

## REVIEW PROTOCOL

### Maternal pelvic mobility exercises in prenatal care: a scoping review protocol

### Exercícios de mobilidade da pelve materna na assistência pré-natal: um protocolo de revisão de escopo

### Ejercicios de movilidad pélvica materna en la atención prenatal: un protocolo de revisión de alcance

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#### RESUMO

**Objetivo:** Mapear as publicações disponíveis sobre o uso de exercícios de mobilidade da pelve materna na preparação da gestante para o parto durante o pré-natal. **Critérios de inclusão:** Serão incluídos artigos científicos, editoriais, dissertações, teses e resumos expandidos publicados em eventos científicos, sem restrição de idioma ou de ano de publicação. **Metodologia:** Trata-se de um protocolo de revisão de escopo, estruturado de acordo com a metodologia do Joanna Briggs Institute e o guia PRISMA-ScR para registro. As buscas serão realizadas nas bases de dados: Pubmed e Pubmed Central, BVS, CINAHL, Web of Science, Scopus, EMBASE, PEDro, SPORTDiscus e ProQuest Dissertations and Thesis Global. A seleção dos artigos será realizada por dois revisores independentes pela plataforma Rayyan, sendo os conflitos sanados por um terceiro revisor. Os dados extraídos serão apresentados de forma descritiva, por meio de uma síntese dissertativa e analítica, alinhados com o objetivo e questão da pesquisa.

**DESCRITORES:** Gravidez; Cuidado pré-natal; Técnicas de exercício e de movimento; Asoalho pélvico; Terapias complementares.

#### ABSTRACT

**Aim:** To map publications on the use of maternal pelvic mobility exercises to prepare pregnant women for childbirth during prenatal care. **Inclusion criteria:** Scientific articles, editorials, dissertations, theses and expanded summaries published at scientific events will be included, without restrictions on language or year of publication. **Methods:** This is a scoping review protocol, structured according to the Joanna Briggs Institute methodology and the PRISMA-ScR guide for registration. Searches will be

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carried out in the following databases: Pubmed and Pubmed Central, VHL, CINAHL, Web of Science, Scopus, EMBASE, PEDro, SPORTDiscus and ProQuest Dissertations and Thesis Global. The selection of articles will be performed by two independent reviewers by the Rayyan platform. Conflicts will be solved by a third reviewer. The extracted data will be presented in a descriptive way, through a dissertation and analytical synthesis, according to the objective and research question.

**DESCRIPTORS:** Pregnancy; Prenatal care; Exercise movement techniques; Pelvic floor; Complementary therapies.

#### RESUMEN

**Objetivo:** Mapear las publicaciones disponibles sobre el uso de ejercicios de movilidad pélvica materna para preparar a las mujeres embarazadas para el parto durante la atención prenatal. **Criterios de inclusión:** Se incluirán artículos científicos, editoriales, disertaciones, tesis y resúmenes ampliados publicados en eventos científicos, sin restricciones de idioma o año de publicación. **Métodos:** Se trata de un protocolo de revisión de alcance, estructurado según la metodología del Instituto Joanna Briggs y la guía PRISMA-ScR para el registro. Las búsquedas se realizarán en las siguientes bases de datos: Pubmed y Pubmed Central, BVS, CINAHL, Web of Science, Scopus, EMBASE, PEDro, SPORTDiscus y ProQuest Dissertations and Thesis Global. La selección de artículos será realizada por dos revisores independientes a través de la plataforma Rayyan, siendo los conflictos resueltos por un tercer revisor. Los datos extraídos serán presentados de forma descriptiva, a través de una disertación y síntesis analítica, alineada con el objetivo y pregunta de la investigación.

**DESCRIPTORES:** Embarazo; Atención prenatal; Técnicas de ejercicio con movimientos; Diafragma pélvico; Terapias complementarias.

## INTRODUCTION

Prenatal care consists of a period of opportunities to promote diagnostic actions, health education and preparation of pregnant women for labor and childbirth. These actions should be qualified, humanized and hierarchical according to the period and gestational risk<sup>(1)</sup>. Health professionals have an important role of articulating technical knowledge with the practice of prenatal care in order to obtain satisfactory results in maternal-fetal care.

Prenatal education plays a key role in informing women about childbirth, possible complications and physical mobility strategies to favor labor and childbirth, reduce anxiety and provide better outcomes at birth, especially in contexts of socioeconomic vulnerability and high rates of unnecessary cesarean sections<sup>(2-3)</sup>. Educational approaches performed in prenatal care may include information and use of integrative practices with the application of pelvic mobility exercises for pregnant women<sup>(4)</sup>.

