

Understanding the barriers and enablers to practitioners implementing self-management support to cancer survivors: a realist review

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Background

- The number of cancer survivors is set to increase to over 5 million by 2040¹
- Self-management is a health policy priority² to support people to manage cancer treatment-related consequences
- Practitioners experience challenges in supporting cancer survivors with self-management

Aims

To use a realist approach to understand:

- The mechanisms by which intervention components are effective at helping practitioners support people to self-manage
- The contexts that influence whether the desired outcomes are achieved

Method

- The review was guided by five steps shown in figure 1³; described in detail in Prospero: PROSPERO 2019 CRD42019120910 Available from: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42019120910

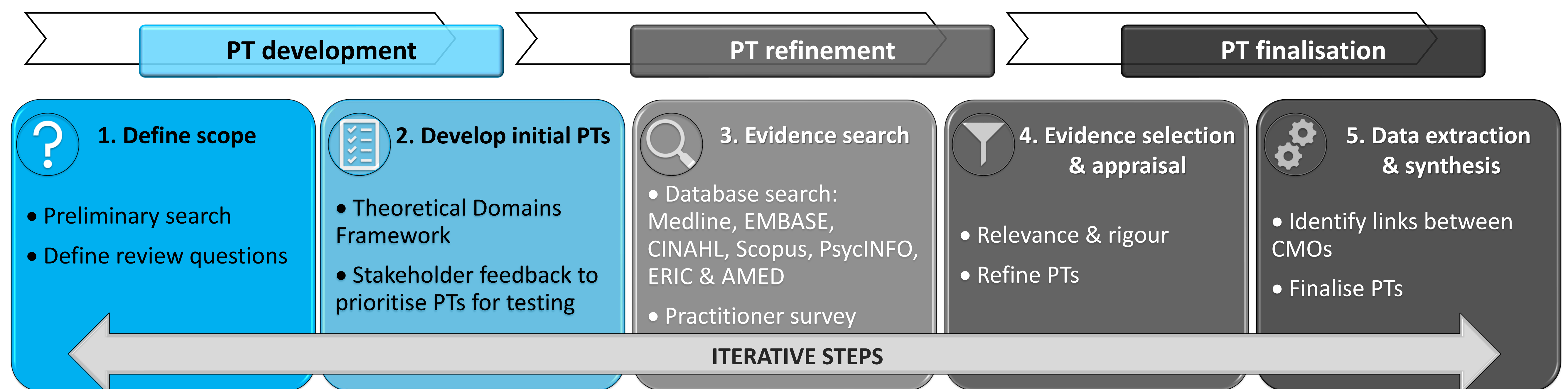


Figure 1: Realist review steps for developing, refining and finalising programme theories (PTs)

Results

- Applying the Theoretical Domains Framework to findings from the preliminary search led to the development of 22 initial PTs, of which, 10 were prioritised by stakeholders (N=39)
- We synthesised data from 20 papers and six surveys, shown in figure 2
- Figure 3 summarises the five areas to consider when designing interventions to support self-management in cancer survivors, including potential mechanisms and outcomes, supported by the evidence

