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Late Breaking Abstract - The Effectiveness of digital interventions in promoting self-management in individuals with Chronic Obstructive Pulmonary Disease: an Umbrella Review

Ricardo Salgado │ Hugo Fernandes │
Véronique De Goumoëns   **Show More** ⌄

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Abstract

Introduction: Developing self-management (SM) competencies among people with (
Obstructive Pulmonary Disease (COPD) is essential to support their quality of life.

Respiratory rehabilitation programs that promote SM face challenges such as low participation rates, high dropout rates, and short-term benefits post-intervention. These challenges highlight the limitations of current strategies. Digital health interventions (DHIs) have the potential to address some of these limitations by improving access and possibly promoting long-term benefits. Despite numerous systematic reviews conducted in recent years to evaluate the effectiveness of these interventions, the evidence remains inconclusive.

Aims and objectives: Assess the effectiveness of DHIs to promote SM in improving health outcomes in individuals with COPD.

Methods: Umbrella review. Following the JBI methodology, a comprehensive search has been conducted to identify reviews published in any language from inception till the present. Data extraction has been conducted between April and Mai 2024. PROSPERO (CRD42024517476).

Results: 585 articles were found and 16 were included for analysis. Preliminary findings indicate that digital SM interventions employ a variety of modalities including videoconferencing, websites, mobile apps, email, DVDs, audio players, phone calls, and text messaging. They can be fully digital or integrated in a blended approach. These interventions are mostly carried out by nurses, case managers, physicians, and/or physiotherapists.

Conclusion: This UR provides a better understanding of the effectiveness of DHI in promoting SM among COPD individuals.

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