Report - Self-management support for people who experience a Transient Ischemic Attack or who are living with Parkinson's Disease: An integrative literature review

Abstract
While there is growing evidence for the efficacy of self-management programs with people who are living with multiple chronic conditions, it is not clear what the best types of programs are for people with specific conditions such as Transient Ischemic Attack (TIA) and Parkinson’s Diseases (PD). This may lead to hesitation by care providers to refer their patients to these types of services.

An integrative literature review was conducted to examine 1) the types of self-management support provided to people with TIA or PD and 2) the evidence for the effectiveness of self-management programs provided to people with TIA or PD.

Sixteen different self-management support interventions tested with person with TIA and 19 tested with persons with PD were identified.

A variety of group-based and individual interventions have been used to implement self-management support for person with TIA or PD. These program vary in duration and intensity. It is important to note that not all interventions named as being self-management include the recommended components of education, problem solving and goal setting.

To date the evidence suggests that Chronic Disease Self-Management programs based on the Stanford model are effective for improving blood pressure and depression following TIA and rehabilitation approaches that integrate self-management support can be effective for person with PD. Other approaches to providing self-management support may also be beneficial. Monitoring of outcomes is recommended to ensure the desired outcomes for individuals are achieved.

Key Messages

- A variety of group-based and individual self-management support programs have been tested with persons with TIA or PD. These programs vary in duration and intensity. While several have specifically been designed for persons with PD, few are designed for persons with TIA (as opposed to stroke in general).
- While self-management support has been described as including education, problem-solving and goal setting, it cannot be assumed that all self-management support interventions include all three components.
- Group programs based on the Chronic Disease Self-management program can lead to improved blood pressure control and decreased depression.
- Rehabilitation interventions for persons with PD that include self-management support can lead to improved mobility and communication.
- Other self-management support interventions show promise for persons with TIA or PD. Clinicians using these approaches should continue to evaluate and monitor outcomes for their patients.

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