

RAPPORT

2019

SYSTEMATISK LITTERATURSØK MED SORTERING

# Anstrengelsesutløst sykdomsfølelse/ symptomforverring (PEM)

**Tittel** Anstrengelsesutløst sykdomsfølelse/symptomforverring (PEM):  
Systematisk litteratursøk

**English title** Post-Exertional Malaise (PEM): Systematic literature search

**Institusjon** Folkehelseinstituttet

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# Forord

Folkehelseinstituttet, område for helsetjenester (daværende Nasjonalt kunnskaps-senter for helsetjenesten) fikk høsten 2015 i oppdrag av Norges ME-forening å kartlegge forskning på anstrengelsesutløst sykdomsfølelse/symptomforverring (Post-Exertional Malaise, PEM) ved kronisk utmattelses syndrom CFS/ME. Vi har utført et systematisk litteratursøk, gjennomgått referansene fra søket og sortert relevante referanser i ulike kategorier.

Arbeidet er utført av Ingvild Kirkehei (forskningsbibliotekar, Folkehelseinstituttet) og Lillebeth Larun (seniorforsker, Folkehelseinstituttet).

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# Metode

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## Litteratursøk

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Et systematisk litteratursøk ble utført i februar 2019 i databasene MEDLINE, Embase, PsycINFO, Amed, ISI Web of Science og Epistemonikos. Søket bestod av tekstord (ord i tittel og sammendrag) for *PEM (Post-Exertional Malaise)* eller *PENE (Post-exertional neuroimmune exhaustion)*. Vi søkte også på relaterte begreper som f.eks. *post exercise malaise* og *malaise following exercise*. Søket ble ikke avgrenset til kronisk utmattelsessyndrom CFS/ME, årstall eller studiedesign. Se søkestrategier i vedlegg.

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## Utvalgelse og sortering av referanser

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Referansene ble eksportert til referansehåndteringssystemet EndNote hvor Ingvild Kirkehei og Lillebeth Larun hver for seg inkluderte og sorterte referansene. De individuelle sorteringene ble deretter samkjørt, og resultatet vises nedenfor. Hvis en av oss har definert referansen som relevant, er den inkludert i listen.

Vi inkluderte forskning/studier som nevnte PEM/PENE i sammendrag eller tittel og som har studert for eksempel erfaring, forekomst, måleinstrumenter, fysiologi, symptomer eller årsaker. Vi inkluderte studier på PEM uavhengig av diagnose, behandlingsstudier hvor PEM nevnes som utfallsmål og studier på diagnostikk hvor PEM nevnes. Under hver kategori er referansene sortert under oversikter (oversiktsartikler og systematiske oversikter) og primærstudier. Referanser til kommentarer og lederartikler er ekskludert. Siden søket inneholdt andre søkeord enn de presise begrepene PEM/PENE, fikk vi også en del treff på studier som viste seg ikke relevante, f.eks. studier på trening og fysisk form generelt. Totalt 215 referanser ble definert som ikke relevante.

Vi har ikke lest studiene i fulltekst. Mulig relevante referanser bør derfor vurderes nærmere for relevans og metodisk kvalitet før de brukes. Noen referanser kan høre hjemme i flere kategorier, en kategori er da valgt.

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# Resultat av søk

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## PEM definisjon

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### Primærstudier

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## PEM forekomst

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# Vedlegg - Søkestrategier

## MEDLINE, Embase, PsycINFO, Amed (søkt samtidig via Ovid)

Søketreff: 352

1. (((Post exertion\* or postexertion\*) adj3 (malaise or exhaust\*)) or (post exercise malaise or post exercise exhaust\*)).tw.
2. ((exertion or malaise) adj2 ("after" or following) adj2 (exercise or physical activity)).tw.
3. 1 or 2
4. remove duplicates from 3

## ISI Web of Science

Søketreff: 136

[Print Search History](#) [Retrieve Searches](#) [Retrieve Alerts](#) [Save Searches / Alerts](#)

Select / deselect all [Search with AND](#) [Search with OR](#) [Delete Searches](#) [Refresh Search Results](#)

Search ID#	Search Terms	Search Options	Actions
<input type="checkbox"/> S4	S1 OR S2 OR S3	Search modes - Boolean/Phrase	<a href="#">View Results (138)</a> <a href="#">View Details</a> <a href="#">Edit</a>
<input type="checkbox"/> S3	TI ( post exertion or postexertion ) OR AB ( post exertion or postexertion )	Search modes - Boolean/Phrase	<a href="#">View Results (60)</a> <a href="#">View Details</a> <a href="#">Edit</a>
<input type="checkbox"/> S2	TI ( (malaise or exhaustion) N2 ("after" or following) N2 (exercise or physical Activity or exertion) ) OR AB ( (malaise or exhaustion) N2 ("after" or following) N2 (exercise or physical Activity or exertion) )	Search modes - Boolean/Phrase	<a href="#">View Results (51)</a> <a href="#">View Details</a> <a href="#">Edit</a>
<input type="checkbox"/> S1	AB ( (post exercise or postexercise) N4 (malaise or exhaustion) ) OR TI ( (post exercise or postexercise) N4 (malaise or exhaustion) )	Search modes - Boolean/Phrase	<a href="#">View Results (29)</a> <a href="#">View Details</a> <a href="#">Edit</a>

## Epistemonikos

Søketreff: 4

Advanced search, title or abstract: (Post-Exertional Malaise) OR (Post-exertional neuroimmune exhaustion)



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