

RECOMENDACIÓN DE TRATAMIENTO

BÚSQUEDA Y SÍNTESIS DE EVIDENCIA DE EFECTOS DESEABLES E INDESEABLES

Guía de Práctica Clínica Ayudas Técnicas - 2018

A. PREGUNTA CLÍNICA

En personas de 65 años y más con limitación en la movilidad ¿Se debe usar cojín antiescaras de celdas de aire en comparación a usar cojín viscoelástico?

Análisis y definición de los componentes de la pregunta en formato PICO

Población: Personas de 65 años y más con limitación en la movilidad.

Intervención: Cojín antiescaras de celdas de aire.

Comparación: Cojín antiescaras viscoelástico.

Desenlace (outcome): Incidencia de úlceras por presión, úlceras por presión completamente curadas.

B. BÚSQUEDA DE EVIDENCIA

Se realizó una búsqueda general de revisiones sistemáticas asociadas al tema de “Technical aids”. Las bases de datos utilizadas fueron: Cochrane database of systematic reviews (CDSR); Database of Abstracts of Reviews of Effectiveness (DARE); HTA Database; PubMed; LILACS; CINAHL; PsycINFO; EMBASE; EPPI-Centre Evidence Library; 3ie Systematic Reviews and Policy Briefs Campbell Library; Clinical Evidence; SUPPORT Summaries; WHO institutional Repository for information Sharing; NICE public health guidelines and systematic reviews; ACP Journal Club; Evidencias en Pediatría; y The JBI Database of Systematic Reviews and implementation Reports. No se aplicaron restricciones en base al idioma o estado de publicación. Dos revisores de manera independiente realizaron la selección de los títulos y los resúmenes, la evaluación del texto completo y la extracción de datos. Un investigador experimentado resolvió cualquier discrepancia entre los distintos revisores. En caso de considerarse necesario, se integraron estudios primarios.¹

Seleccionadas las revisiones sistemáticas o estudios primarios asociadas a la temática, se clasificaron en función de las potenciales preguntas a las que daban respuesta. Al momento de definir la pregunta la evidencia ya se encontraba previamente clasificada según intervenciones comparadas. Los resultados se encuentran alojados en la plataforma Living Overview of the Evidence (L-OVE), sistema que permite la actualización periódica de la evidencia.

¹ Para revisar la metodología, las estrategias y los resultados de la búsqueda, favor revisar el informe “*Búsqueda sistemática de evidencia de los efectos deseables e indeseables*” en la sección de método de la Guía de Práctica Clínica respectiva.

C. SÍNTESIS DE EVIDENCIA

Resumen de la evidencia identificada

Se identificaron 9 revisiones sistemáticas que incluyen 108 estudios primarios, de los cuales 95 corresponden a ensayos aleatorizados que evalúan el efecto de diferentes superficies de soporte para prevención de úlceras por presión. Para más detalle ver “*Matriz de evidencia*”², en el siguiente enlace: [Superficies de soporte \(colchón, cojín o cobertor\) para prevención de úlceras por presión](#).

Tabla 1: Resumen de la evidencia seleccionada

Revisión Sistemática	9 [1-9]
Estudios primarios	95 ensayos aleatorizados [10-104], 11 observacionales [105-117].

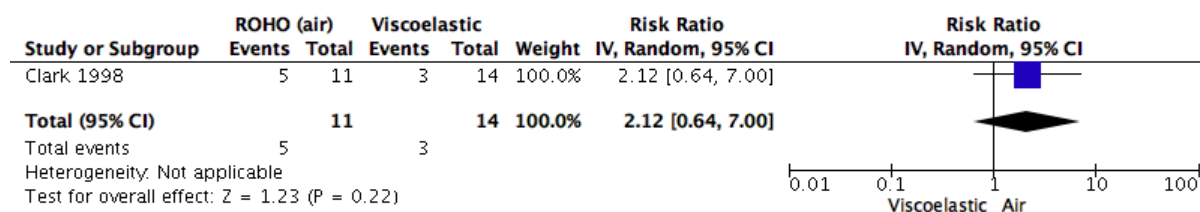
Además, se analizaron artículos enviados por el equipo de expertos participantes del panel convocado para elaborar la guía [9],[118],[119],[120],[121]. Uno de ellos corresponde a una revisión amplia, la cual no identificó nuevos estudios relevantes [9]. El segundo corresponde a una revisión sistemática enviada que no responde directamente la pregunta de interés [118]. Se revisaron las referencias citadas en estos artículos. Los demás artículos enviados corresponden a estudios primarios que no responden la pregunta de interés [119-121].

