



17e Congrès
Médecine
Générale
France



MYTHES ET RÉALITÉS
EN MÉDECINE GÉNÉRALE

Organisé par le Collège de la Médecine Générale

DU 21 MARS
AU 23 MARS
PARIS 2024
palaisdescongrèsdeparis

congres.cmg.fr



Aurianne Redortier,
Remy Boussageon,

CUMG
Lyon



Collège Universitaire
de Médecine générale

Hubert Maisonneuve,

Sara Belhadj,
Agathe Sattonnay,



UNIVERSITÉ
DE GENÈVE

FACULTÉ DE MÉDECINE
Institut universitaire
de médecine de famille
et de l'enfance (luMFE)

Déclaration des liens d'intérêts

Aucun



Impact de la danse sur la qualité de vie des personnes âgées



Sara Belhadj, Agathe Sattonnay, Aurianne Redortier, Remy Boussageon, Hubert Maisonneuve





Qualité de vie
Bien-être

Personnes âgées
en bonne santé



Transparent reporting of Systematic reviews and meta-analysis



Transparent reporting of Systematic reviews and meta-analysis

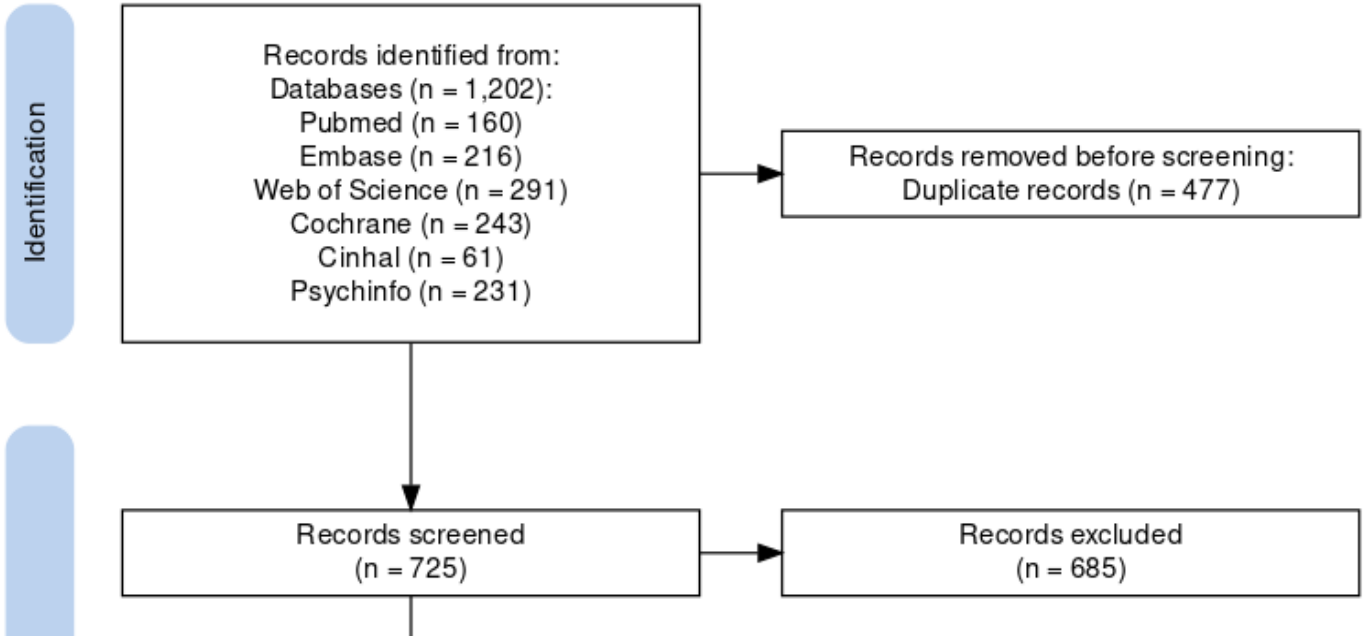


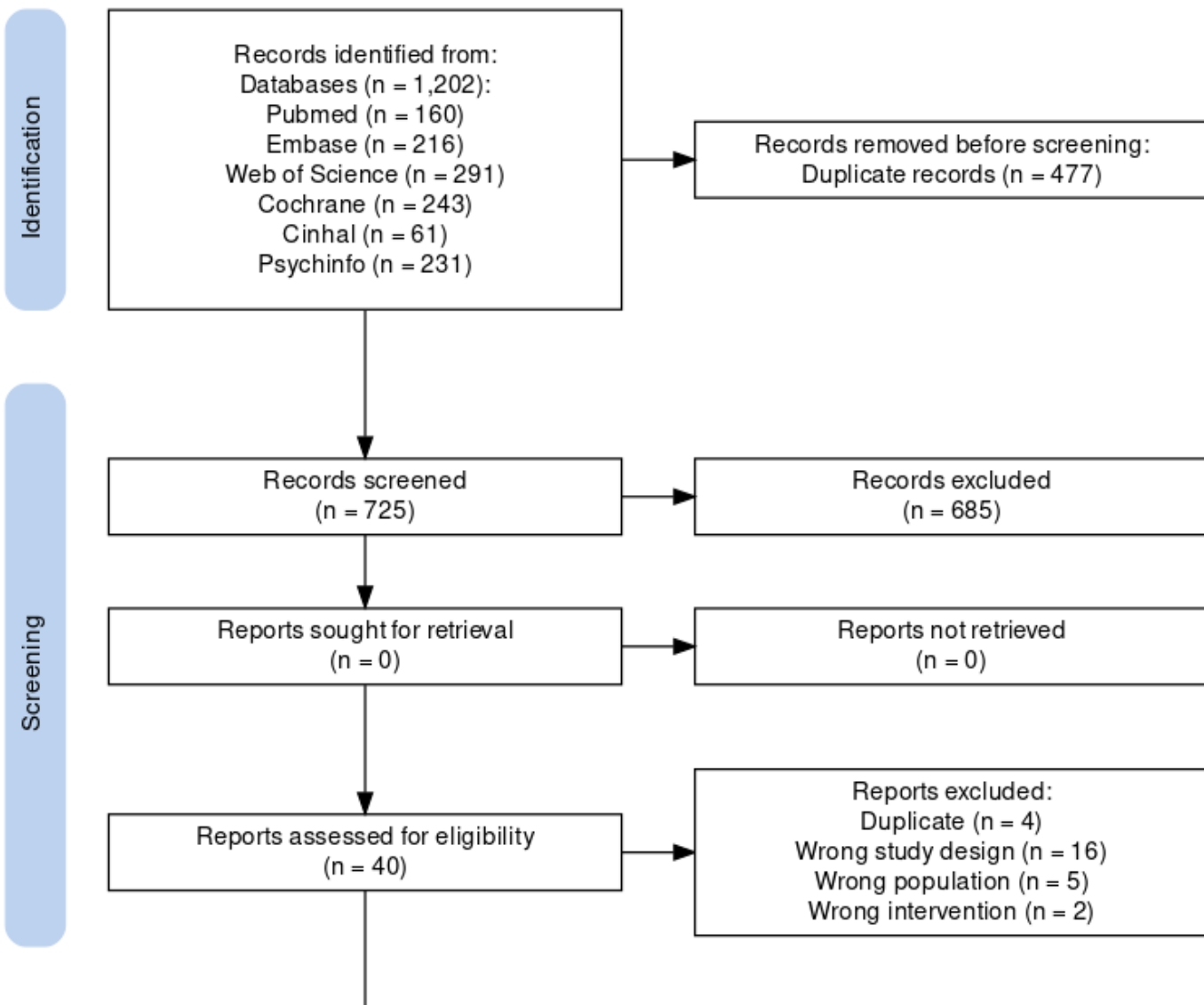
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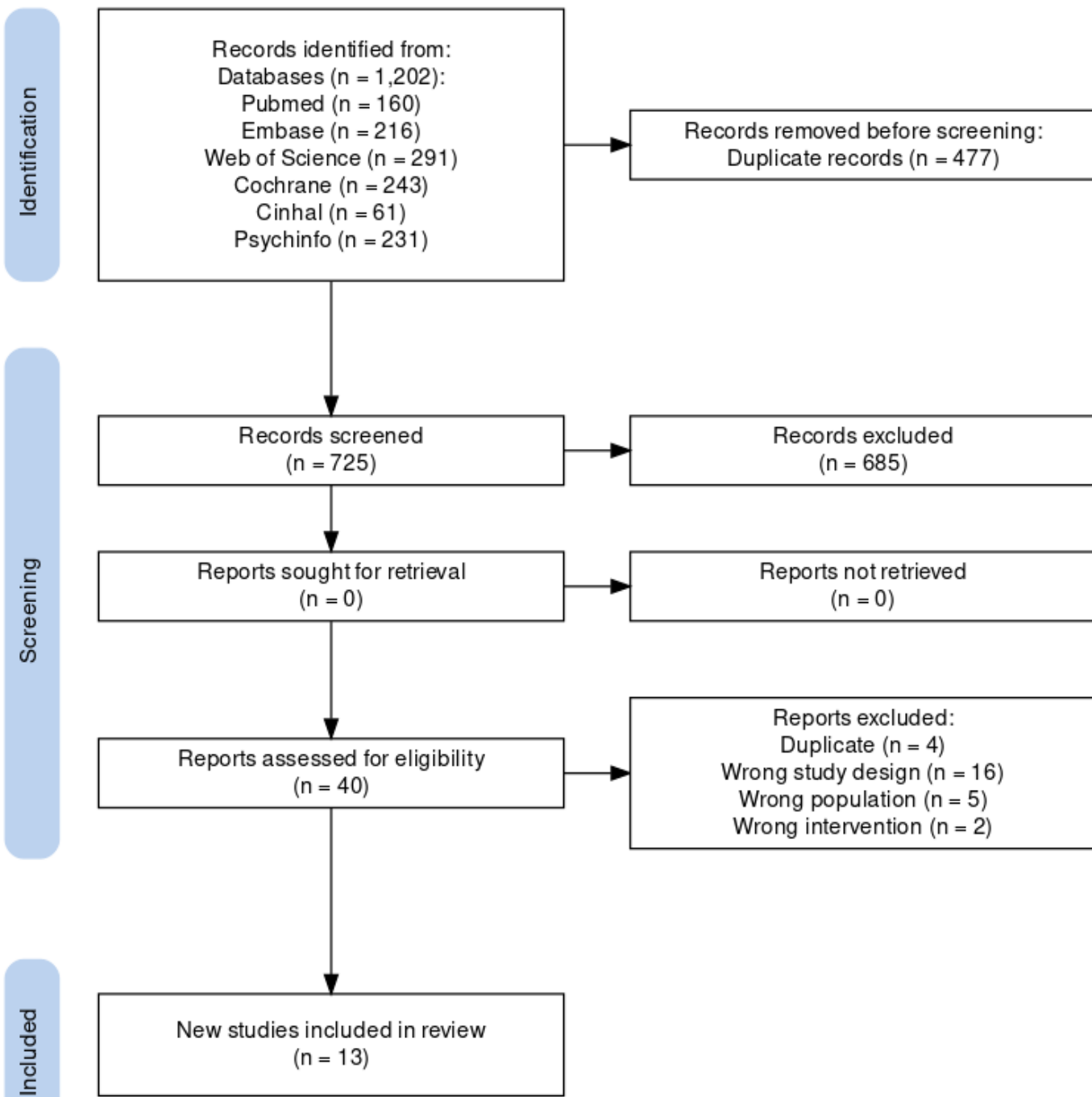
Identification

Records identified from:
Databases (n = 1,202):
 Pubmed (n = 160)
 Embase (n = 216)
Web of Science (n = 291)
 Cochrane (n = 243)
 Cinhal (n = 61)
 Psychinfo (n = 231)

Records removed before screening:
Duplicate records (n = 477)







73 ans

2h

4 mois



21 - 522

SF36

SF12 + autres

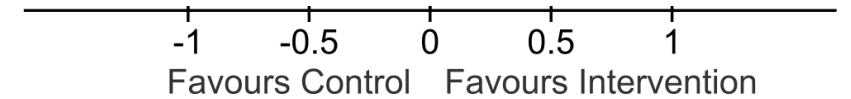
Bien-être

Composante physique

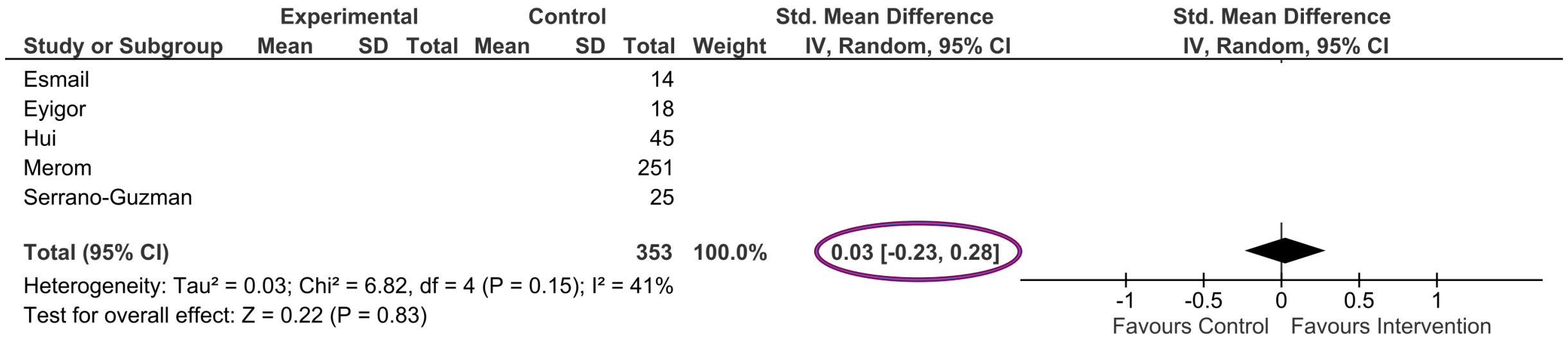
Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference	Std. Mean Difference
	Mean	SD	Total	Mean	SD	Total		IV, Random, 95% CI	IV, Random, 95% CI
+ Esmail						14			
! Eyigor						18			
- Hui						45			
+ Merom						251			
+ Serrano-Guzman						25			

