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## Patient Self-Management Intervention-Evidences for Health Professionals in Asia Pacific

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**Background:** Research on the efficacy of patient self-management interventions on many chronic conditions and its significance in cancer population is slow, but the evidences are emerging even in developing countries with lower-resources.

**Objectives:** The aim of the presentation is to discuss the evidence on the efficacy of intervention in a low resource country like Malaysia by highlighting findings from (1) 4 week CDSM trial on quality of life (QOL) and on distress and limitation in participation (secondary outcomes); for women with breast cancer

**Methods:** A clinical controlled trial with the experimental arm receiving the program and usual care and the control arm received usual care only. The intervention was conducted over 4 weeks (2-hour / week), as a facilitator-led program using self-management approaches.

**Results:** 147 women diagnosed with breast cancer within the last 6 months participated. MANCOVA (adjusted for baseline measures) demonstrate significant differences between groups [ $F(6,129) = 2.26, p = 0.04$  at post-test and  $F(6,129) = 4.090, p < 0.001$  at follow-up]. Post hoc analysis indicated significantly better outcome on all measures. At follow-up the experimental group had a mean QOL score of 3.39 [CI = 1.37 – 5.42;  $p = 0.001$ ] greater than the control. The intent-to-treat analyses showed beneficial outcomes for women receiving usual care plus self-management. A 2 years follow up showed positive significant improvement in QOL of experimental group.

**Conclusion:** Breast cancer now takes a form of chronic illness. Patient self-management program showed improved health outcomes and enhanced QOL

**Implications:** Survivors receiving supportive programme reported improved QOL. Although time can attenuate the participation limitation and distress of survivors, supportive programmes could help to increase patients' self-efficacy for better self-management. Timely to also consider beyond mere survival issue into work and occupational participation as people live indefinitely with cancer.