Estimador del efecto

Se realizó un análisis de la matriz de evidencia, identificando que una de las revisiones sistemáticas [5] incluyó un ensayo [104] que evaluó la comparación de interés, sin embargo no presentó los datos suficientes para la construcción de la tabla de resumen de resultados, por lo cual se decidió extraerlos directamente desde el estudio primario [104]. El resto de los estudios primarios no realizaba la comparación de interés [10-103]. Además, los estudios observacionales no aumentaban la certeza de evidencia.

Metanálisis

Úlceras por presión completamente curadas.



² **Matriz de Evidencia**, tabla dinámica que grafica el conjunto de evidencia existente para una pregunta (en este caso, la pregunta del presente informe). Las filas representan las revisiones sistemáticas y las columnas los estudios primarios que estas revisiones han identificado. Los recuadros en verde corresponden a los estudios incluidos en cada revisión. La matriz se actualiza periódicamente, incorporando nuevas revisiones sistemáticas pertinentes y los respectivos estudios primarios.

Tabla de Resumen de Resultados (Summary of Findings)

COJÍN ANTIESCARAS DE CELDAS DE AIRE COMPARADO CON COJÍN ANTIESCARAS VISCOELÁSTICO.						
Población	Personas de 65 años y más con limitación en la movilidad.					
Intervención	Cojín antiescaras viscoelástico.					
Comparación	Cojín antiescaras de celdas de aire.					
Desenlaces	Efecto relativo (IC 95%) -- Estudios/ personas	Efecto absoluto estimado*			Certeza de la evidencia (GRADE)	Mensajes clave en términos sencillos
		Cojín antiescaras viscoelástico	Cojín antiescaras con celdas de aire	Diferencia (IC 95%)		
Incidencia de úlceras por presión	No se identificaron estudios que evaluaran este desenlace en la comparación de interés.				--	--
Número de úlceras por presión completamente curadas.	RR 2,12 (0,64 a 7,00) -- 1 ensayo [104] / 25 personas	214 por 1000	454 por 1000	Diferencia: 240 más (77 menos a 1000 más)	⊕○○○ ^{1,2} Muy baja	El uso de un colchón antiescaras con celdas de aire, podría ser más efectivo comparado con un colchón antiescaras viscoelástico en el tratamiento de las úlceras. Sin embargo, existe considerable incertidumbre dado que la certeza de la evidencia es muy baja.

IC 95%: Intervalo de confianza del 95%.
RR: Riesgo relativo.
GRADE: Grados de evidencia Grading of Recommendations Assessment, Development and Evaluation.
* El riesgo CON colchón antiescaras con celdas de aire está basado en el riesgo del grupo control en los estudios. El riesgo CON cojín antiescaras viscoelástico (y su intervalo de confianza) está calculado a partir del efecto relativo (y su intervalo de confianza).
¹ Se disminuyó un nivel de certeza de evidencia por riesgo de sesgo, ya que en los ensayos no estaba clara la generación de secuencia de aleatorización, ocultamiento de ésta y no estaba claro si fue ciego.
² Se disminuyó dos niveles de certeza de evidencia por imprecisión ya que cada extremo del intervalo de confianza conlleva una decisión diferente. Además el ensayo incluidos presentan un número reducido de eventos y de pacientes.
Fecha de elaboración de la tabla: Diciembre, 2018.

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