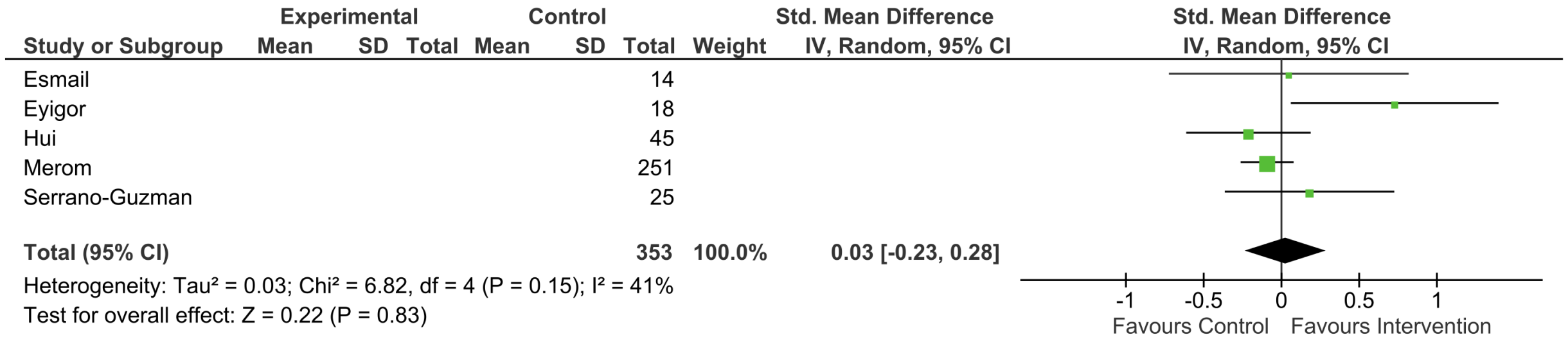
Total (95% CI)

Heterogeneity: $\tau^2 = 0.03$; $\chi^2 = 6.82$, $df = 4$ ($P = 0.15$); $I^2 = 41\%$
 Test for overall effect: $Z = 0.22$ ($P = 0.83$)



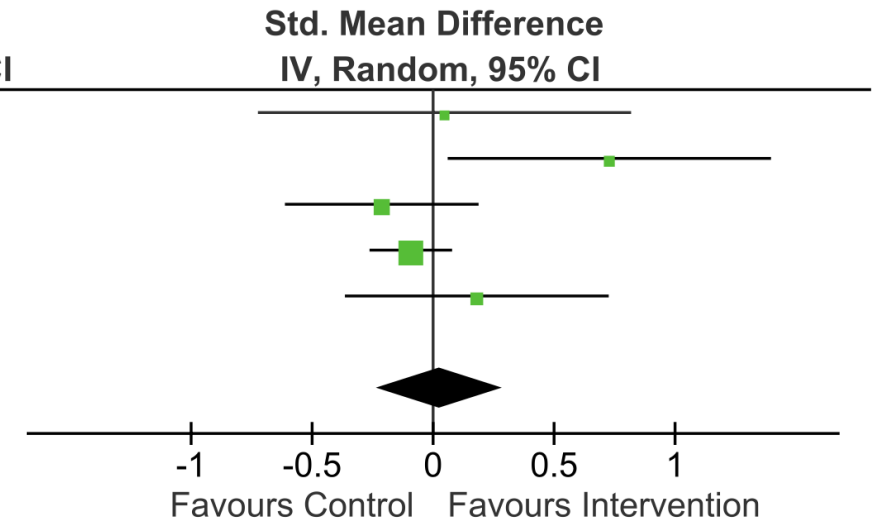
Composante physique





Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference	
	Mean	SD	Total	Mean	SD	Total		IV, Random, 95% CI	IV, Random, 95% CI
+ Esmail	53.85	2.89	12	53.62	5.83	14	9.0%	0.05	[-0.72, 0.82]
! Eyigor	50.42	6.86	19	45.2	7.17	18	11.4%	0.73	[0.06, 1.40]
- Hui	76.92	19.57	52	81	18.49	45	22.7%	-0.21	[-0.61, 0.19]
+ Merom	39.8	10.9	279	40.8	10.8	251	41.6%	-0.09	[-0.26, 0.08]
+ Serrano-Guzman	39.63	6.34	27	38.39	7.19	25	15.4%	0.18	[-0.36, 0.73]
Total (95% CI)			389			353	100.0%	0.03	[-0.23, 0.28]

Heterogeneity: $\tau^2 = 0.03$; $\chi^2 = 6.82$, $df = 4$ ($P = 0.15$); $I^2 = 41\%$
 Test for overall effect: $Z = 0.22$ ($P = 0.83$)



Composante mentale

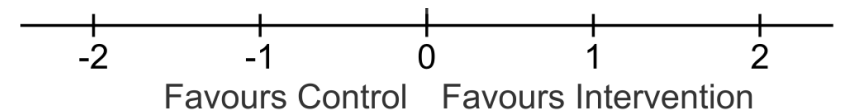
Composante mentale

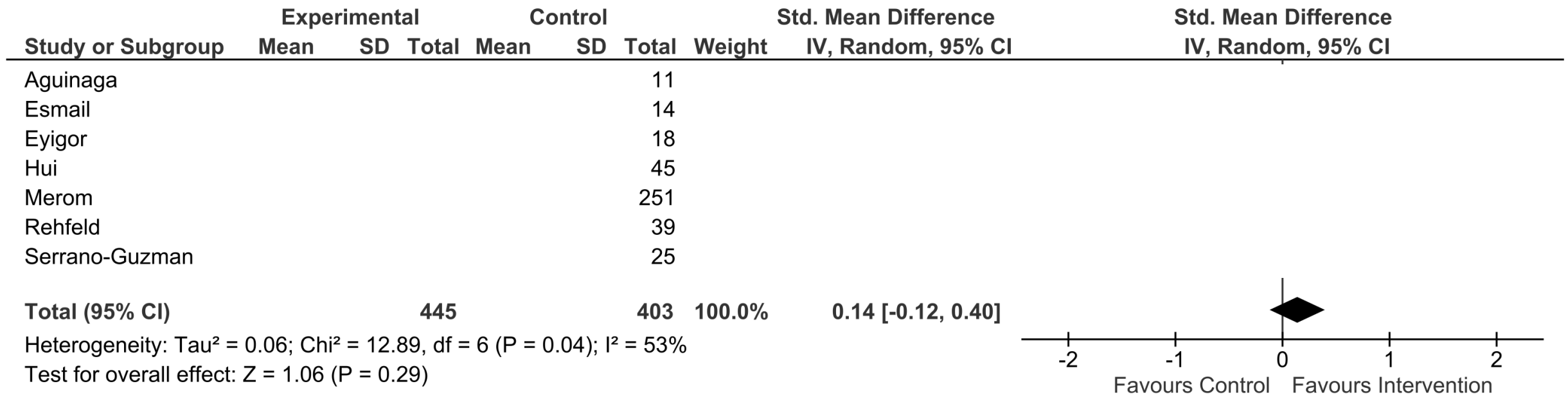
Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference		Std. Mean Difference	
	Mean	SD	Total	Mean	SD	Total		IV, Random, 95% CI	IV, Random, 95% CI		
! Aguinaga						11					
+ Esmail						14					
! Eyigor						18					
- Hui						45					
+ Merom						251					
! Rehfeld						39					
+ Serrano-Guzman						25					

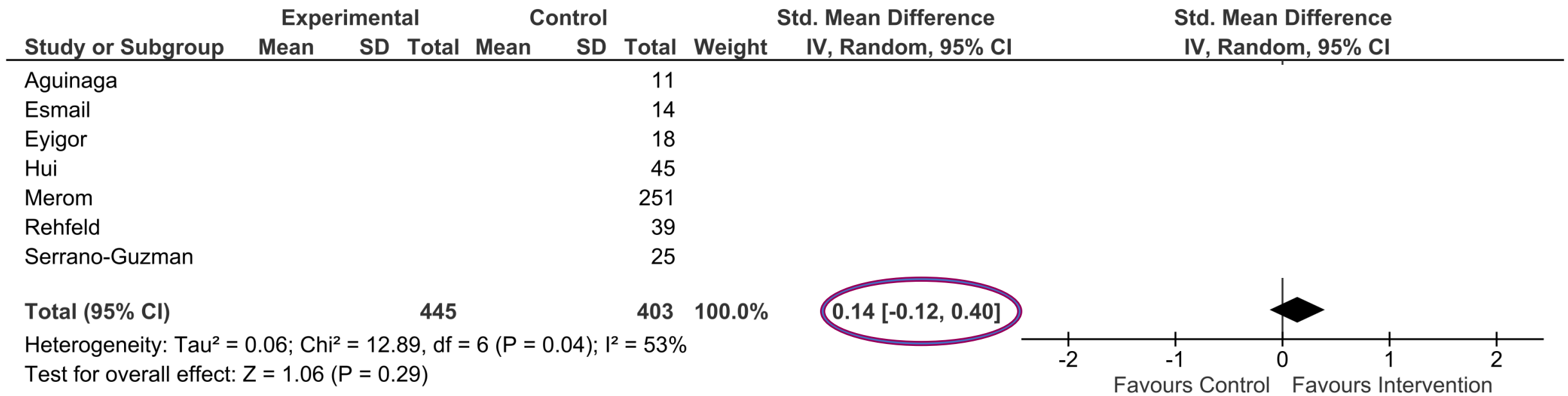
Total (95% CI)