Different integrative practices are offered to pregnant women in prenatal care and labor.<sup>2</sup> Studies of joint manipulation, active-free movements, relaxation of soft or myofascial tissues of the pelvis showed positive effects in the preparation of pregnant women for childbirth through these exercises<sup>(5-6)</sup>. A meta-analysis of 29 studies, with 2,217 pregnant women, showed that yoga exercises reduced anxiety, labor time and increased the chances of vaginal childbirth<sup>(5)</sup>. Another study<sup>(6)</sup>, a clinical trial with 200 pregnant women, promoted a series of 30-minute yoga sessions at the 30<sup>th</sup>, 32<sup>nd</sup>, 34<sup>th</sup>, 36<sup>th</sup>, 37<sup>th</sup>, 38<sup>th</sup> and 39<sup>th</sup> weeks of pregnancy. When comparing the outcomes of childbirth, the group that received yoga sessions

had a higher number of vaginal childbirths ( $p < 0.037$ ), shorter labor time ( $p < 0.0003$ ) and higher pain tolerance ( $p < 0.001$ ).

These integrative practices, with application of different positions and exercises of preparation for childbirth should be discussed and oriented to pregnant women and their families during prenatal care. In a preliminary search carried out in June 2023, in the PubMed and Cochrane Database of Systematic Reviews, no scope or integrative review was found, published or in preparation, about this subject. Considering the need to identify and analyze publications about the exercises of preparation of the pregnant woman to childbirth, this scope review is proposed, in order to map and characterize the publications available about the use of maternal pelvis mobility exercises in prenatal care.

## **INCLUSION CRITERIA**

The research will include scientific articles, editorials and research notes, dissertations and theses, without language restriction or year of publication that address the mobility exercises of the maternal pelvis in prenatal care.

The studies will be listed from the mnemonic strategy PCC (Population, Concept and Context): P - (Population) Pregnant women; C - (Concept) Mobility exercises of the maternal pelvis indicated for strengthening the pelvic muscles and/or opening the hip; C - (Context) Prenatal care services, without limitations regarding the geographical, cultural or socioeconomic context.

## **METHODOLOGY**

### **Study design**

This literature review protocol will use the methodology proposed by the Joanna Briggs Institute (JBI)<sup>(7)</sup> for scoping review and its writing will be guided by the Preferred Report Items Flow Chart for Systematic Reviews and Meta-analyses for Scope Reviews (PRISMA-ScR)<sup>(8)</sup>. The methodological structure of the scope review will be carried out in five steps: 1) identification of the research question; 2) identification of the relevant studies that enable the scope and purpose of the review; 3) selection of the studies, according to predefined criteria; 4) data mapping; 5) comparison, summary and report of results<sup>(7)</sup>. The protocol of this review was registered in the Open Science Framework (OSF) platform under the DOI: 10.17605/OSF.IO/KQJU9

### **Research question**

What publications are available about the use of pelvic mobility exercises in pregnant women during prenatal care?

### **Information Sources**

Initially, a search was conducted in the databases of MEDLINE (Pubmed) and CINAHL, in June 2023, to identify articles related to the topic. Controlled descriptors in Health Sciences Descriptors (DeCS)

and Medical Subject Headings (MeSH) were selected, along with uncontrolled keywords (Chart 1).

