(W19) SELF-MANAGEMENT IN NEUROLOGIC DISORDERS: A SYSTEMATIC REVIEW OF THE LITERATURE
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Background: Interventions promoting self-management have been shown to improve health outcomes and quality of life for individuals with a broad range of chronic medical conditions, but the efficacy and utility of self-management interventions in multiple sclerosis (MS) remains largely unknown. Objective: To conduct a systematic review of evidence supporting self-management strategies in MS and neurologic disorders more generally. Methods: Relevant scientific literature was identified through structured searches of MEDLINE, CINAHL, PSYCHINFO, EMBASE, and Cochrane databases using standard terms and covering the period 1990 to 2008. Abstracts were reviewed for relevance and retained if they contained qualitative descriptions of, reviews of, or empirical evaluations of self-management strategies and interventions. Identified abstracts were reviewed by two independent reviewers and evaluated for the quality of evidence according to criteria established for the American Academy of Neurology. Results: Over 400 articles were initially identified using standardized searches. Of these, 40 met criteria for inclusion based on relevance. Only one study reporting the benefits of telephone-based counseling for health promotion was both sufficiently rigorous to receive the highest evidence rating (Level I) and conducted with individuals with MS. Of the additional studies across all neurologic conditions, 1 contained Level 1 evidence, 3 contained Level II evidence, 14 contained Level III evidence, and the remaining articles reported Level IV evidence. Conclusions: Preliminary data support the value of self-management interventions in MS, but further rigorous controlled trials are warranted.

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