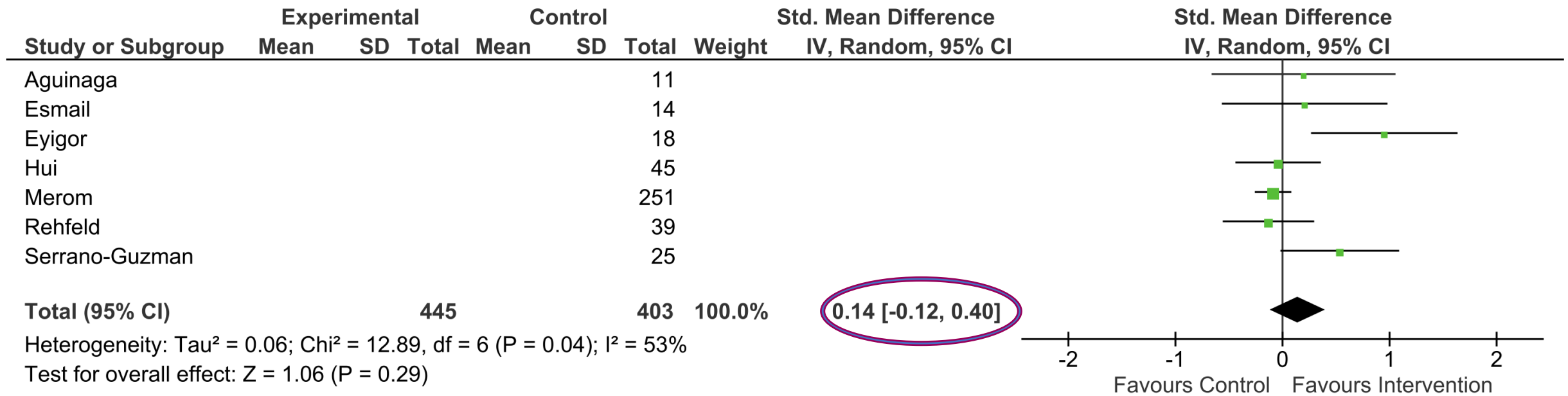
Heterogeneity: $\tau^2 = 0.06$; $\chi^2 = 12.89$, $df = 6$ ($P = 0.04$); $I^2 = 53\%$

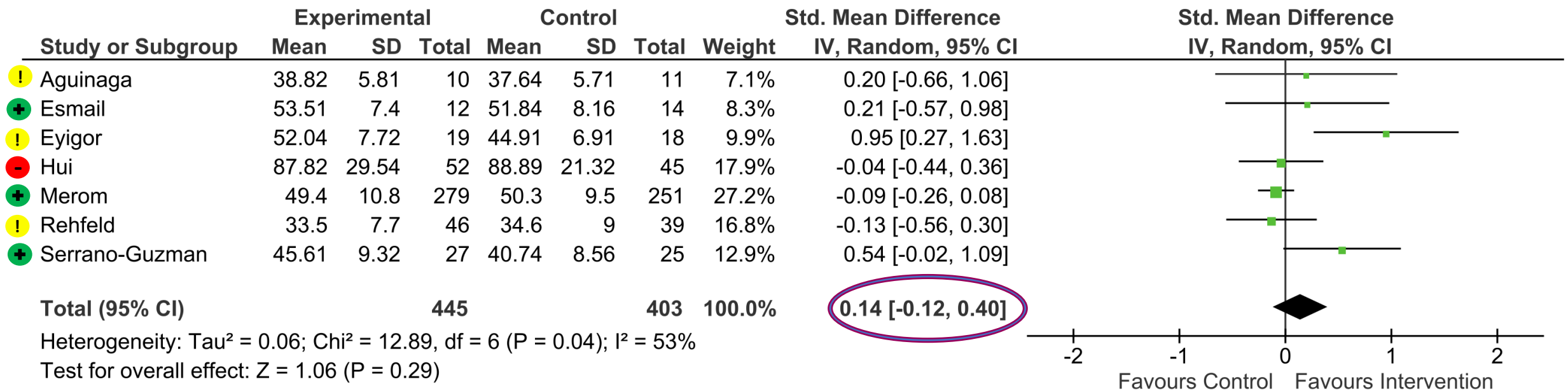
Test for overall effect: $Z = 1.06$ ($P = 0.29$)





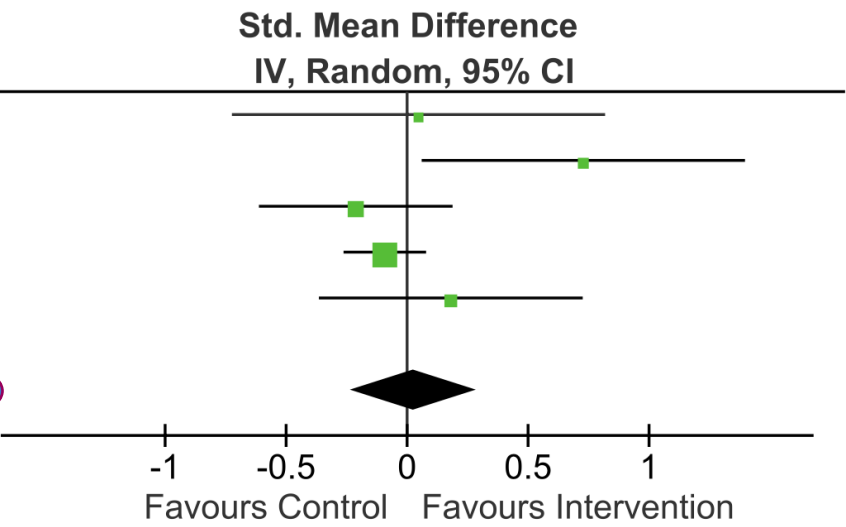






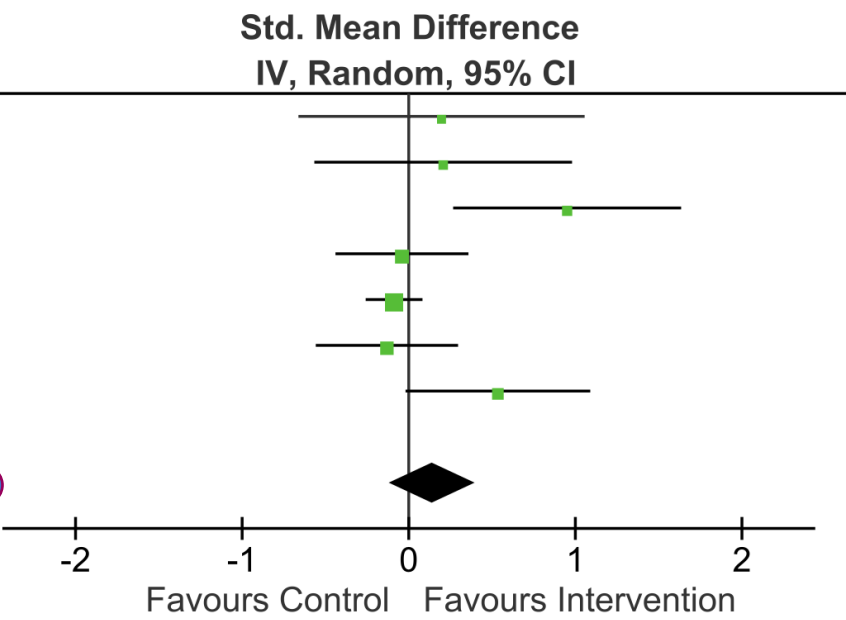
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	Mean	SD	Total	Mean	SD	Total		IV, Random, 95% CI	
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Total (95% CI)			389			353	100.0%	0.03	[-0.23, 0.28]

