Patients’ and healthcare professionals’ experiences of digital interventions for self-management of chronic physical health conditions:

A qualitative meta-synthesis.

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Why was this review important?

• Digital Interventions (DIs) can:
  – support patients to self-manage long-term conditions
  – support healthcare professionals (HCPs) to better manage patients’ health.

• By finding out how people feel about using these interventions, we can optimise their implementation.

• This contributed to the intervention planning of two online self-management interventions, using the person-based approach.
Methods

- Inclusion and exclusion criteria based on scoping searches
  - Include tele-monitoring?
- Search terms developed iteratively
- 6 electronic databases searched
- 30 eligible papers
- Meta-ethnography
Third order constructs

Perceiving meaning in self-monitored data

Perceived purpose of the DI: Who is responsible?

- **HCP (clinical control)**
  - HCP perceives they have improved clinical control
  - AND
  - Patient perceives they have increased self-management skills

- **Patient (self-management)**
  - Patient perceives they have increased self-management skills
  - Patient relies on HCP continual monitoring
  - HCP seeks to support patient to self-manage

In most DI
- **HCP perceives** they have improved clinical control
- **Patient perceives** they have increased self-management skills

In some DI
- **Patient relies on HCP continual monitoring**
- **HCP seeks to support patient to self-manage**

Patients carefully consider recommended medication changes

- Patient perceives medication change is necessary
- Patient feels confident to change their medication
- Patient adheres to recommended medication change

Perceiving meaning in self-monitored data

- **Self-monitoring**
  - Variation in readings
  - Stable readings
  - Interpretation of readings to assign meaning
  - Frustration at inability to control readings
  - Low interest in maintaining self-monitoring
  - Engagement in self-management behaviours
Conclusions

• Self-management DIs can promote clinical control and patient self-management.

• Patients like to make sense of their health readings in the context of their lifestyle.

• Tele-monitoring can facilitate behaviour change, e.g. physical activity to help control blood pressure.

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