Chart 1. Identification of descriptors and keywords

DeCS/MeSH	Identified keywords
<i>Pregnancy</i>	<i>Gestation; Pregnancies; Pregnant Women; Pregnant Woman; Woman, Pregnant; Women, Pregnant.</i>
<i>Prenatal Care</i>	<i>Care, Prenatal; Antenatal Care; Care, Antenatal; Prenatal.</i>
<i>Exercise Movement Techniques</i>	<i>Movement Techniques, Exercise; Exercise Movement Techniques; Pilates-Based Exercises; Exercises, Pilates-Based; Pilates Based Exercises; Pilates Training; Training, Pilates.</i>
<i>Exercise Therapy</i>	<i>Remedial Exercise; Exercise, Remedial; Exercises, Remedial; Remedial Exercises; Therapy, Exercise; Exercise Therapies; Therapies, Exercise; Rehabilitation Exercise; Exercise, Rehabilitation; Exercises, Rehabilitation; Rehabilitation Exercises.</i>
<i>Exercise</i>	<i>Exercises; Physical Activity; Activities, Physical; Activity, Physical; Physical Activities; Exercise, Physical; Exercises, Physical; Physical Exercise; Physical Exercises; Acute Exercise; Acute Exercises; Exercise, Acute; Exercises, Acute; Exercise, Isometric; Exercises, Isometric; Isometric Exercises; Isometric Exercise; Exercise, Aerobic; Aerobic Exercise; Aerobic Exercises; Exercises, Aerobic; Exercise Training; Exercise Trainings; Training, Exercise; Trainings, Exercise.</i>
<i>Physical Therapy Modalities</i>	<i>Modality, Physical Therapy; Physical Therapy Modality; Physiotherapy (Techniques); Physiotherapies (Techniques); Physical Therapy Techniques; Physical Therapy Technique; Techniques, Physical Therapy; Group Physiotherapy; Group Physiotherapies; Physiotherapies, Group; Physiotherapy, Group; Physical Therapy; Physical Therapies; Therapy, Physical; Neurological Physiotherapy; Physiotherapy, Neurological; Neurophysiotherapy.</i>
<i>Patient Positioning</i>	<i>Patient Positionings; Positioning, Patient; Positionings, Patient.</i>
<i>Pelvic Floor</i>	<i>Floor, Pelvic; Pelvic Diaphragm; Diaphragm, Pelvic; Diaphragms, Pelvic; Pelvic Diaphragms.</i>

Source: Created by the authors.

### Search strategy

The search strategy, including all descriptors and keywords, was adapted for each database (Chart 2), namely: Pubmed and Pubmed Central, VHL/Bireme, CINAHL, Web of Science, Scopus, EMBASE, PEDro and SPORTDiscus. The review will also cover unconventional literature (grey literature) from the ProQuest Dissertations and Thesis Global repository. The entire process of selecting the descriptors and search strategy was carried out with the help of a librarian.

Chart 2. Definition of the search strategy with descriptors and keywords according to each database

Database	Search	Search Strategy	Date / N. of articles
PUBMED	#1	(((Pregnancy[MeSH Terms] OR (Pregnancy[Title/Abstract] OR Pregnancies[Title/Abstract] OR Gestation[Title/Abstract])) OR (Prenatal[Title/Abstract] OR Antenatal[Title/Abstract])) OR ((Pregnant Women[MeSH Terms] OR ("Pregnant Women"[Title/Abstract] OR "Pregnant Woman"[Title/Abstract] OR "Woman, Pregnant"[Title/Abstract] OR "Women, Pregnant"[Title/Abstract]))) Sort by: Most Recent	06/28/2023 1,182,782
PUBMED	#2	((((((Exercise Movement Techniques[MeSH Terms]) ) OR ("Exercise Movement Techniques"[Title/Abstract] OR "Movement Techniques, Exercise"[Title/Abstract] OR "Exercise Movement Technics"[Title/Abstract] OR "Pilates-Based Exercises"[Title/Abstract] OR "Exercises, Pilates-Based"[Title/Abstract] OR "Pilates Based Exercises"[Title/Abstract] OR "Pilates Training"[Title/Abstract] OR "Training, Pilates"[Title/Abstract])) OR ((Exercise Therapy[MeSH Terms] OR ("Exercise Therapy"[Title/Abstract] OR "Remedial Exercise"[Title/Abstract] OR "Exercise, Remedial"[Title/Abstract] OR "Exercises, Remedial"[Title/Abstract] OR "Therapy, Exercise"[Title/Abstract] OR "Exercises, Therapies"[Title/Abstract] OR "Therapies, Exercise"[Title/Abstract] OR "Rehabilitation Exercise"[Title/Abstract] OR "Exercise, Rehabilitation"[Title/Abstract] OR "Exercises, Rehabilitation"[Title/Abstract] OR "Rehabilitation Exercises"[Title/Abstract]))) OR ((Exercises[MeSH Terms] OR (Exercises[Title/Abstract] OR "Physical Activity"[Title/Abstract] OR "Activities, Physical"[Title/Abstract] OR "Activity, Physical"[Title/Abstract] OR "Physical Activities"[Title/Abstract] OR "Exercise, Physical"[Title/Abstract] OR "Exercises, Physical"[Title/Abstract] OR "Physical Exercise"[Title/Abstract] OR "Physical Exercises"[Title/Abstract] OR "Acute Exercise"[Title/Abstract] OR "Acute Exercises"[Title/Abstract] OR "Exercise, Acute"[Title/Abstract] OR "Exercises, Acute"[Title/Abstract] OR "Exercise, Isometric"[Title/Abstract] OR "Exercises, Isometric"[Title/Abstract] OR "Isometric Exercise"[Title/Abstract] OR "Isometric Exercises"[Title/Abstract] OR "Exercise, Aerobic"[Title/Abstract] OR "Exercises, Aerobic"[Title/Abstract] OR "Aerobic Exercise"[Title/Abstract] OR "Aerobic Exercises"[Title/Abstract] OR "Exercises,	06/28/2023 548,904