Heterogeneity: Tau² = 0.03; Chi² = 6.82, df = 4 (P = 0.15); I² = 41%
 Test for overall effect: Z = 0.22 (P = 0.83)



Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference	
	Mean	SD	Total	Mean	SD	Total		IV, Random, 95% CI	
! Aguinaga	38.82	5.81	10	37.64	5.71	11	7.1%	0.20	[-0.66, 1.06]
+ Esmail	53.51	7.4	12	51.84	8.16	14	8.3%	0.21	[-0.57, 0.98]
! Eyigor	52.04	7.72	19	44.91	6.91	18	9.9%	0.95	[0.27, 1.63]
- Hui	87.82	29.54	52	88.89	21.32	45	17.9%	-0.04	[-0.44, 0.36]
+ Merom	49.4	10.8	279	50.3	9.5	251	27.2%	-0.09	[-0.26, 0.08]
! Rehfeld	33.5	7.7	46	34.6	9	39	16.8%	-0.13	[-0.56, 0.30]
+ Serrano-Guzman	45.61	9.32	27	40.74	8.56	25	12.9%	0.54	[-0.02, 1.09]
Total (95% CI)			445			403	100.0%	0.14	[-0.12, 0.40]

Heterogeneity: Tau² = 0.06; Chi² = 12.89, df = 6 (P = 0.04); I² = 53%
 Test for overall effect: Z = 1.06 (P = 0.29)

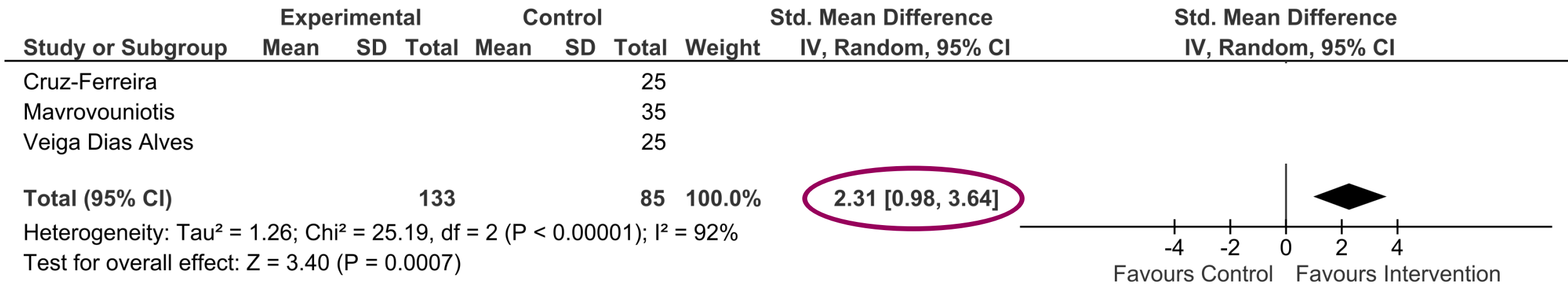


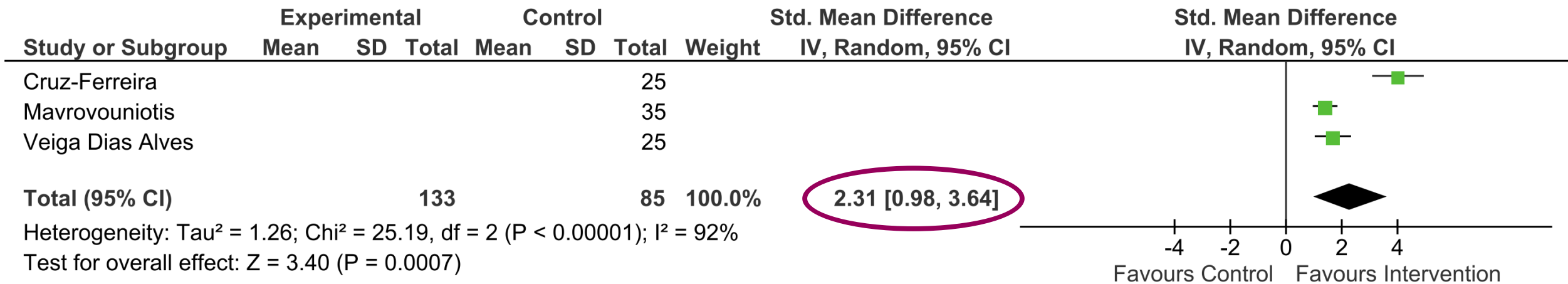
Bien être

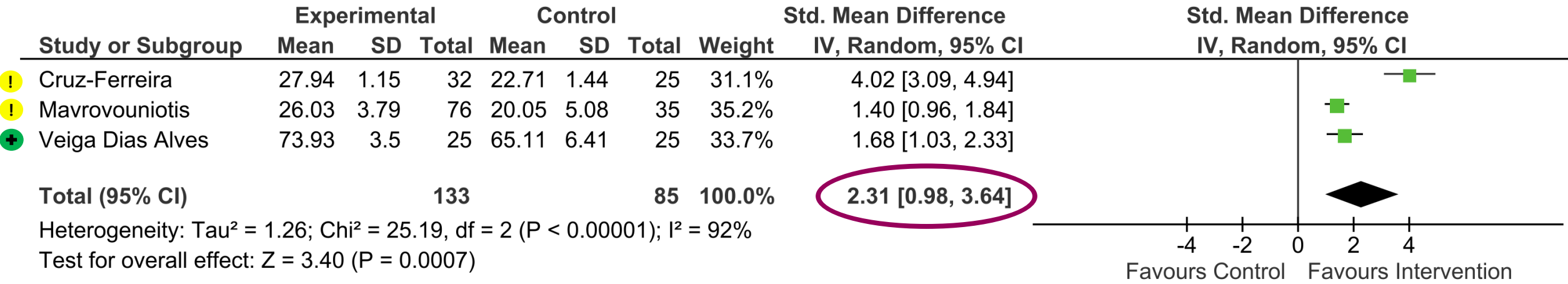
Bien être

Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total			
! Cruz-Ferreira							25		
! Mavrovouniotis							35		
+ Veiga Dias Alves							25		
Total (95% CI)									
Heterogeneity: Tau ² = 1.26; Chi ² = 25.19, df = 2 (P < 0.00001); I ² = 92%									
Test for overall effect: Z = 3.40 (P = 0.0007)									









Discussion

Bien être

Qualité De Vie

Discussion

Risque de chute (TUG, BBS)

Discussion

Risque de chute (TUG, BBS)

Fonctions physiques (force, équilibre, VO2max)

Discussion

Risque de chute (TUG, BBS)

