

Winter 2024 Newsletter

Welcome to the Think Self-Management newsletter for Winter 2024! These newsletters are designed to keep you, the Think Self-Management community, up to date on the latest news, events, and research findings related to self-management. The past few months have been a busy time for us here at Think Self-Management, and we are thrilled to be able to share some of the milestones with you. If you have anything you'd like to add to our future newsletters, please contact us at info@thinkselfmanagement.ca.

Sincerely,

The Think Self-Management Team



Sweden and The Netherlands Launch Events

We hosted two live training and launch events in Sweden and the Netherlands with our colleagues at HAN University, Ergotherapie Nederland, and Sveriges Arbetsterapeuter. The response we received was amazing, allowing Think Self-Management to meet our colleagues, hear from other researchers, clinicians, and clients in both countries, and officially launching translated versions of the Packer Managing Fatigue Program.

News & Events

CAOT 2024 Conference

The Canadian Association of Occupational Therapists (CAOT) is holding their annual conference in Halifax, NS from May 1-3, 2024. This year's gathering will bring together OTs, administrators, researchers and professionals to discuss new developments in occupational therapy. Think Self-Management will be present to showcase the Packer Managing Fatigue Program.



AOTA 2024

Think Self-Management CEO and Co-Founder, Michelle Lehman, was honored to attend the American Occupational Therapy Association (AOTA) Inspire Conference in March 2024. Michelle represented Think Self-Management at this largest gathering of OT-related products and services in the world and met research colleagues from around the United States. She was able to exchange ideas and keep Think Self-Management updated on the latest occupational therapy research and guidelines in the United States from leading practitioners.

Packer Managing Fatigue Program Individual Version Launched!

This quarter, we officially launched the individual version of the Packer Managing Fatigue Program. This version of the program is designed to be delivered to an individual client, either in-person or virtually. It is based on the well loved group program. We are pleased to announce that the protocol is available through the Think Self-Management website.

Occupational therapists can now purchase a 1-year license, which includes access to the online training modules, webinars, group protocol manual and intervention materials, and first access to additional delivery methods and translations as they become available.

Visit our website, thinkselfmanagement.ca, to register today!

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Three New Articles of Interest

The Impact of Occupational Therapy on the Self-Management of Rheumatoid Arthritis: A Mixed Methods Systematic Review.

Gavin, J.P., Rossiter, L., Fenerty, V., Leese, J., Adams, J., Hammond, A., Davidson, E. and Backman, C.L. (2024)

ACR Open Rheumatology

<https://doi.org/10.1002/acr2.11650>

Brief Description: This mixed-methods, systematic review analysed data from 29 quantitative, 4 qualitative, and 6 mixed methods studies reporting on self-management of rheumatoid arthritis, published any time before 2022. Results indicate good evidence for patient education and behaviour change interventions to improve pain and function, in particular group joint protection education. Results do appear to persist at 24 months. Comprehensive OT showed mixed evidence. Limited evidence for splints and assistive devices, and self-management of fatigue were found. More research is needed to understand lived experience, and long-term efficacy.

Value and Limitations: A strong study methodologically that can be trusted. Self-management was considered an essential criterion for article inclusion, but how this was defined or determined are not clear, meaning the homogeneity of studies is unknown. Limited of evidence for fatigue self-management is based predominantly on two studies reported in the 1980's. It is always important to remember that limited or mixed evidence is different than evidence of non-effectiveness and is often a result of an over lack of research. A useful read for people working with clients with RA or who need to justify the work they do providing joint protection techniques.

Perspectives on Adaptation in a Stroke Self-Management Program: A Multiple Case Study

Kitchens, R. F., Hersch, G., Brewer, W., & Neville, M. (2024)

The Open Journal of Occupational Therapy, 12(1), 1-9.

<https://doi.org/10.15453/2168-6408.2159>

Brief Description: This case study examined the experience of occupational adaptation of three people who experienced a stroke and then attended the 12-week Healthy H.E.A.R.T. self-management program (based on the Chronic Disease Self-Management Program – CDSMP by K. Lorig). Previous studies reported that participation in the program lead to lifestyle modifications. Using an a priori descriptive framework data from interviews were used to learn about the process of occupational adaptation. Aspects of this adaptation included acquiring new information, change behaviours and routines, taking personal responsibility and evaluating changes in health status and outcomes.

Value and Limitations: One of the first studies to examine occupational adaptation and stroke self-management, though the sample size (n=3) was small. Case descriptions help to contextualize and bring the results to life. Findings, presented using an occupational adaptation lens, are similar to other studies that report outcomes of self-management interventions. Recommended for therapists interested in the concept of occupational adaptation or deliver stroke interventions.

Needs Assessment of Self-Management for Individuals with Chronic Spinal Cord Injury/Disease

Kraus B, Wolf TJ. (2024)

OTJR: Occupational Therapy Journal of Research. 2024;44(1):57-66.

doi:[10.1177/15394492231183627](https://doi.org/10.1177/15394492231183627)

Brief Description: This quantitative survey of 38 people living with spinal cord injury asked people about 1) barriers/facilitators to engaging in self-management behaviours and 2) the content and type of delivery of a self-management program that would interest them. Transportation barriers, secondary health conditions and lack of local resources underpinned preference for virtual programs and group discussions. The most popular topics for inclusion were psychological health/coping, management of pain and spasticity and aging with a spinal cord injury.

Value and Limitations: A well-constructed study, with a specific focus on self-management intervention design, though not the first to explore self-management needs of people following stroke. Participants were recruited via email, social media, flyers and word of mouth and the survey completed online, suggesting that those responding had good digital outlook and skills. This might have influenced the desire for virtual programs. A good read for therapists delivering outpatient care or designing any kind intervention for people with stroke.