Improving the self-management support provided to people with progressive neurological conditions: Using a realist synthesis to inform intervention design.

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Background

• Both patients and professionals believe people should be supported to self-manage their own conditions but at present people with progressive neurological conditions (PNCs) are often not as involved in their care as they would like to be.²

• Interventions have been designed to improve the self-management support that health professionals provide but these do not always impact positively on clinical practice.³

• We aim to synthesise the existing evidence from a variety of specialities. We will use the results to inform the design of a new intervention for professionals working with people with PNCs.

Planned Approach

A realist synthesis will be undertaken. The intervention targets (health professionals), the intended providers (NHS and charities), and the intended beneficiaries (people with PNCs) all have important perspectives to inform the review. A group of these key stakeholders will be consulted throughout the review process to ensure that the direction of the review remains relevant to routine practice. The review will aim to identify the key context-mechanism-outcome (CMO) configurations related to implementing self-management support for people with PNCs. Focus will be placed upon identifying mechanisms that it might be possible to target with a new intervention. An intervention will be designed based on the programme theories the synthesis generates. Pilot interventions will be undertaken and evaluated to assess whether the identified mechanisms work as predicted.

Candidate theories of potential interest

How can these help us?

- Normalisation process theory
- Communities of practice
- Diffusion of innovation
- Self-determination theory
- Adult learning theory

References


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