

Systematic Review of Health Self-management Interventions for Adults with Developmental Disabilities

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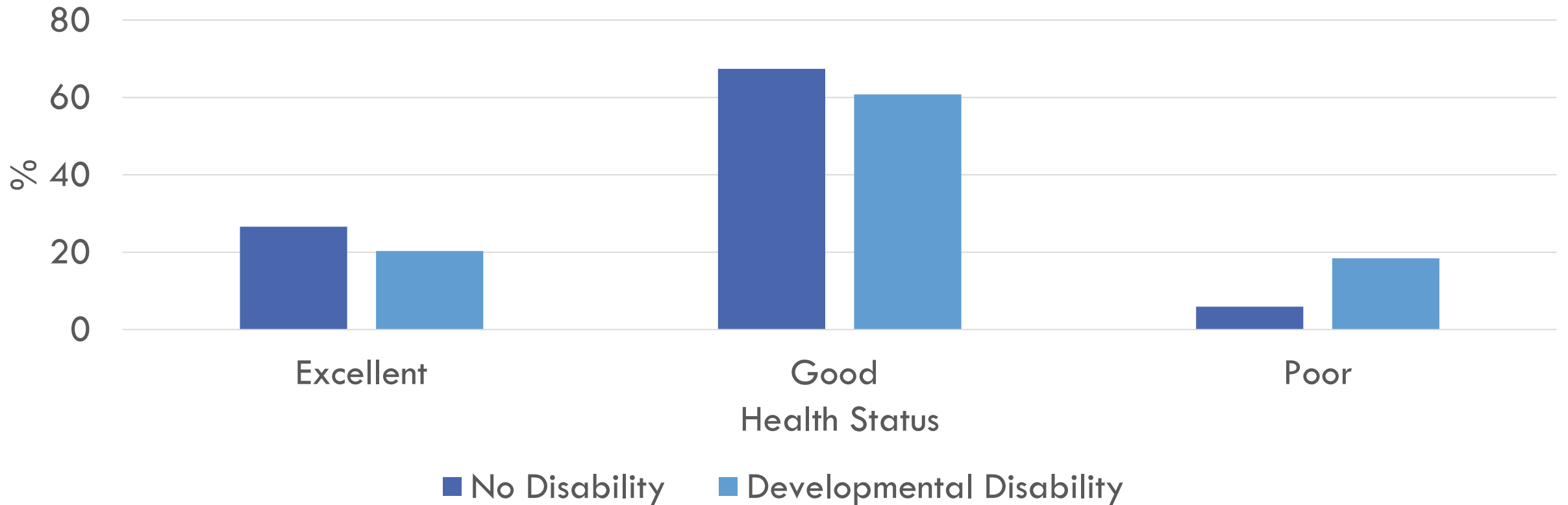
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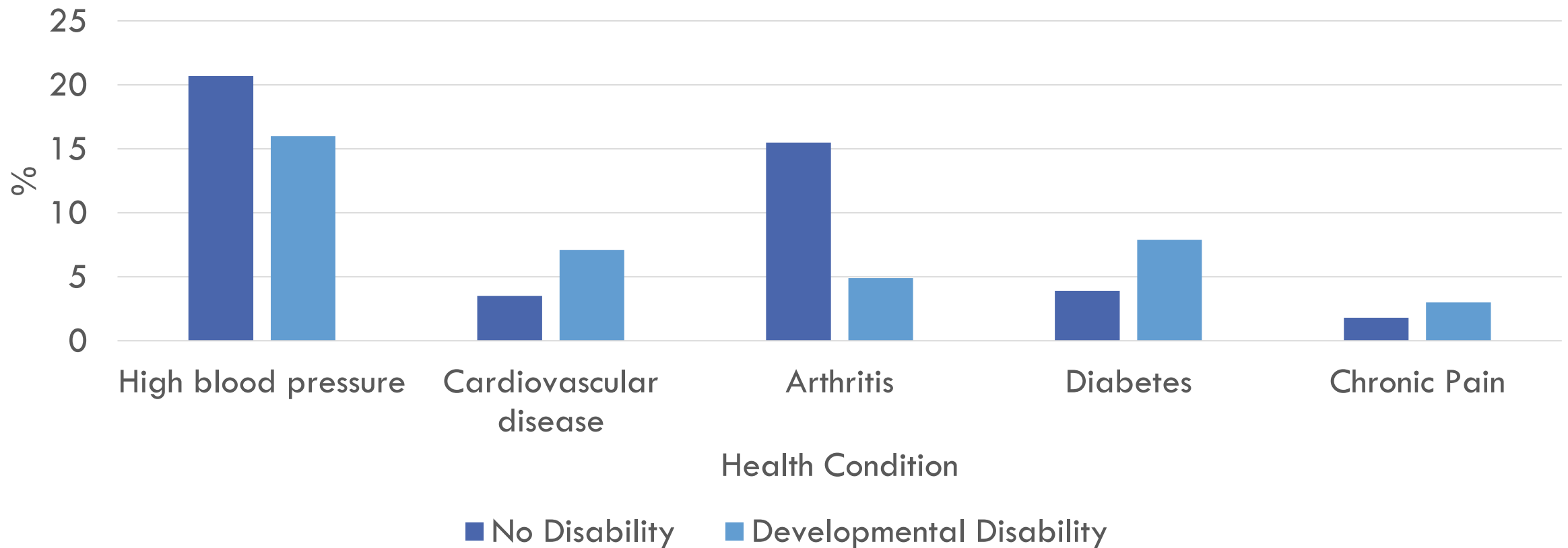
Background