Fonctions physiques (force, équilibre, VO2max)

Fonctions cognitives globales (Wechsler, MoCA)

Discussion

Humeur Qualité De Vie

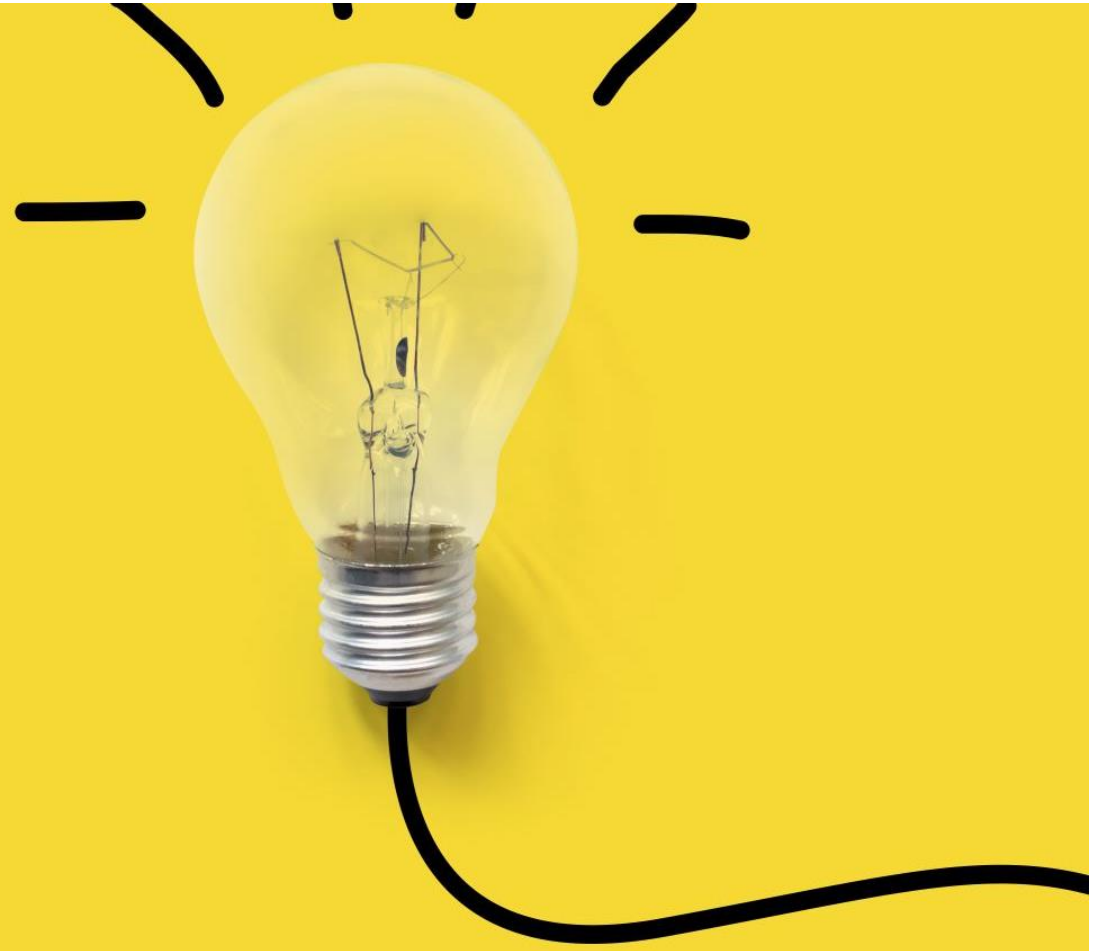
Zhu et al., 2018
Wu et al., 2022
Tao et al., 2023
Bisbe et al., 2020

