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Are interventions to promote self-management in acute coronary syndrome and type 2 diabetes effective? a systematic review

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Topic(s):
Acute cardiac care

Citation:
European Journal of Cardiovascular Nursing (2016) 15 (Supplement), S40

Abstract:
Background: The prevalence of T2D among individuals with an Acute Coronary Syndrome (ACS) is high and both conditions share similar risk factors, combined interventions to promote self-management behaviours would be logical and urgently needed. Identifying features of successful interventions will inform future integrated self-management programmes.

Aim: To evaluate the evidence on the effectiveness of existing interventions to promote self-management behaviour for patients presenting with ACS and T2D in secondary care settings and following discharge.

Methods: A review of randomised controlled trials published between 2005-2014, was conducted in the following databases: Ovid Medline, PubMed, CINAHL Plus, PsycInfo, Cochrane Library and AMED. The search was performed using the terms of “Type 2 Diabetes”, “Acute Coronary Syndrome” and “Self-management Intervention” combined.

Results: Of the 4275 studies that were retrieved, only 4 studies met the inclusion criteria and were analysed. Interventional group subjects, in some studies, demonstrated a significant improvement in level of knowledge, self-efficacy, HbA1c, BP and fasting glucose test. The results indicate that providing educational sessions supported by a number of multimedia and telecommunication technologies were marginally and partially successful in promoting self-management behaviours for patients with diabetes and cardiac problems and implementation of these combined interventions immediately during a patient’s hospitalisation and following discharge was feasible. However, included studies generally suffered from several threats to internal validity that may compromise the conclusions drawn from included interventions.

Conclusion: There was no conclusive evidence to support effectiveness of combined interventions to promote self-management behaviour for patient with T2D and ACS. High quality, well conducted and sufficiently powered studies are required.