Adults with developmental disabilities have worse health



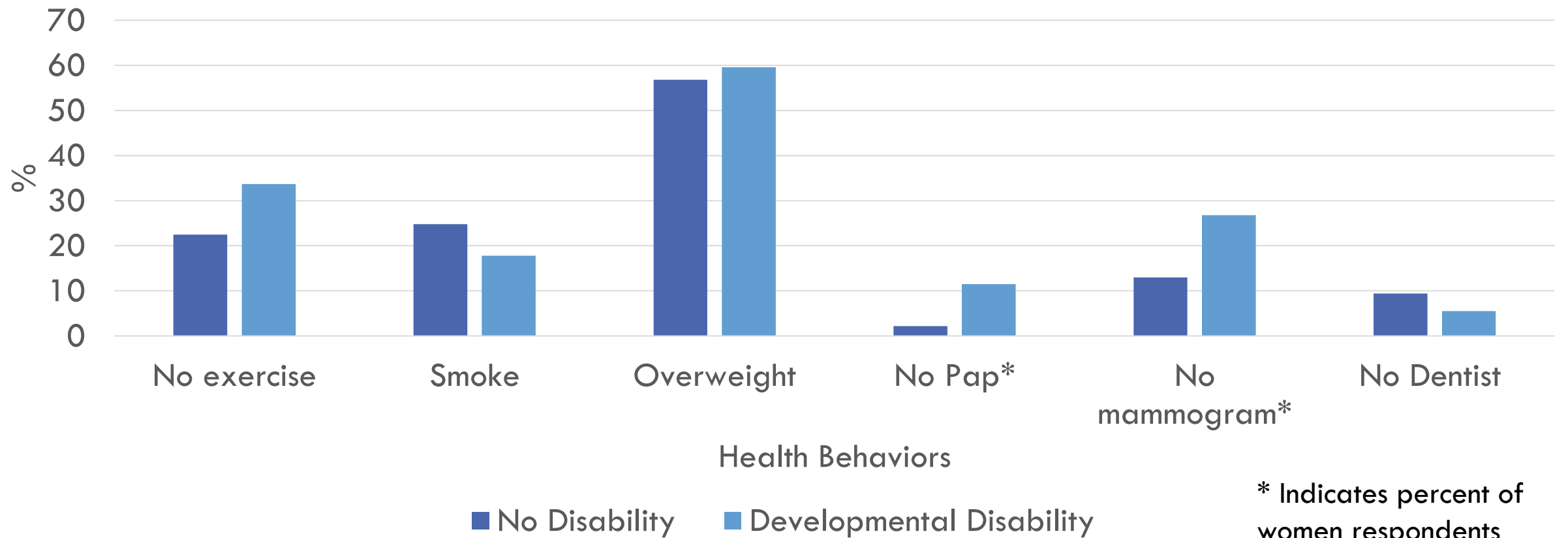
Background

Adults with developmental disabilities have more chronic health conditions



Background

Adults with developmental disabilities have worse self-management behaviors



Objective

What is the effectiveness of health self-management interventions for adults with developmental disabilities?