		<p>Aerobic"[Title/Abstract] OR "Exercise  Training"[Title/Abstract] OR "Exercise  Trainings"[Title/Abstract] OR "Training,  Exercise"[Title/Abstract] OR "Trainings,  Exercise"[Title/Abstract])) OR ((Physical Therapy  Modalities[MeSH Terms]) OR ("Physical Therapy  Modalities"[Title/Abstract] OR "Modalities, Physical  Therapy"[Title/Abstract] OR "Modality, Physical  Therapy"[Title/Abstract] OR "Physical Therapy  Modality"[Title/Abstract] OR "Physiotherapy (Techniques)  "[Title/Abstract] OR "Physiotherapies (Techniques)  "[Title/Abstract] OR "Physical Therapy  Techniques"[Title/Abstract] OR "Physical Therapy  Technique"[Title/Abstract] OR "Techniques, Physical  Therapy"[Title/Abstract] OR "Group  Physiotherapy"[Title/Abstract] OR "Group  Physiotherapies"[Title/Abstract] OR "Physiotherapies,  Group"[Title/Abstract] OR "Physiotherapy,  Group"[Title/Abstract] OR "Physical Therapy"[Title/Abstract]  OR "Physical Therapies"[Title/Abstract] OR "Therapy,  Physical"[Title/Abstract] OR "Neurological  Physiotherapy"[Title/Abstract] OR "Physiotherapy,  Neurological"[Title/Abstract] OR  Neurophysiotherapy[Title/Abstract])) OR ((Patient  Positioning[MeSH Terms]) OR ("Patient  Positioning"[Title/Abstract] OR "Patient  Positionings"[Title/Abstract] OR "Positioning,  Patient"[Title/Abstract] OR "Positionings,  Patient"[Title/Abstract])) Sort by: Most Recent</p>	
PUBMED	#3	<p>(Pelvic Floor[MeSH Terms]) OR ("Pelvic  Floor"[Title/Abstract] OR "Floor, Pelvic"[Title/Abstract] OR  "Pelvic Diaphragm"[Title/Abstract] OR "Diaphragm,  Pelvic"[Title/Abstract] OR "Diaphragms,  Pelvic"[Title/Abstract] OR "Pelvic  Diaphragms"[Title/Abstract]) Sort by: Most Recent</p>	06/28/2023 13,859
PUBMED	#4	#1 AND #2 AND #3	07/12/2023 57
PUBMED CENTRAL (PMC)	#5	#1 AND #2 AND #3	07/12/2023 16
BVS	#6	#1 AND #2 AND #3	07/12/2023 475
CINAHAL	#7	#1 AND #2 AND #3	07/12/2023 246
WEB OF SCIENCE	#8	#1 AND #2 AND #3	07/12/2023 567
SCOPUS	#9	#1 AND #2 AND #3	07/12/2023 636
EMBASE	#10	<p>('pregnancy'/syn OR 'prenatal care'/syn OR  prenatal:ti,ab,kw OR antenatal:ti,ab,kw OR 'pregnant</p>	07/12/2023 550

