Other Reviews - - Other Review

Physiological responses during exercise with video games in patients with cystic fibrosis: A systematic review.

Code: PM27692149 **Year:** 2016 **Date:** 2016 **Author:** Carbonera RP

Study design (if review, criteria of inclusion for studies)

Systematic review

Participants

Studies aimed to assess the literature describing whether video games generate a physiological response similar to the exercise intensity needed for training in CF.

Interventions

Physiological response similar to the exercise intensity

Outcome measures

In four, out of five studies, the heart rate achieved during video games was within the standards recommended for training (60-80%). Two studies assessed VO2 and showed higher levels compared to the six-minute walk test. No desaturation was reported. Most games were classified as moderate intensity. Only one study used a maximum exercise test as comparator.

Main results

In four, out of five studies, the heart rate achieved during video games was within the standards recommended for training (60-80%). Two studies assessed VO2 and showed higher levels compared to the six-minute walk test. No desaturation was reported. Most games were classified as moderate intensity. Only one study used a maximum exercise test as comparator.

Authors' conclusions

Interactive video games generate a heart rate response similar to the intensity required for training in CF patients.

http://dx.doi.org/10.1016/j.rmed.2016.08.011

See also

Respir Med. 2016 Oct;119:63-69. doi: 10.1016/j.rmed.2016.08.011. Epub 2016 Aug 21.

Keywords

Games- Experimental; non pharmacological intervention - psyco-soc-edu-org; Respiratory Tract Diseases; Chest physiotherapy; non pharmacological intervention - devices OR physiotherapy;