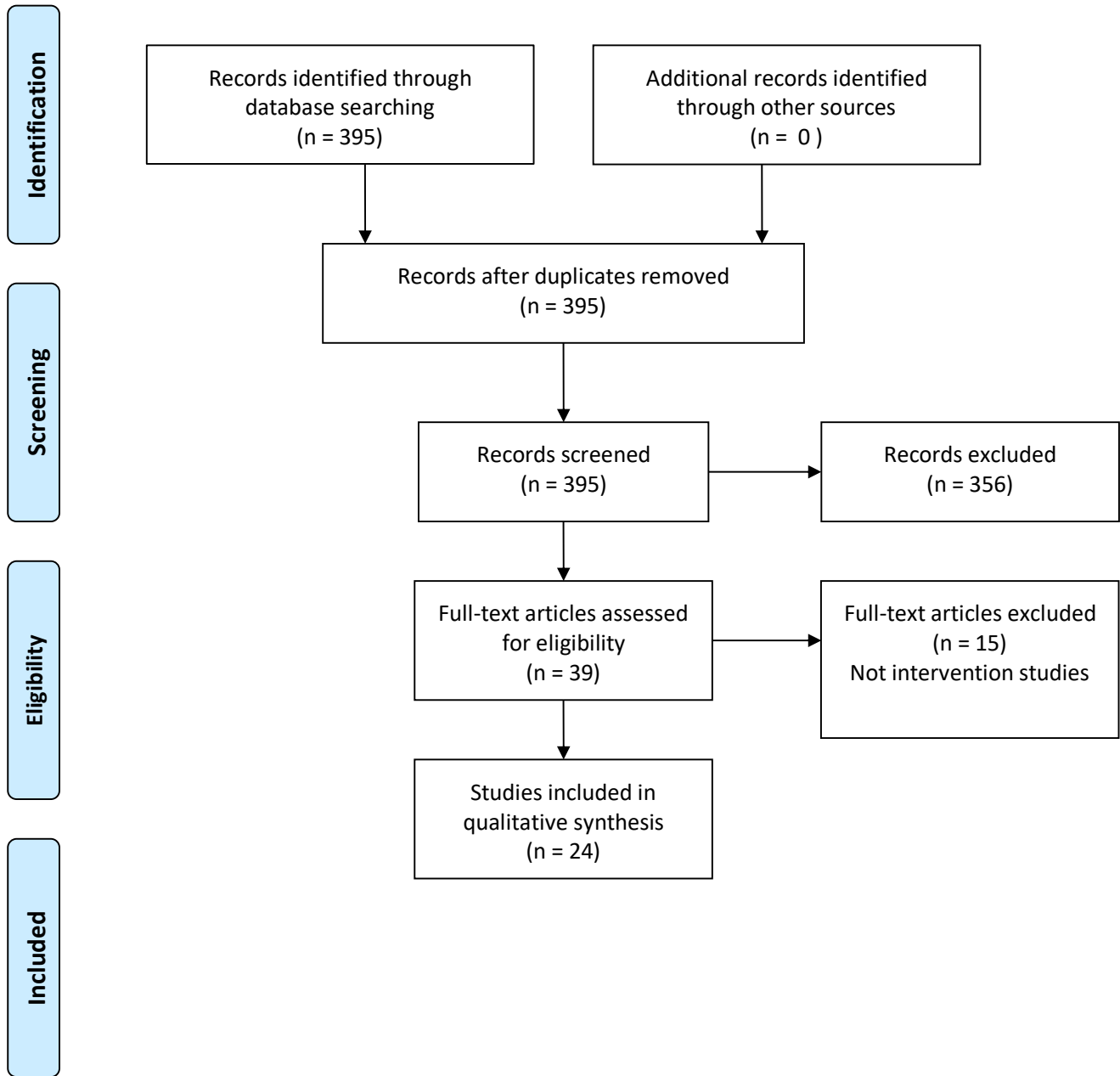
Methods

Systematic review of the MEDLINE & CINHAL Databases

Inclusion criteria:

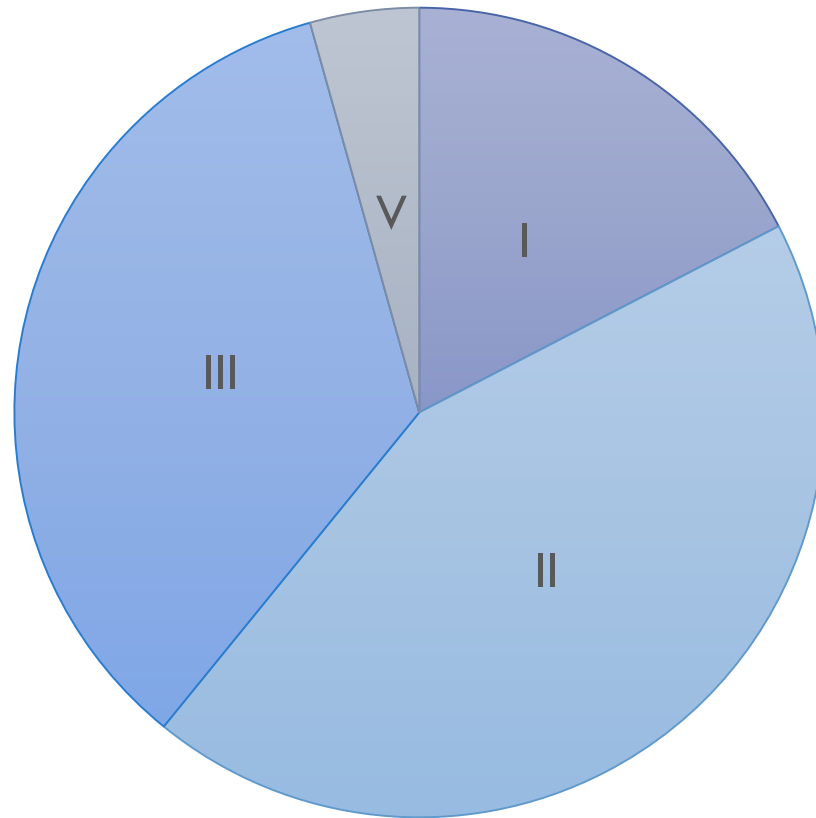
- Intervention studies
- Includes adults (or persons transitioning to adulthood) diagnosed with a developmental disability

