

# INPLASY PROTOCOL

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**Review Stage at time of this submission:** The review has not yet started.

## Conflicts of interest:

None declared.

## Treatment of lumbar intervertebral disc herniation by invigorating kidney and promoting blood Circulation: A protocol for systematic review and meta-analysis

Duan JH;Yang SF;LI ZY;Chen L;Teng R<sup>4</sup>.

**Review question / Objective:** This study systematically evaluates the efficacy and safety of TCM tonifying-kidney and activating-blood circulation method in treating lumbar disc herniation and provides a reliable basis for guiding clinical practice.

**Information sources:** The Cochrane Register of Controlled Trials, MEDLINE, PUBMED, EMBASE, Chinese database (CNKI, Wanfang, VIP), Japanese Medical Abstract Society, Korean databases were searched.

**INPLASY registration number:** This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 17 March 2022 and was last updated on 17 March 2022 (registration number INPLASY202230080).

## INTRODUCTION

**Review question / Objective:** This study systematically evaluates the efficacy and safety of TCM tonifying-kidney and activating-blood circulation method in treating lumbar disc herniation and

provides a reliable basis for guiding clinical practice.

**Condition being studied:** Treatment of lumbar intervertebral disc herniation. The scientific hypothesis has good science and logic, innovative research ideas, feasible

research content and scheme, and expected results.

## METHODS

**Participant or population:** Patients with lumbar disc herniation, with no restriction on age, gender, and source of cases.

**Intervention:** The experimental group used tonifying kidney and promoting blood circulation method, and the control group combined with tonifying kidney and promoting blood circulation method; The control group was treated with TCM external treatment or western medicine.

**Comparator:** Refer to the Diagnostic efficacy Criteria of TCM symptoms or the Oswestry Disability Index questionnaire.

**Study designs to be included:** Types of studies.: language restriction, randomized controlled trial, random sequence generation, group hiding, blind method are not limited.

**Eligibility criteria:** The patient met the diagnostic criteria for lumbar disc herniation, with no restriction on age, gender, and source of cases.

**Information sources:** The Cochrane Register of Controlled Trials, MEDLINE, PUBMED, EMBASE, Chinese database (CNKI, Wanfang, VIP), Japanese Medical Abstract Society, Korean databases were searched.

**Main outcome(s):** In this paper, meta-analysis was used to find randomized controlled trials to prove their effectiveness from the perspective of evidence-based medicine and provide clinicians or patients with an accurate view of the LDH treatment plan.

**Quality assessment / Risk of bias analysis:** The Cochrane Bias Risk Assessment Tool will be used to evaluate included studies in seven areas: random sequence generation, allocation hiding, participant and personnel blindness, outcome assessment blindness, and incomplete outcome data. Selective

results reporting and other sources of bias. One of three assessments will be written for each project: high risk, low risk, or "unclear risk" Any discrepancies will be resolved by a third reviewer.

**Strategy of data synthesis:** If there are articles on the same type of TCM intervention, data will be synthesized using software published by the Cochrane Collaboration (Cochrane Collaboration. Review Manager software Version 5.3). The random-effects model was applied when the heterogeneity was significant ( $p \leq 0.10$  and  $I^2 > 50\%$ ); otherwise, a fixed-effects model was used.

**Subgroup analysis:** Subgroup analysis was performed when pairwise comparisons were required.

**Sensitivity analysis:** This quantitative and continuous variable will be presented as a mean value with 95% confidence intervals.

**Country(ies) involved:** China.

**Keywords:** lumbar intervertebral discherniation, invigorating kidney and promoting blood Circulation.

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