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

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Background
Adults with developmental disabilities have worse health

Background

Adults with developmental disabilities have more chronic health conditions.

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>No Disability</th>
<th>Developmental Disability</th>
</tr>
</thead>
<tbody>
<tr>
<td>High blood pressure</td>
<td>22%</td>
<td>25%</td>
</tr>
<tr>
<td>Cardiovascular disease</td>
<td>5%</td>
<td>10%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>20%</td>
<td>25%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>12%</td>
<td>15%</td>
</tr>
<tr>
<td>Chronic Pain</td>
<td>3%</td>
<td>5%</td>
</tr>
</tbody>
</table>

Background

Adults with developmental disabilities have worse self-management behaviors

Health Behaviors

- No exercise
- Smoke
- Overweight
- No Pap*
- No mammogram*
- No Dentist

* Indicates percent of women respondents

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

Records identified through database searching (n = 395)

Additional records identified through other sources (n = 0)

Records after duplicates removed (n = 395)

Records screened (n = 395)

Records excluded (n = 356)

Full-text articles assessed for eligibility (n = 39)

Full-text articles excluded (n = 15) Not intervention studies

Studies included in qualitative synthesis (n = 24)

Results

Level of Evidence

II
III
I
V
Results

<table>
<thead>
<tr>
<th>Intervention Population</th>
<th>Number of Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregiver or Provider</td>
<td>8</td>
</tr>
<tr>
<td>Peer</td>
<td>3</td>
</tr>
<tr>
<td>Person with Disability</td>
<td>13</td>
</tr>
</tbody>
</table>
Results

Focus of Health Intervention

- Medication Adherence
- Hearing and Vision
- Mental Health
- Oral Health
- Preventative Care
- Nutrition
- Physical Activity

Number of Studies
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 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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