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A systematic review and meta-analysis of nursing interventions in patients with chronic diseases

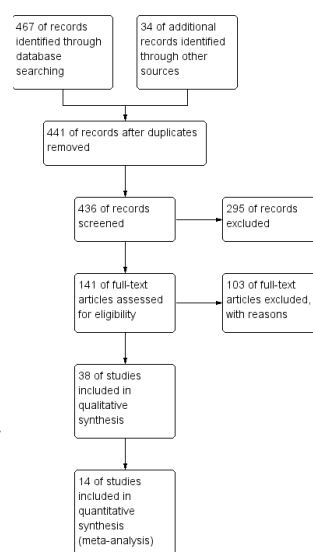
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Nurses often perform interventions aimed at improving the Health-Related Quality of Life (HRQOL) in patients with chronic diseases. However, the amount of information generated, sometimes contradictory, makes it difficult to interpret the results. This systematic review allows empirical evidence to be summarized. Thus, the purpose of this study is to determine, through a systematic review and a meta-analysis, the characteristics of the nursing interventions, performed in people/patients over 18 years old with chronic diseases, which involve an improvement in their HRQOL. A literature search was performed in six electronic databases (PubMed, Scopus, WOS, CINAHL, Web of Science and Cochran) from September until December 2017. Also, bibliographies of relevant papers and publications were hand searched. Randomized Controlled Trials (RCTs) and cluster-RCTs, with at least two groups of patients in which a nurse was involved. Two authors independently reviewed studies for inclusion, extracted data, and assessed study quality with discrepancies being solved through discussion. In the meta-analysis, Effect Sizes (ESs) were calculated for each outcome by calculating the standardized mean change for each sample. This systematic review synthesizes data from 38 studies, published between 2003 and 2015, that provided a sample of 6480 people with a mean age of 68.4 years (SD=8.7). In 60.6% of the interventions a single component was used, being education the one most commonly used. 72.5% of the interventions were not based on a theory. The duration of the interventions ranged from 4-104 weeks, with a mean of 12 sessions and 54.2 minutes/session. SF-36 questionnaire was the most often used to evaluate HRQOL. After the intervention, most of the studies showed a slight HRQOL improvement (ES=0.1) in the intervention group. It can be concluded that nurses' interventions had a little, but significant beneficial effect on HRQOL.



Biography

Francisco José Amo Setién has received PhD in Health Sciences from University of Cantabria in 2017, an inter-university Master's degree in "Genetic, nutritional and environmental conditioning factors of growth and development" (UC) and a Nursing degree (UC). He has gained research experience in the field of nutrition, obesity in children and adolescents with intellectual disabilities, as well as in health related quality of life in patients with chronic diseases and he has been a full-time Teaching Assistant in the area of community health in the Nursing Department of the University of Cantabria since 2014.

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