

Improving the self-management support provided to people with progressive neurological conditions:

Using a realist synthesis to inform intervention design.

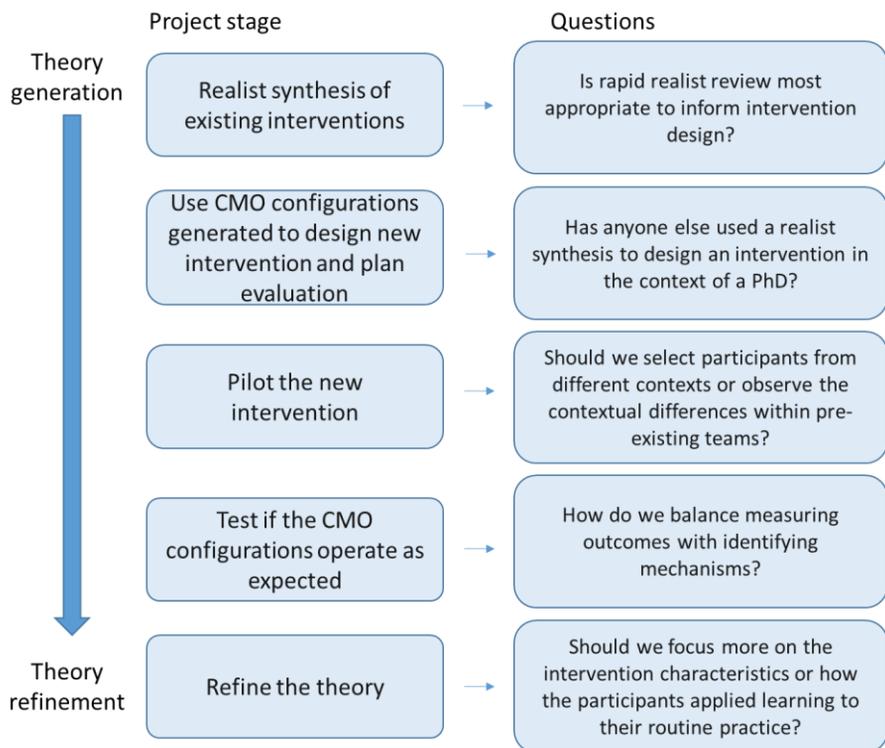
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Background

- Both patients and professionals believe people should be supported to self-manage their own conditions⁽¹⁾ 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



References

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3. Kennedy A. et al. Implementing, embedding and integrating self-management support tools for people with long-term conditions in primary care nursing: a qualitative study. *International Journal of Nursing Studies*. 2014;51(8):1103-13.

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