Forces



Forces

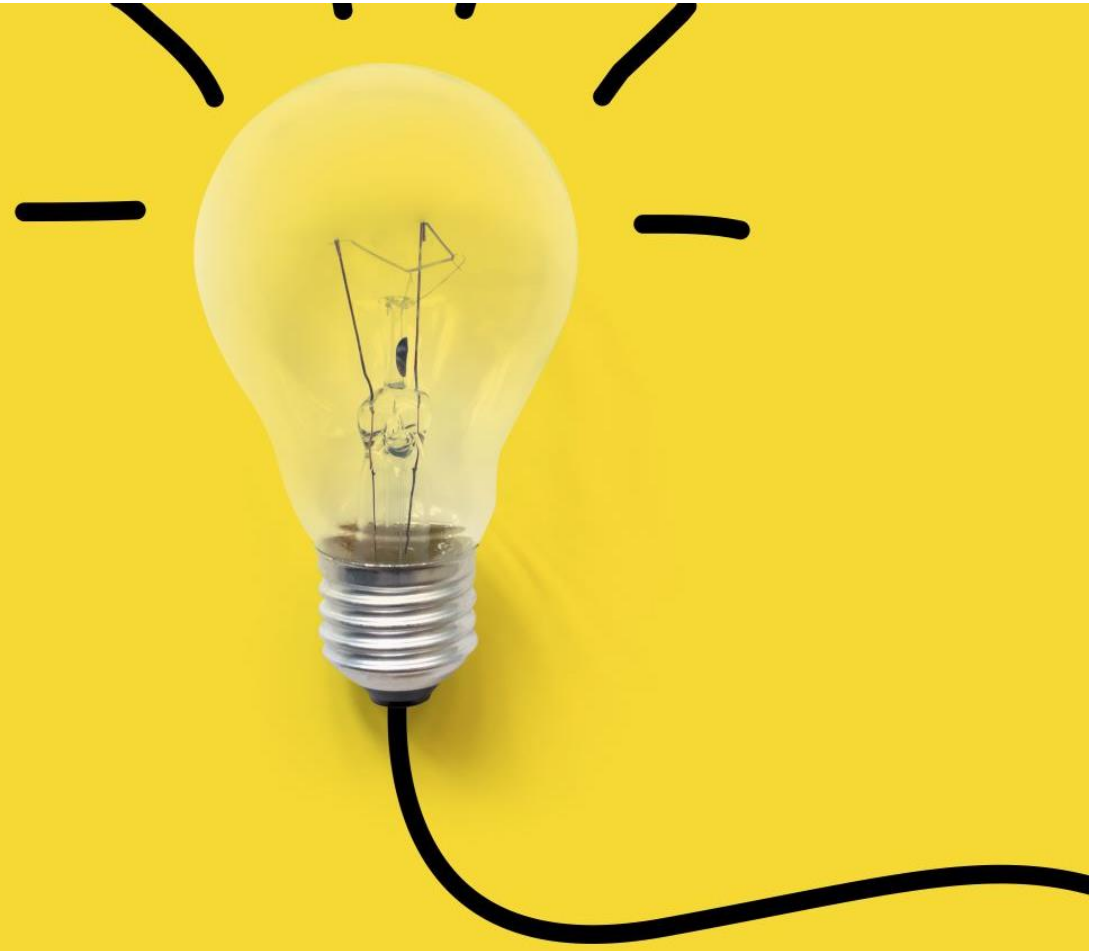
Prisma



Forces

Prisma

Critère de jugement

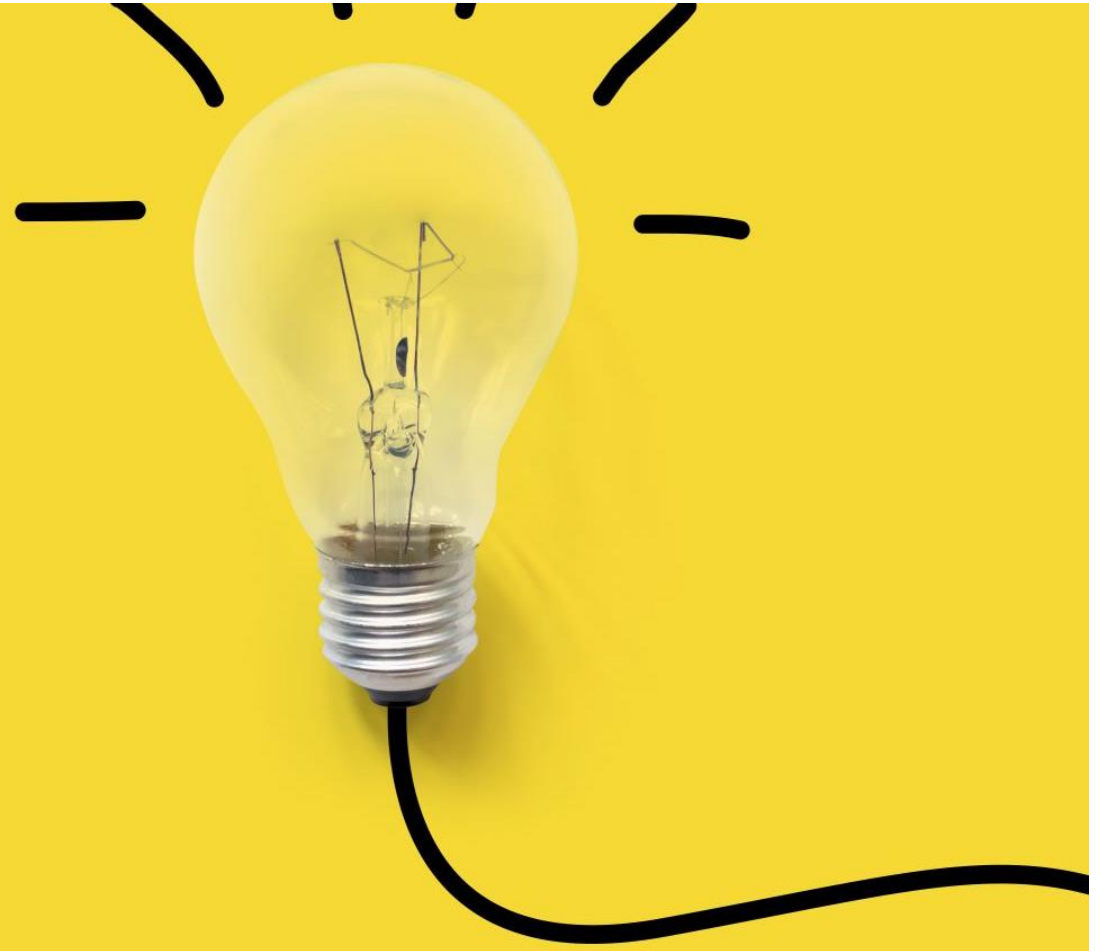


Forces

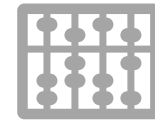
Prisma

Critère de jugement

Variabilité



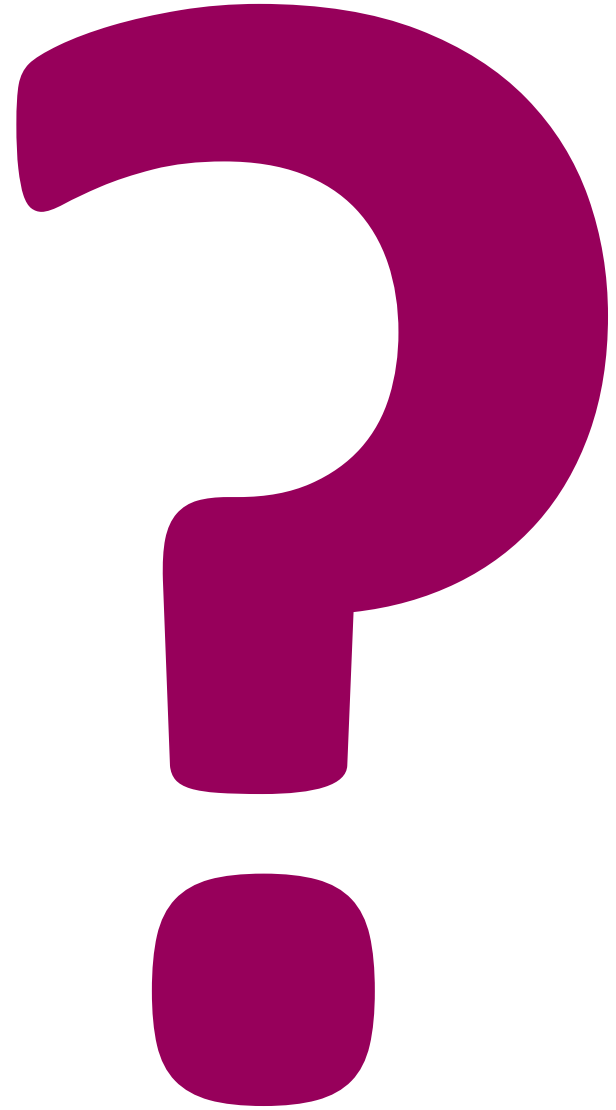
Limites



Heterogénéité



Faibles
échantillons





Merci!

Questions : hubert.maisonneuve@unige.ch



Méthode

- Revue systématique de la littérature
- ✓ Critères PRISMA PROSPERO CRD42023397331
- Bases de données : PubMed, Embase, Web of Science, Psychinfo, Cochrane (CENTRAL), CINAHL
- Equation de recherche :
"Aged"[Mesh:NoExp] AND "Dancing"[Mesh] AND ("Quality of Life"[Mesh] OR "Mental Health"[Mesh] OR "well-being"[Title/Abstract])
- Collaboration thèse MG + mémoire externat. Double lecture indépendante des titres, résumés et textes intégraux (Rayyan[®]), méta analyse

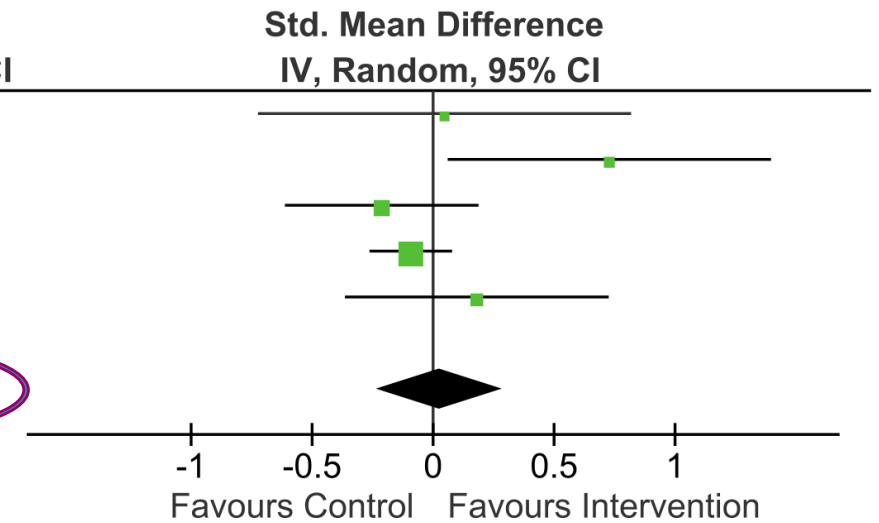
Table 2: Characteristics of populations and interventions

