ITT analyse)  
2 brede konfidensintervaller  
3 Der foreligger kun et studie

**PICO 7**   
  
**Question:** Ekstern fiksation sammenlignet med volar vinkelstabil skinne til distal radiusfraktur

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| **Quality assessment** | | | | | | | **No of patients** | | **Effect** | | **Quality** | **Importance** |
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| **No of studies** | **Design** | **Risk of bias** | **Inconsistency** | **Indirectness** | **Imprecision** | **Other considerations** | **Volar vinkelstabil skinne** | **Ekstern fiksation** | **Relative (95% CI)** | **Absolute** |
| **Disabilities of the arm, shoulder and hand score (follow-up mean 3 months; measured with: DASH; Better indicated by lower values)** | | | | | | | | | | | | |
| 3 | randomised trials | serious1 | no serious inconsistency | no serious indirectness | serious2 | none | 84 | 90 | - | MD 15.58 (6.64 to 24.52) |  LOW | CRITICAL |
| **Disabilities of the arm, shoulder and hand score (follow-up mean 12 months; measured with: DASH; Better indicated by lower values)** | | | | | | | | | | | | |
| 3 | randomised trials | serious1 | no serious inconsistency | no serious indirectness | serious2 | none | 84 | 90 | - | MD 8.00 (0.44 to 15.55) |  LOW | CRITICAL |
| **Komplikationer (follow-up mean 12 months; assessed with: Total antal komplikationer)** | | | | | | | | | | | | |
| 3 | randomised trials | serious1 | no serious inconsistency | no serious indirectness | serious2 | 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 |
| **Smerter i hvile 3 md (follow-up mean 3 months; measured with: VAS; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | serious3 | no serious inconsistency | no serious indirectness | serious2 | none | 43 | 51 | - | MD 3 lower (-8 to 2 higher) |  LOW | IMPORTANT |
| **Smerter i aktivitet 3 md (follow-up mean 3 months; measured with: VAS; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | serious3 | no serious inconsistency | no serious indirectness | serious2 | none | 43 | 50 | - | MD 6 lower (-14 to 1 higher) |  LOW | IMPORTANT |
| **Smerter i hvile 1 år (follow-up mean 12 months; measured with: VAS; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | serious3 | no serious inconsistency | no serious indirectness | serious2 | none | 50 | 54 | - | MD 2 lower (-5 to 1 higher) |  LOW | IMPORTANT |
| **Smerter i aktivitet 1 år (follow-up mean 12 months; measured with: VAS; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | serious3 | no serious inconsistency | no serious indirectness | serious3 | none | 50 | 54 | - | MD 3 higher (-3 to 9 higher) |  LOW | IMPORTANT |

1 Ingen blinding, Mulighed for attrion bias  
2 Brede konfidens intervaller.  
3 Ingen blinding, Ikke blokrandomiseret i forhold til AO grupper

**PICO 8**  
**Question:** Volar vinkelstabil skinne sammenlignet med operation med K-tråde til distal radiusfraktur

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| **Quality assessment** | | | | | | | **No of patients** | | **Effect** | | **Quality** | **Importance** |
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| **No of studies** | **Design** | **Risk of bias** | **Inconsistency** | **Indirectness** | **Imprecision** | **Other considerations** | **Volar vinkelstabil skinne** | **K-tråd** | **Relative (95% CI)** | **Absolute** |
| **DASH, 3 mdr (follow-up mean 3 months; Better indicated by lower values)** | | | | | | | | | | | | |
| 4 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | no serious imprecision | none | 114 | 122 | - | MD 9.29 lower (13.21 to 5.38 lower) |  LOW | CRITICAL |
| **DASH, 6 mdr (follow-up mean 6 months; Better indicated by lower values)** | | | | | | | | | | | | |
| 2 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | no serious imprecision | none | 77 | 82 | - | MD 6.68 lower (10.15 to 3.21 lower) |  LOW | CRITICAL |
| **DASH 12 mdr (follow-up mean 12 months; Better indicated by lower values)** | | | | | | | | | | | | |
| 2 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | serious2 | none | 37 | 39 | - | MD 3.04 lower (9.96 lower to 3.87 higher) |  VERY LOW | CRITICAL |
| **Tilbagevenden til arbejde (follow-up mean 12 months; assessed with: antal)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | serious3 | none | 18/18  (100%) | 15/16  (93.8%) | - | 938 fewer per 1000 (from 938 fewer to 938 fewer) |  VERY LOW | IMPORTANT |

1 Ingen blinding og ingen ITT analyse   
2 bredt konfidensinterval  
3 Kun et studie

**PICO 9**  
**Question: Tidlig mobilisering (indenfor 14 dage) sammenlignet med sen mobilisering (efter 5uger) efter distal radiusfraktur behandlet med volar vinkelstabil skinne**

