

COMPARISON OF THE EFFECTIVENESS OF EHEALTH SELF-MANAGEMENT INTERVENTIONS FOR PAIN BETWEEN ONCOLOGICAL AND MUSCULOSKELETAL POPULATIONS: A SYSTEMATIC REVIEW WITH NARRATIVE SYNTHESIS

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Background and objective

Pain is a burden for oncological and musculoskeletal patients. To improve **self-management**, as a part of pain management, new opportunities can be found in **e-health**. E-health provides the possibility of care **without** active support from a **health-care provider (HCP)**.

The aim of this systematic review was:

1. **To compare the effectiveness** of e-health self-management interventions for pain intensity between **oncological and musculoskeletal** populations.
2. **To examine barriers and facilitators** of the use of eHealth self-management tools.

Methods

Study inclusion criteria

1. Adults in oncological or musculoskeletal population.
2. Pain intensity as outcome.
3. At least one group (intervention/control) received e-health without support from an HCP.

Results


Ten original studies were included (Fig 1). No study made a direct comparison of the two populations.

Interventions of e-health self-management, regardless of population, with **education**, **cognitive behavioral therapy** and **social support** showed beneficial effects.

The **evidence on e-health without support of an HCP is limited** (Fig 2), only one study found a significant interaction effect and three studies reported a significant time-effect.

Different **barriers and facilitators** are identified:

