WHAT IS THE EVIDENCE OF SELF-MANAGEMENT INTERVENTIONS FOR PEOPLE WITH PARKINSON’S DISEASE WHO FALL: A SYSTEMATIC REVIEW

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Introduction: Falls are common in Parkinson’s disease (PD), and a recognised research priority. Increased involvement of people with Parkinson’s (PwP) in their care has been shown to improve overall patient satisfaction. We aimed to identify and review self-management interventions for PwP who fall, including those with cognitive impairment, and their carers.

Methods: We conducted a systematic search of Medline, Embase, PsychINFO, CINAHL, AMED and Web of Science Citation Index databases in June 2017 using terms pertaining to PD and self-management. Publications since 1986 detailing interventions delivered to PwP with at least one subcomponent targeted toward the self-management of falls were included. We applied no limitations on language. Included papers were assessed for quality.

Results: Of the 11694 articles identified, we screened 49 full papers; five met the eligibility criteria for review. We included two further articles following reference screening. Six studies were of moderate quality but we could not assess the quality of one study. All seven studies included a self-management intervention as part of a physiotherapy intervention. Self-management components were typically information provision and training in psychological strategies. Four studies measured health-related quality of life but only one intervention, that contained a group discussion and education to problem-solve and develop action plans, led to an improvement. Two studies assessed mood outcomes; one reported improvement on the positive affect subscale, and another found an inverse relationship between depression and physical activity scores. One study developed a self-management booklet but did not evaluate it. No studies assessed adherence to the self-management intervention. No adverse outcomes were reported.

Conclusions: Few self-management interventions for PwP who fall have been evaluated and reported in the literature. Reporting of the content of the interventions is poor, with the components of an effective intervention for PwP currently unclear.