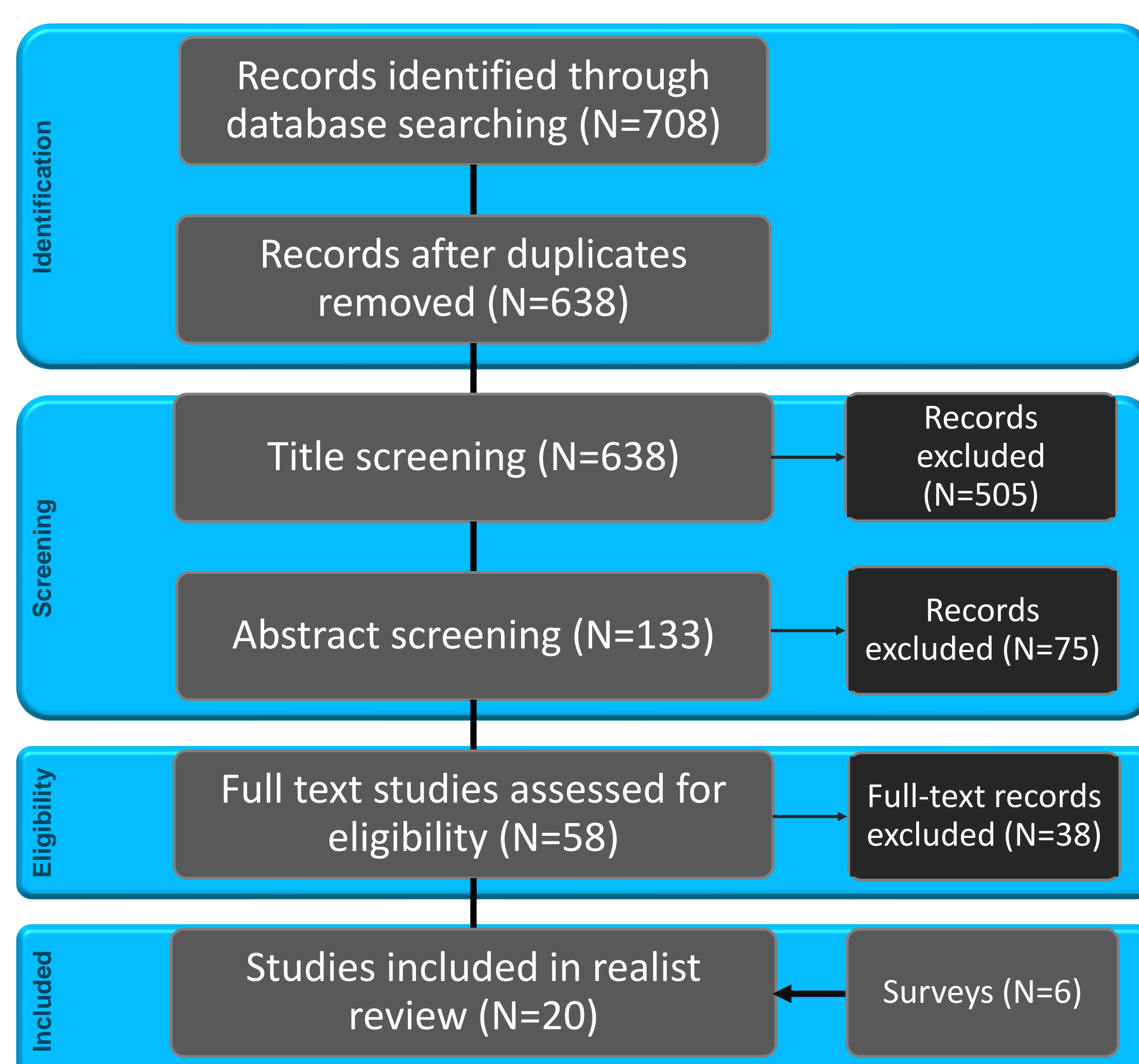


Figure 2: Flow diagram of included studies and surveys in the realist review

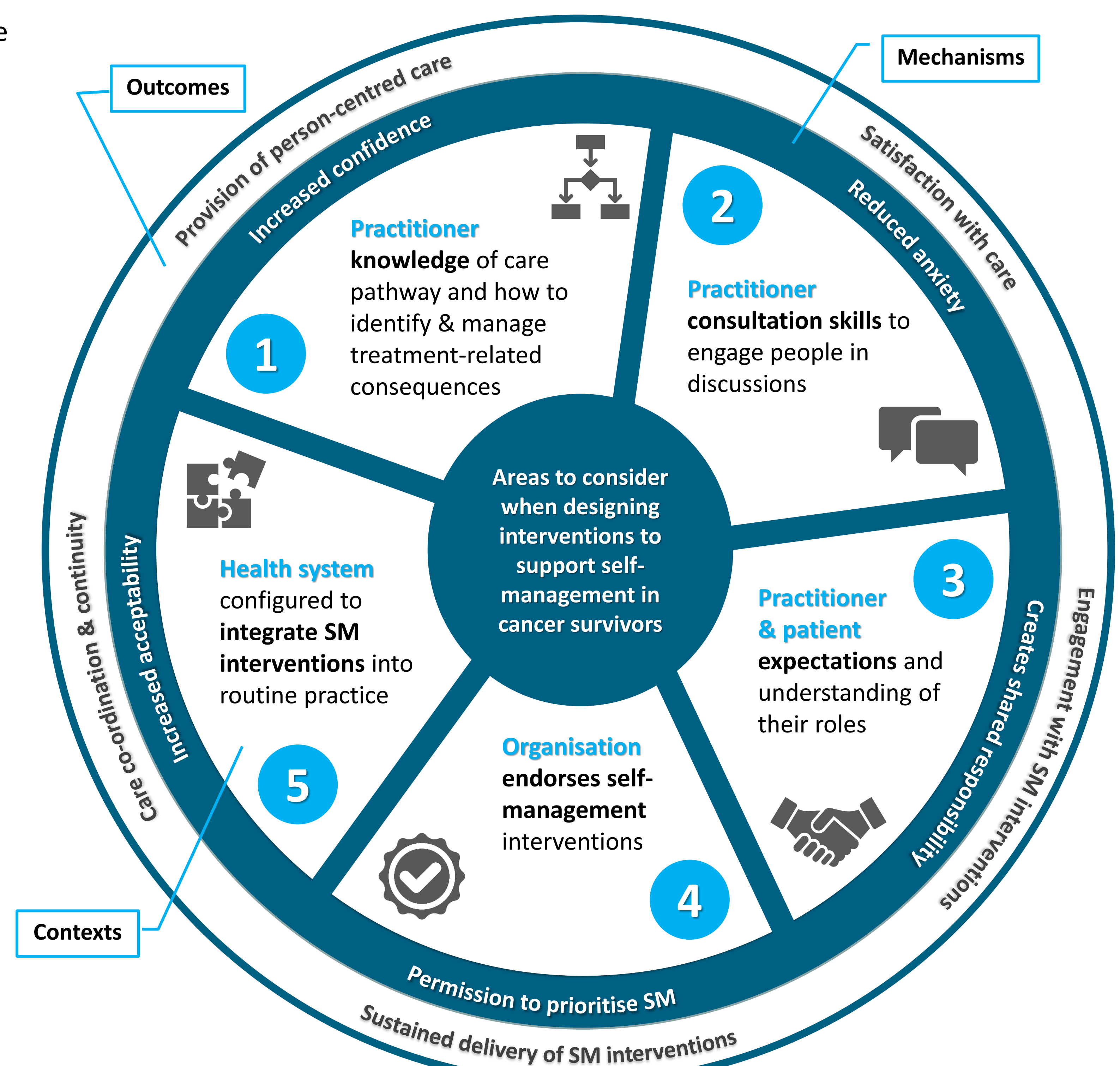


Figure 3: Areas to consider when designing self-management (SM) support interventions for cancer survivors, including contexts, mechanisms and outcomes

Conclusion

- Interventions targeting practitioners to help them support self-management in cancer survivors need to include the five components.
- This would aid effective adoption and sustained delivery of self-management support in routine care.

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Pharmacy Research UK

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