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Intervention effectiveness of health promotion, management, and maintenance interventions on occupational performance, quality of life, and health-care utilization for community dwelling older adults: A systematic review

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Introduction/Rationale: Many community dwelling older adults are living with chronic conditions and attempting to manage these conditions independently. Chronic conditions are associated with decreased health-related quality of life, decreased occupational performance, and increased health care use by older adults. Health management is an important instrumental activity of daily living within the scope of occupational therapy practice.

Objectives: This systematic review investigated the effectiveness of health management interventions within the scope of occupational therapy on the occupational performance, quality of life, and health-care utilization of community dwelling older adults.

Approach: Search terms were identified by American Occupational Therapy Association staff, review authors, and an advisory board. Inclusion criteria included: peer reviewed literature published in English between 2008 and 2015, and mean age of participants 65 or older. A total of 1449 abstracts were reviewed resulting in 38 articles (representing 36 studies) relevant to include in the final data synthesis.

Practice Implications: Four categories of intervention types emerged: Chronic Disease Self-Management Program (CDSMP) and modified CDSMP group interventions, other manualized group interventions, individual interventions, and interventions with both group and individual components. The findings of this systematic review will be presented and suggestions for effective intervention strategies for health management with older adults provided.

Conclusion: There is strong to moderate evidence for health management interventions within the scope of occupational therapy to increase occupational performance and quality of life for community dwelling older adults.