Authors	Age in years IG (M ±SD)	Age in years CG (M ±SD)	Duration of intervention	Intervention (type)	Control group (CG)	Quality of life assessment	Other outcome assessment
Eyigor et al.	73.5 ±7.6	71.2 ±5.5	3x 1h/week, during 2 months	Turkish Folkloric dance-based exercise + walking approximately half an hour, at least twice a week	Usual daily activities	SF-36 GDS	BBS Chair rise time 6MWT
Hui et al.	68.0 ±4.5	69.1 ±4.2	2x 50 min/week then 2x 1h/week, each 1,5 month	Aerobic class	Usual daily activities	3 domains of SF-36: GH, BP, RE	TUG 6MWT
Mavrovou niotis et al.	67.62 ±6.29	74.51 ±6.78	1x 1h/week, during 2,5 months	Greek traditional dances	Discuss and watch television	SEES STAI	
Veiga Dias Alves et al.	69.6	CG: 68.40 AE: 66.66	2x 2h/week, during 4 months	Ballroom dance group	CG: Usual daily activities AE: walking (active control group), 2x1h/week	Ryff's Psychological Well-Being PSS BAI	BBS TUG
Kattenstroth et al.	68.60 ±1.45	72.30 ±1.84	1x 1h/week, during 6 months	Agilando™: dance program developed for elderly, without partner	Usual daily activities	FLZ	
Cruz-Ferreira et al.	71.1 ±3.9	72.8 ±4.5	3x 50min/week during 6 months	Creative Dance program	Usual daily activities	SWLS	TUG 6MWT
Aguiñaga et al.	76.0 ±6.0	74.9 ±6.8	2x 1h/week, during 4 months	Latin dance, then crossover	Usual daily activities, then crossover	QOL-AD GDS-15	TUG SPPB
Serrano-Guzmán et al.	69.07 ±4.41	69.48 ±3.22	3x 50min/week during 2 months	Dance therapy (based on Spanish folk dance: flamenco and sevillanas)	Self-care treatment advice and booklet with physical activity recommendations.	SF-12	TUG OLS
Merom et al.	2 groups combined: 78		2x 1h/week, during 12 months	Social dancing classes: folk for 5 villages, or ballroom dancing for 7 villages	Usual daily activities	SF-12	SPPB
Rainbow T. H. Ho et al.	79.4	CG: 78.3 AE: 79.3	2x 1h/week, during 3 months	DMT: simple group dance, movement games, improvisational dance movement, and movement interactions among group members	CG: regular medication and routine care during the study, DMT or exercise intervention upon study completion AE: mild to moderate exercise program	GDS Loneliness scale	
Ehlers et al.	2 groups combined: 65.39 ±4.56		3x 1h/week, during 6 months	Dance: American and English folk dancing; aerobic + cognitive training condition	CG: active, non-aerobic control condition, exercise sessions designed to improve flexibility, strength, balance. AE (Walk /walk+): aerobic training only (walk +: + nutritional supplement	SPS UCLA Loneliness Scale PSS	
Esmail et al.	68.08	CG: 67.21 AE: 67.20	3x 1h/week, during 3 months	DMT: designed according to the American Dance Therapy Association and adapted to the needs of the healthy older participants.	CG: Usual daily activities AE: warm up, cardiovascular training on a seated recumbent bicycle	SF-12 STAI MHC	TUG 10MWS
Rehfeld et al.	MA of the 2 groups combined: 68.58		1x 90min/week, during 15 months	4 Wall Dance, jazz, rock 'n' roll, Latin American steps and combinations, elements of square dance, oriental dance	CG: Dance and sport group: 180 mins/week AE: Sport group: 90 min/week, endurance training, gymnastics to mobilize and strengthen the muscles, walking, Nordic walking and cycling	FLZ	

AE = aerobic exercise

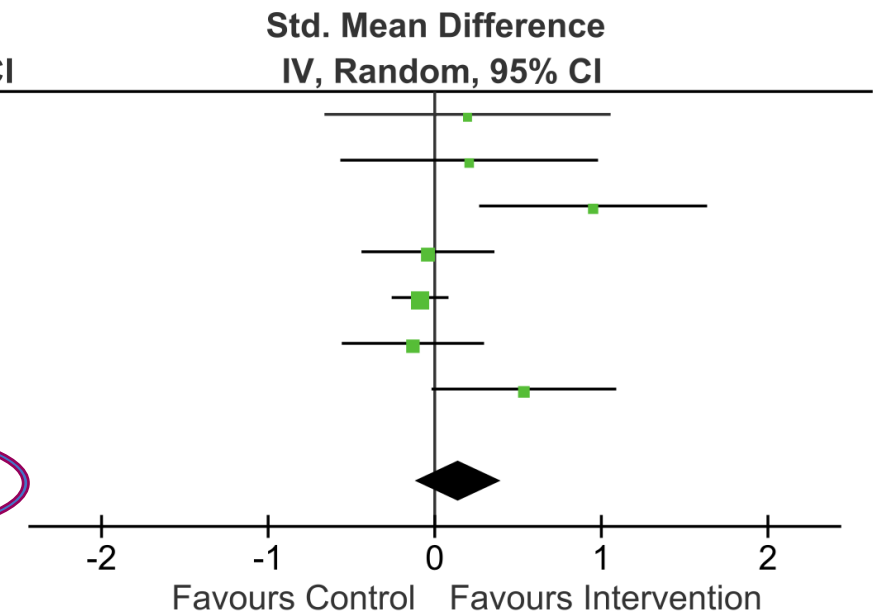
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- Hui	87.82	29.54	52	88.89	21.32	45	17.9%	-0.04	[-0.44, 0.36]
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Intention-to-

Intention-to-treat	Unique ID	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall		
	1	Mavrovouniotis and	Greek dance	Discuss and watch television	Subjective Exercise Exper	111	!	+	+	+	+	!	+	Low risk
	2	Merom and al.	Folk or ballroom dancing	Usual activity	SF-12	530	+	+	+	+	+	+	!	Some concerns
	3	Aguinaga and al.	Dance	Usual activity	QOL-AD and GDS	21	+	+	-	+	+	!	-	High risk
	4	Kattenstroth and al.	Dance Agilando	Usual activity	FLZ	35	+	!	+	!	!	!		
	5	Ho and al.	DMT	Aerobic exercise (AE) or usua	Depression, loneliness, n 204		+	+	-	+	!	-	D1	Randomisation process
	6	Serrano Guzman and	Dance therapy	Self-care treatment advice	Quality of life SF-12	52	+	+	+	+	+	+	D2	Deviations from the intended interventions
	9	Ehlers and al.	Dance folk	Usual activity (CG1), walk (C	UCLA Loneliness, SPS (sor	247	+	+	+	+	+	+	D3	Missing outcome data
	10	Cruz-Ferreira and al.	Creative dance	Usual activity	SWLS (satisfaction with	57	+	+	-	+	+	!	D4	Measurement of the outcome
	11	Veiga Dias Alves and	Ballroom dance	Usual activity (CG), walking (BAI, Ryff, PSS	65	+	+	+	+	+	+	D5	Selection of the reported result

Per-protocol	Unique ID	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall		
	7	Eyigor and al.	Turkish Folkloric dance-bas	Not have any exercise	Quality of life SF-36	37	!	+	+	+	!	!	+	Low risk
	8	Esmail and al.	Dance	Aerobic exercise (AE) and usu	SF-12, STAI, HPLP-2, MHK	41	+	+	+	+	+	+	!	Some concerns
	14	Hui and al.	Aerobic class	Usual daily activities	SF-36	97	-	+	+	+	!	-	-	High risk
	15	Rehfeld and al.	Dance	Dance&sport, sport	FLZ and self esteem	95	!	+	!	+	!	!		

D1 Randomisation process
D2 Deviations from the intended interventions
D3 Missing outcome data
D4 Measurement of the outcome
D5 Selection of the reported result