

Education can promote self-management in CVD conditions

June 21 2017



(HealthDay)—Therapeutic patient education interventions can promote

self-management in selected cardiovascular conditions, according to a scientific statement published online June 19 in *Circulation: Cardiovascular Quality and Outcomes*.

Susan Barnason, Ph.D., R.N., from the University of Nebraska Medical Center in Omaha, and colleagues conducted an integrative review of the literature to analyze published studies of therapeutic patient education for self-management in selected [cardiovascular conditions](#).

The researchers identified variability in methodological approaches across setting and disease [conditions](#). Interventions that were tailored to individual patient needs, used multiple components to improve self-management outcomes, and often used multidisciplinary approaches were the most effective.

"This synthesis of evidence expands the base of knowledge related to the development of patient self-management skills and provides direction for more rigorous research," the authors write. "Recommendations are provided to guide the implementation of therapeutic patient education in clinical practice and the design of comprehensive self-management interventions to improve outcomes for cardiovascular [patients](#)."

Several authors disclosed financial ties to the pharmaceutical industry.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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