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| **Quality assessment** | | | | | | | **No of patients** | | **Effect** | | **Quality** | **Importance** |
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| **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** |
| **Smerte 3 måneder (follow-up mean 3 months; measured with: VAS skala; range of scores: 0-10; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | no serious risk of bias | no serious inconsistency | serious1 | serious2 | none | 29 | 27 | - | mean 2.4 higher (1.7 to 3.2 higher) |  LOW | IMPORTANT |
| **Smerter 6 måneder (measured with: VAS skala; range of scores: 0-10; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | no serious risk of bias | no serious inconsistency | serious1,3 | serious2 | none | 28 | 26 | - | MD 1.5 higher (0.7 to 2.3 higher) |  LOW | IMPORTANT |
| **Funktionsscore 3 måneder (measured with: Disabilities of the arm, shoulder and hand score; range of scores: 0-100; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | no serious risk of bias | no serious inconsistency | serious1,3 | serious2 | none | 29 | 27 | - | mean 19 higher (13 to 25 higher) |  LOW | CRITICAL |
| **Funktionsscore 6 måneder (measured with: Disabilities of the arm, shoulder and hand score; range of scores: 0-100; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | no serious risk of bias | no serious inconsistency | very serious1,3 | serious2,4 | none | 28 | 26 | - | mean 8.5 higher (2.6 to 14 higher) |  VERY LOW | CRITICAL |

1 8 pt havede AO B type frakturer og passede derfor ikke med vores population  
2 Der findes kun 1 randomiseret studie om emnet  
3 6 måneders follow-up er væsentligt forskelligt fra 12 måneder som var ønsket follow-up tid i PICO spørgsmålet  
4 brede konfidensintervaller

**PICO 10**

**Question:** Superviseret genoptræning sammenlignet med egen genoptræning med program efter operation med volar vinkelstabil skinne af distal radiusfraktur

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| **Quality assessment** | | | | | | | **No of patients** | | **Effect** | | **Quality** | **Importance** |
|
| **No of studies** | **Design** | **Risk of bias** | **Inconsistency** | **Indirectness** | **Imprecision** | **Other considerations** | **Superviseret** | **Ikke supervisert træning** | **Relative (95% CI)** | **Absolute** |
| **Function, 2 mdr. (follow-up mean 8 weeks; measured with: PRWE og DASH; Better indicated by lower values)** | | | | | | | | | | | | |
| 2 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | very serious2 | none | 61 | 57 | - | SMD -0.42  (-0.79 to -0.05) |  VERY LOW | CRITICAL |
| **Function, 6 mdr (follow-up mean 6 months; measured with: DASH ; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | serious3 | none | 37 | 38 | - | MD 1.10 higher  (-2.18 to 4.38) |  VERY LOW | CRITICAL |
| **Smerter, 3 mdr (follow-up mean 3 months; measured with: VAS; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | very serious2,3 | none | 38 | 34 | - | MD 00.10 higher  (-0.46 to 0.26 ) |  VERY LOW | CRITICAL |
| **Smerter, 6 mdr (follow-up mean 6 months; measured with: VAS; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | very serious2,3 | none | 37 | 39 | - | MD 0.40 higher  (-0.22 to 1.02) |  VERY LOW | CRITICAL |

1 Manglende blinding og stort bortfald  
2 Bredt konfidensintaerval. Anbefaling vil vriere afhængigt af øvre og nedre grænse.  
3 Usikkerhed på grund af kun et publiceret studie

**PICO 10**  
**Question:** Superviseret genoptræning sammenlignet med egen genoptræning med program efter konservativ behandling af distal radiusfraktur

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| **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** |
| **Funktion, 6 uger (follow-up mean 6 weeks; measured with: PRWE, aktivitet; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | very serious2 | none | 19 | 16 | - | MD 6.8 lower  (-25.55 to 11.95 ) |  VERY LOW | CRITICAL |
| **Smerter, 6 uger (follow-up mean 6 weeks; measured with: PRWE, smerter; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1 | no serious inconsistency | no serious indirectness | very serious2,3 | none | 19 | 16 | - | MD 5.50 lower  (-23.03 to 12.03) |  VERY LOW | CRITICAL |
| **Funktion, 24 uger (follow-up mean 24 weeks; measured with: PRWE, funktion; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious4 | no serious inconsistency | no serious indirectness | very serious2,3 | none | 19 | 14 | - | MD 5.10 lower  (-24.33 to 14.03) |  VERY LOW | CRITICAL |
| **Smerter, 24 uger (follow-up mean 24 weeks; measured with: PRWE, smerter; Better indicated by lower values)** | | | | | | | | | | | | |
| 1 | randomised trials | very serious1,4 | no serious inconsistency | no serious indirectness | very serious2,3 | none | 19 | 14 | - | MD 8.4 lower  (-27.07 to 10.27) |  VERY LOW | CRITICAL |

1 Ingen blinding  
2 Usikkerhed på grund af kun et publiceret studie  
3 Bredt konfidensinterval. Anbefaling vil variere afhængigt af øvre og nedre grænse  
4 Ingen blinding og 19 % bortfald