Methods

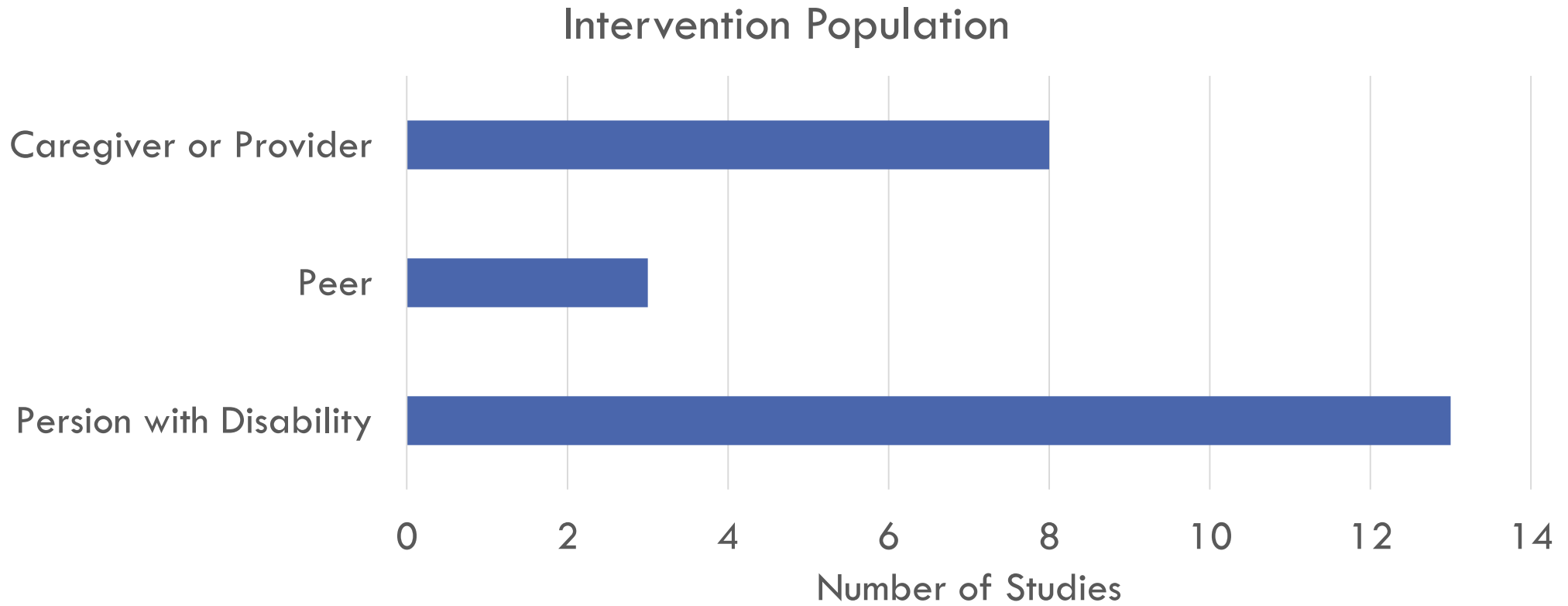


Results

Level of Evidence

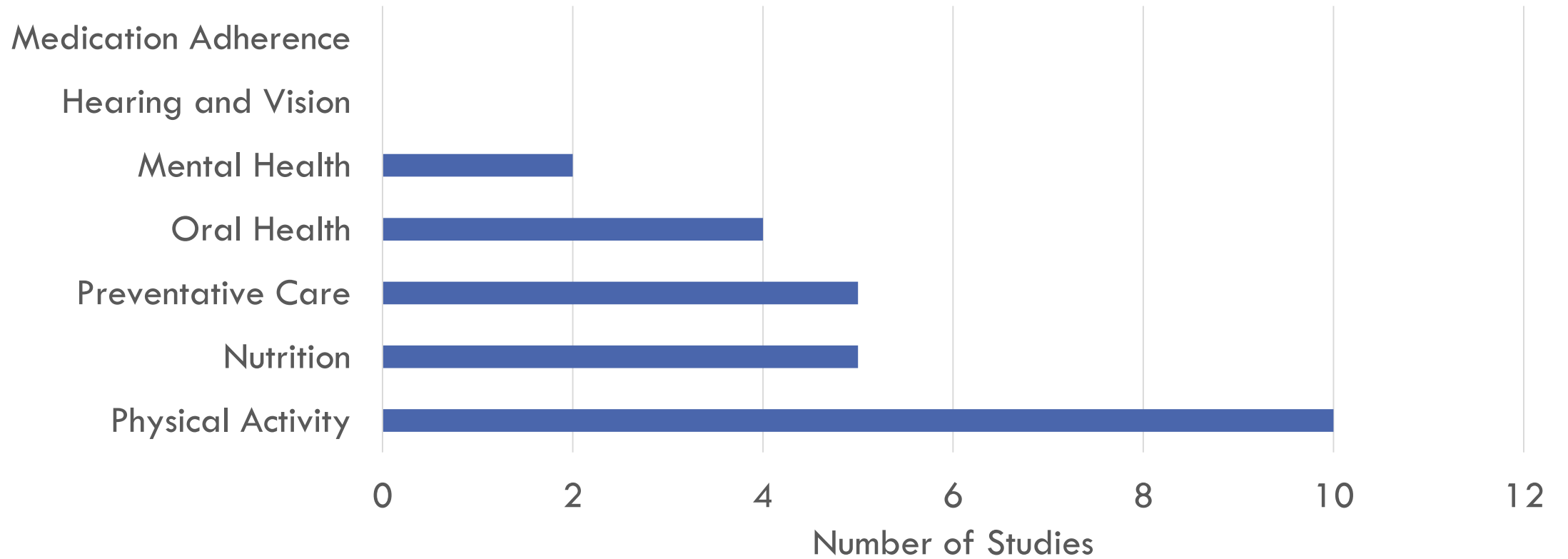


Results



Results

Focus of Health Intervention



Results

- Adults with developmental disabilities are responsive to health interventions.
- Effective interventions tend to be long, multifactorial, and address the adult with a developmental disability and the caregiver.
- Many studies demonstrated effects on primary outcome measure (e.g. knowledge) but did not measure and/or affect secondary outcome (e.g. weight).
- Several aspects of health (i.e. vision, hearing, medication adherence, and mental health) are not represented in the research.
- Much of the research is limited by small sample sizes, lack of a control or comparison group, and a homogenous research population.

Conclusion

- With intervention, adults with developmental disabilities can improve their ability to manage their health and subsequently live healthy productive lives.
- More research is needed that explores the full complement of health behaviors and health conditions commonly experienced by adults with developmental disabilities.
- Occupational therapy researchers can use their expertise in health self-management occupations to develop new interventions to meet the health needs of adults with developmental disabilities, their families, and health care providers.

THANK YOU!
QUESTIONS?



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