



FACTORS AFFECTING SELF-MANAGEMENT BEHAVIORS OF PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE: A LITERATURE REVIEW



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Background: Chronic Obstructive Pulmonary Disease (COPD) is a common chronic disease which ranked the fourth leading cause of death worldwide. In 2006, the global prevalence of COPD was reported as 7.6%. Because of its chronic and progressive nature, COPD imposes tremendous impacts on the patients' health. Therefore, tackling the challenges of COPD becomes an important healthcare issue.

Self-management, refers to health behaviors that an individual undertake to live well with their condition, has been recommended as a management modality of COPD in International guidelines. Besides, previous studies on self-management showed significant improvement in COPD patients' health-related quality of life and health status in terms of lung function and walking capacities. Thus, it is important for COPD patients to engage in self-management behaviors and for healthcare professionals to understand the underlying mechanism involved in patients' engagement in the relevant health behaviors.

Purpose: To review factors affecting self-management behaviors of patients with chronic obstructive pulmonary disease.

Methods

- Ten electronic databases AMED, BNI, CINAHL, EMBASE, MEDLINE, PsycINFO, Cochrane Database of Systematic Review, China Journal Net, Taiwan Electronic Periodical Services and Google Scholar were searched using keywords, including "chronic obstructive pulmonary disease"; "chronic obstructive airway disease"; "self-management" and "self-care" from inception to March 2013. Original research exploring factors affecting self-management behaviors in COPD patients published English or Chinese with full-text were selected. Studies which recruited subjects with asthma or major psychiatric illnesses were excluded.
- Methodological quality of qualitative studies were assessed using Critical Appraisal Skills Programme checklist while quantitative studies were appraised using a self-developed checklist based on the guidelines for assessing quality in Prognostic studies and take reference to two previous systematic reviews.

Results

- Twenty-three studies were selected for methodological quality appraisal. Two articles with poor quality were excluded and 21 studies were included in the final review. Seven of them were cross-sectional studies and 14 were qualitative studies.
- Fourteen factors relating to self-management behaviors in COPD patients were identified and categorized into four domains: 1) cognitive; 2) physical; 3) psychological; and 4) social.
- Cognitive domain contains one factor which is knowledge. Physical domain includes three factors of dyspnea, fatigue and physical limitation.
- Psychological domain covers five factors and they are self-efficacy, perceived usefulness, sense of coherence, perceived helplessness, beliefs and depression.
- Social domain encompasses four factors which are living situation, social support from family, peer and healthcare providers.

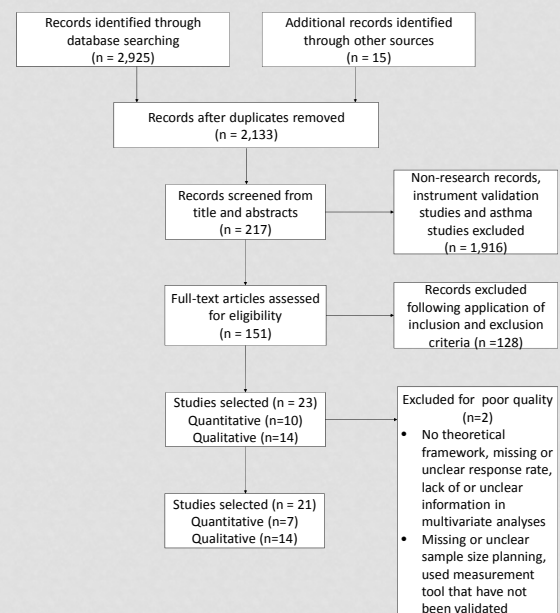


Figure 1 Flow diagram showing search process.

Conclusion

Upon reviewing the literature, a total number of 14 factors were identified. However, factors found from empirical studies were discrete and isolated reflecting a lack of a comprehensive picture of factors affecting self-management behaviors in COPD patients. Therefore, future study could consider developing a comprehensive evidence-based COPD self-management model for guiding future interventions in promoting self-management behaviors in COPD patients.

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