		woman'/syn) AND ('kinesiotherapy'/syn OR 'exercise'/syn OR physiotherapy:ti,ab,kw OR 'patient positioning'/syn) AND 'pelvic floor'/syn AND ([embase]/lim NOT ([embase]/lim AND [medline]/lim) OR ([medline]/lim NOT ([embase]/lim AND [medline]/lim) NOT ([embase classic]/lim AND [medline]/lim)))	
PROQUEST Dissertations and Thesis Global	#11	#1 AND #2 AND #3	07/12/2023 09
PEDro	#12	<i>Pregnancy "Exercise Movement Techniques" "Pelvic Floor" (0)</i> <i>Pregnancy "Exercise Therapy" "Pelvic Floor" (02)</i> <i>Pregnancy Exercises "Pelvic Floor" (33)</i> <i>Pregnancy "Physical Therapy Modalities" "Pelvic Floor" (0)</i> <i>Pregnancy "Patient Positioning" "Pelvic Floor" (0)</i>  <i>"Prenatal Care" "Exercise Movement Techniques" "Pelvic Floor" (0)</i> <i>"Prenatal Care" "Exercise Therapy" "Pelvic Floor"(0)</i> <i>"Prenatal Care" Exercises "Pelvic Floor" (02)</i> <i>"Prenatal Care" "Physical Therapy Modalities" "Pelvic Floor"(0)</i> <i>"Prenatal Care" "Patient Positioning" "Pelvic Floor"(0)</i>  <i>Prenatal "Exercise Movement Techniques" "Pelvic Floor"(0)</i> <i>Prenatal "Exercise Therapy" "Pelvic Floor"(0)</i> <i>Prenatal Exercises "Pelvic Floor"(05)</i> <i>Prenatal "Physical Therapy Modalities" "Pelvic Floor"(0)</i> <i>Prenatal "Patient Positioning" "Pelvic Floor"(0)</i>  <i>Antenatal "Exercise Movement Techniques" "Pelvic Floor"(0)</i> <i>Antenatal "Exercise Therapy" "Pelvic Floor"(0)</i> <i>Antenatal Exercises "Pelvic Floor"(14)</i> <i>Antenatal "Physical Therapy Modalities" "Pelvic Floor"(0)</i> <i>Antenatal "Patient Positioning" "Pelvic Floor"(0)</i>  <i>"Pregnant Women" "Exercise Movement Techniques" "Pelvic Floor"(0)</i> <i>"Pregnant Women" "Exercise Therapy" "Pelvic Floor"(0)</i> <i>"Pregnant Women" Exercises "Pelvic Floor"(19)</i> <i>"Pregnant Women" "Physical Therapy Modalities" "Pelvic Floor"(0)</i> <i>"Pregnant Women" "Patient Positioning" "Pelvic Floor"(0)</i>	10/25/2023 75
SPORTDiscus	#13	#1 AND #2 AND #3	10/25/2023 58

Source: Created by the authors

## Selection of the studies

After searching the databases, all the found documents will be gathered and inserted into the Rayyan web application (<https://www.rayyan.ai/>), in which duplications will be removed. Blinding in the Rayyan application will be activated and two reviewers will independently analyze and select the titles and abstracts, considering the inclusion criteria. At the end of this stage, there will be a third reviewer to mediate the possible divergences between the reviewers, when the blinding of the selection will be removed.

All studies selected by both reviewers will proceed to a second screening stage and undergo full text review, in relation to the eligibility criteria, also independently by the reviewers. After reading the full texts, the disagreements will be resolved through discussion and consent between the three reviewers. The reasons for inclusion and exclusion of the studies will be recorded and reported in the scope review.

## Data extraction

Researchers will develop a data extraction instrument, composed of ten variables (Chart 3) and aligned with the objective of the review, in spreadsheet format in Microsoft Excel 2019. Authors of the included studies will be contacted to request missing or additional data when necessary.

Chart 3. Data extraction instrument

Variable	Standardization
Code	Text number – Database
Publication type	Scientific articles, editorials and research notes, dissertations and theses
Year of Publication	Year the study was published
Authors	Study authors
Objective	Detail the objective of the study
Method	Method as described by the author
Local	Service or space for carrying out the study (geographical location)
Population and sample	Description of pregnant women, associated comorbidities, gestational age
Concept (Theme) and Context	Maternal pelvic mobility exercises applied in prenatal care and/or gestational period (1 <sup>st</sup> , 2 <sup>nd</sup> or 3 <sup>rd</sup> trimester)
Results	Detail the results found: description of the exercises, form and period of application, outcomes
Decision regarding inclusion	Description of the decision on inclusion in the final review sample, categorized as yes or no. Description of the justification for non-inclusion.

Source: Created by the authors

## Presentation and analysis of data

The findings will be organized in tables and synthesized in narrative form, in order to cover the description of mobility exercises of the maternal pelvis, in the form of application, context and outcomes for pregnancy and childbirth. The evidence will be analyzed through thematic analysis and descriptive statistics, expressed by absolute and relative frequencies.



## FUNDING

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