TITLE: Post-Discharge Therapeutic Recreation Services for Pediatric Rehabilitation: Clinical Effectiveness

DATE: 18 June 2015

RESEARCH QUESTION

What is the clinical effectiveness of outreach or community therapeutic recreation services for pediatric patients following discharge from hospital?

KEY FINDINGS

Four systematic reviews were identified regarding the clinical effectiveness of outreach or community therapeutic recreation services for pediatric patients following discharge from hospital.

METHODS

A limited literature search was conducted on key resources including PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD), Medline, Canadian and major international health technology agencies, as well as a focused Internet search. Methodological filters were applied to limit retrieval to non-randomized studies, randomized controlled trials, and systematic reviews. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 01, 2010 and June 11, 2015. Internet links were provided, where available.

The summary of findings was prepared from the abstracts of the relevant information. Please note that data contained in abstracts may not always be an accurate reflection of the data contained within the full article.

SELECTION CRITERIA

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.
**Table 1: Selection Criteria**

<table>
<thead>
<tr>
<th><strong>Population</strong></th>
<th>Pediatric patients (ages 0-18 years) with brain injury (acquired and traumatic); cerebral palsy; spinal cord impairment; upper and lower extremity neuromuscular weakness; neurodegenerative diseases (e.g., MS, Guillain-Barre, etc.); oncology; pain (chronic and complex regional pain disorder)</th>
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<tr>
<td><strong>Intervention</strong></td>
<td>Referral to therapeutic recreation services in the community following hospital discharge or hospital outreach programs providing therapeutic recreation services following hospital discharge</td>
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<td><strong>Comparator</strong></td>
<td>No post-discharge therapeutic services</td>
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<td><strong>Outcomes</strong></td>
<td>Increased community recreation participation (e.g., measured at one-year post-discharge)</td>
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<td><strong>Study Designs</strong></td>
<td>Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies</td>
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**RESULTS**

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials and non-randomized studies.

Four systematic reviews were identified regarding the clinical effectiveness of outreach or community therapeutic recreation services for pediatric patients following discharge from hospital. No relevant health technology assessments, randomized controlled trials, or non-randomized studies were identified.

Additional references of potential interest are provided in the appendix.

**OVERALL SUMMARY OF FINDINGS**

Two systematic reviews examined the impact of recreation camp programs on children with cancer\(^1\) and chronic diseases.\(^2\) Camp attendance had a positive impact on cancer knowledge,\(^1\) emotional well-being,\(^1,2\) and social outcomes.\(^1,2\) One review\(^3\) concluded that there was not enough evidence to support singing as a form of respiratory therapy for children or adults with cystic fibrosis. One review\(^4\) determined that there was some evidence to support the use of therapeutic horseback riding or hippotherapy to achieve a significant improvement in gross motor function for specific groups of children with cerebral palsy.
REFERENCES SUMMARIZED

Health Technology Assessments
No literature identified.

Systematic Reviews and Meta-analyses


Randomized Controlled Trials
No literature identified.

Non-Randomized Studies
No literature identified.

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APPENDIX – FURTHER INFORMATION:

Systematic Reviews and Meta-Analyses – Adults


Non-Randomized Studies

Qualitative Studies - Pediatrics


Adults


Review Articles


Additional References

Pediatrics


Adults