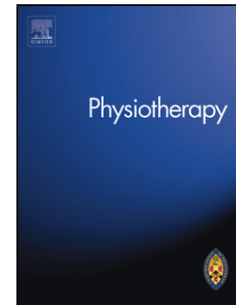


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Evidence for aerobic exercise training on the autonomic function in patients with chronic obstructive pulmonary disease (COPD): a systematic review

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Abstract

Objective: To assess evidence for the effectiveness of aerobic exercise training (AET) on the autonomic function (AF) outcomes in patients with chronic obstructive pulmonary disease (COPD).

Data sources: Online databases of PubMed, CINAHL and Web of Science were systematically searched for all years till 26th of January, 2017.

Study selection: Clinical studies assessing any measure of AF following exercise training in patients with COPD were included.

Data extraction and synthesis: Data were extracted from studies with high methodological quality for evidence synthesis. Rating of evidence quality was determined using the GRADE guidelines.

Results: Majority of the included studies utilized continuous exercise training mode with a vigorous level of intensity. Each exercise training session lasted between 30-40 minutes, and the frequency of intervention was ≥ 3 times/week. Evidence synthesis of studies with high methodological quality revealed

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