 User-friendliness of the tool

 Length of the program
Lack of an in-person session

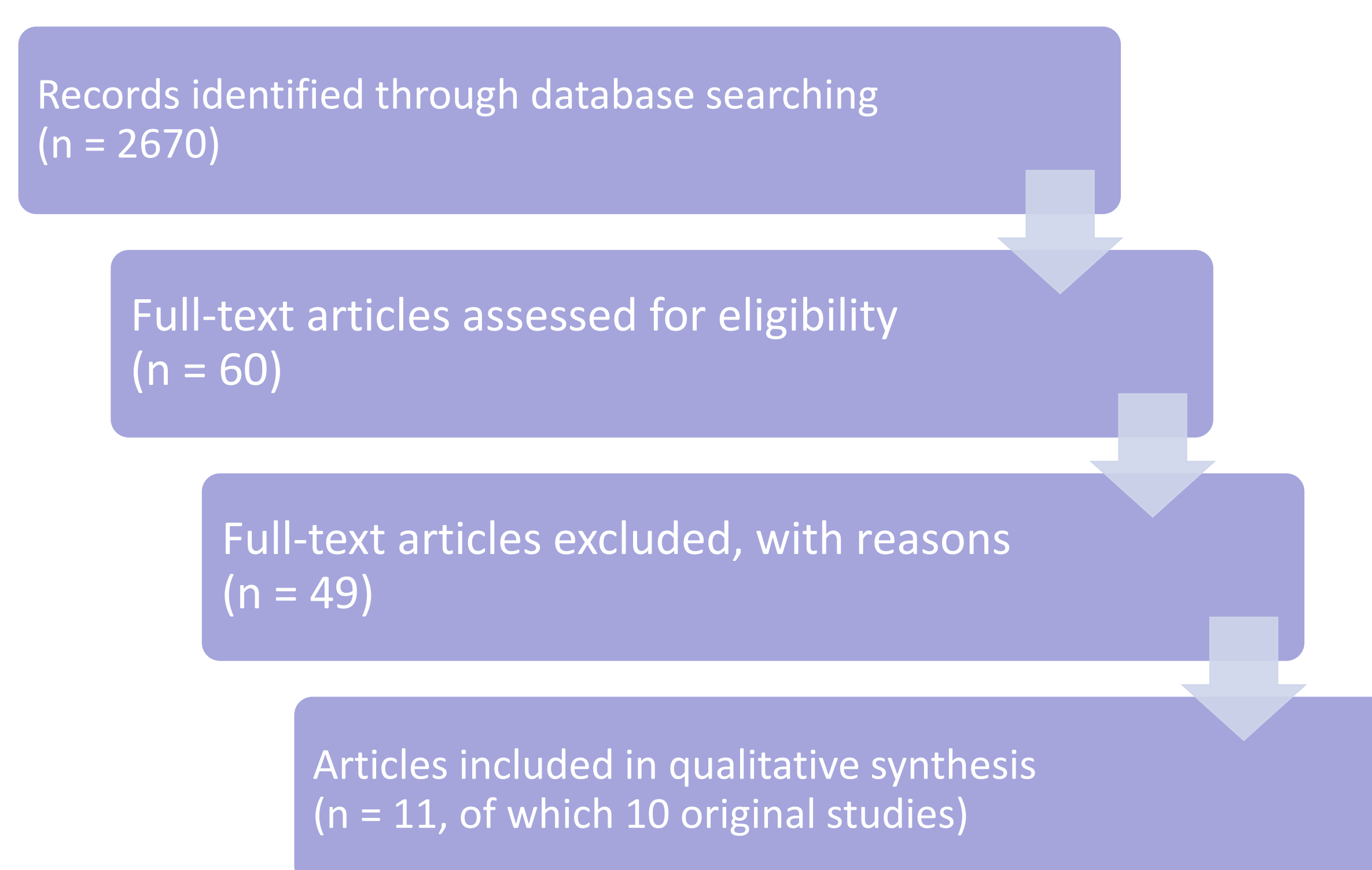


Fig 1. Flow Chart

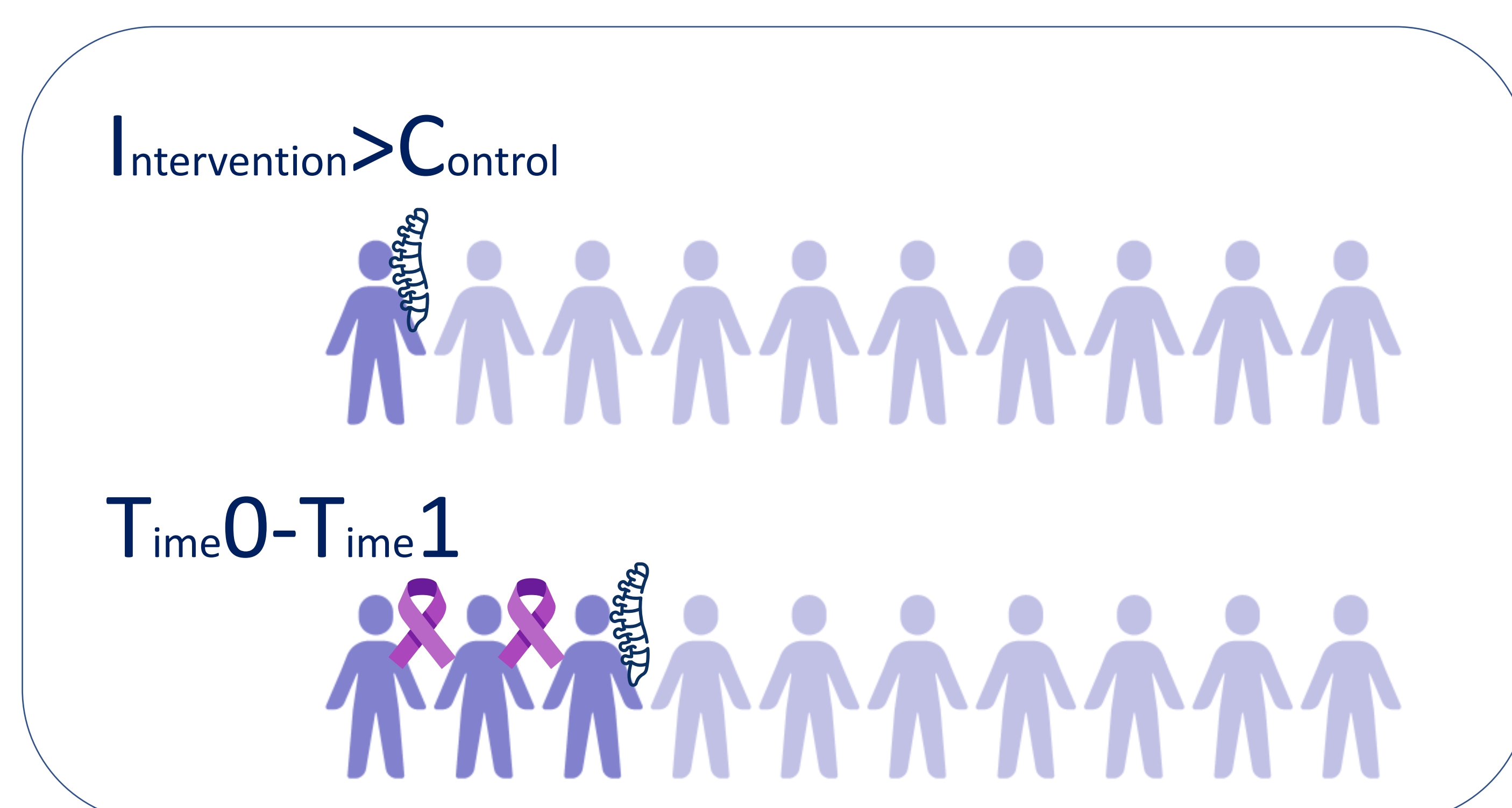


Fig 2. Results

Conclusion and implication

- **E-health** interventions can be useful in supporting self-management in an oncological and musculoskeletal population for the self-management of pain, but evidence is low.
- **Education**, aspects of **cognitive behavioral therapy** and **social support** are universally applicable.
- There seems to be a need of the **support of the HCP** in using e-health.
- More research is needed on barriers and facilitators in the use of e-health pain self-management interventions.