

Effectiveness of Self-care management Module on self-care efficacy: A Systematic Review

Sudaivi Prabhakar Kadam¹, Dr.Vijaya Rahul Kumbhar²

¹Clinical Insructor, (Ph.D. Scholar), College of Nursing, Sangli, Bharati Vidhyapeeth (Deemed to be University), Pune, India.

² Professor, College of Nursing, Sangli, Bharati Vidhyapeeth (Deemed to be University), Sangli, India.

Corresponding Author:Sudaivi Prabhakar Kadam,

Clinical Insructor Bharati Vidyapeeth (Deemed to be University), College of Nursing Sangli- 416416 Maharashtra,

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ABSTRACT:

Self-care management has gained increasing attention in healthcare as a pivotal approach for improving patient outcomes and promoting overall well-being. This systematic review aims to assess the effectiveness of self-care management modules in enhancing self-care efficacy across diverse patient populations. Through a comprehensive analysis of existing literature, this review synthesizes evidence on the design, implementation, and outcomes of these interventions. The findings underscore the significance of structured self-care modules in empowering individuals to manage their health more effectively.

Methods and Materials:

A total of 120 research articles were reviewed in the (PubMed, GoogleScholar, Cochrane library, Academia, Open access, Directory of open access journals) databases by using the keywords “self-care management”, self-care efficacy”. Based on the inclusion and exclusion criteria studies were sorted out and 20 studies were selected for the main analysis. The present systematic review was conducted following published guidelines for reporting systematic reviews and meta-analysis (PRISMA).

Results: It was found that most of the studies used quasi experimental, pretest posttest control group design. The sample size was between the ranges of 60 to 300. Majority of the studies used self-efficacy scale. All the studies concluded that self-care management was effective on assertive behavior, communication and anxiety.

Introduction:

Cancer is a group of diseases characterized by uncontrolled and unregulated growth of cells. According to the Globocan 2020 Report, breast cancer is the most common cancer globally. Around 2.3 million (11.7%) cases of breast cancer were registered in 2020 and 0.685 million (6.9%) deaths were reported¹. As per the Global Cancer Burden and Strategies for Cancer Control (GLOBOCAN) 2020 data, in India, breast cancer accounted for 13.5% (178361) of all cancer cases and 10.6% (90408) of all deaths with a cumulative risk of 2.81². As per the Hospital Based Cancer Registry (HBCR) report of Regional Cancer Centre, Thiruvananthapuram for the years 2020-2021, it has been found that breast cancer has become the most prevalent cancer in Kerala, accounting for a staggering 32.6% of cases reported³.

Treatment for breast cancer causes uncertainty in the face of new and distressing experiences and often results in the need for self-care. Identifying how uncertainty influences self-care behavior is essential to design interventions that enhance self-care capacity and improve patient outcomes

Self-care management refers to the ability of individuals to manage symptoms, treatment, physical and psychological consequences, and lifestyle changes inherent in living with a chronic condition. With the rise in chronic diseases globally, fostering self-care efficacy has become an integral part of healthcare delivery. This review investigates the impact of structured self-care management modules on self-care efficacy across various clinical contexts.

The objectives of the current systematic review were

1. To understand the research methodology used in the various studies.
2. To find out the effectiveness of self-care management module on self-care efficacy.
3. To understand the data analysis methods used in the studies.

Methods and Materials:

Literature Search: A systematic literature search was conducted from June 2023 to December 2024. The investigator searched the studies related to effectiveness of self-care management module on self-care efficacy among women undergoing breast cancer treatment. The outcome of the literature search was analyzed and confirmed in August 2024. Published thesis and articles from various journals were included in the review up to December 2023. The literature search was done by using national and international databases such as PubMed, Google Scholar, and Cochrane library, Academia, Open Access, Science Direct and Directory of open. The keywords used to search the literature were “self-care management module”, “self-efficacy”, “self-care behavior” Google search engine was also used to explore the open access publications. Preferred Reporting Items for Systematic Reviews and Meta-analysis (PRISMA) guidelines was followed by the researcher to conduct the review.

Inclusion Criteria

- Articles published in peer reviewed journals.
- Articles written in English language.
- Open access thesis available on databases.
- Articles & thesis published from June 2018 to December 2023.
- Quantitative studies.
- Experimental studies.

Exclusion Criteria

- Review articles

The primary literature search resulted in 140 documents. Duplicate and irrelevant articles were removed. 45 articles were selected for careful and complete reading. A total of 16 full text articles were selected for review

Systematic Review of self-caremanagement module on self efficacy (2015 to 2024)

Figure-1- Systematic Review Flow Diagram.

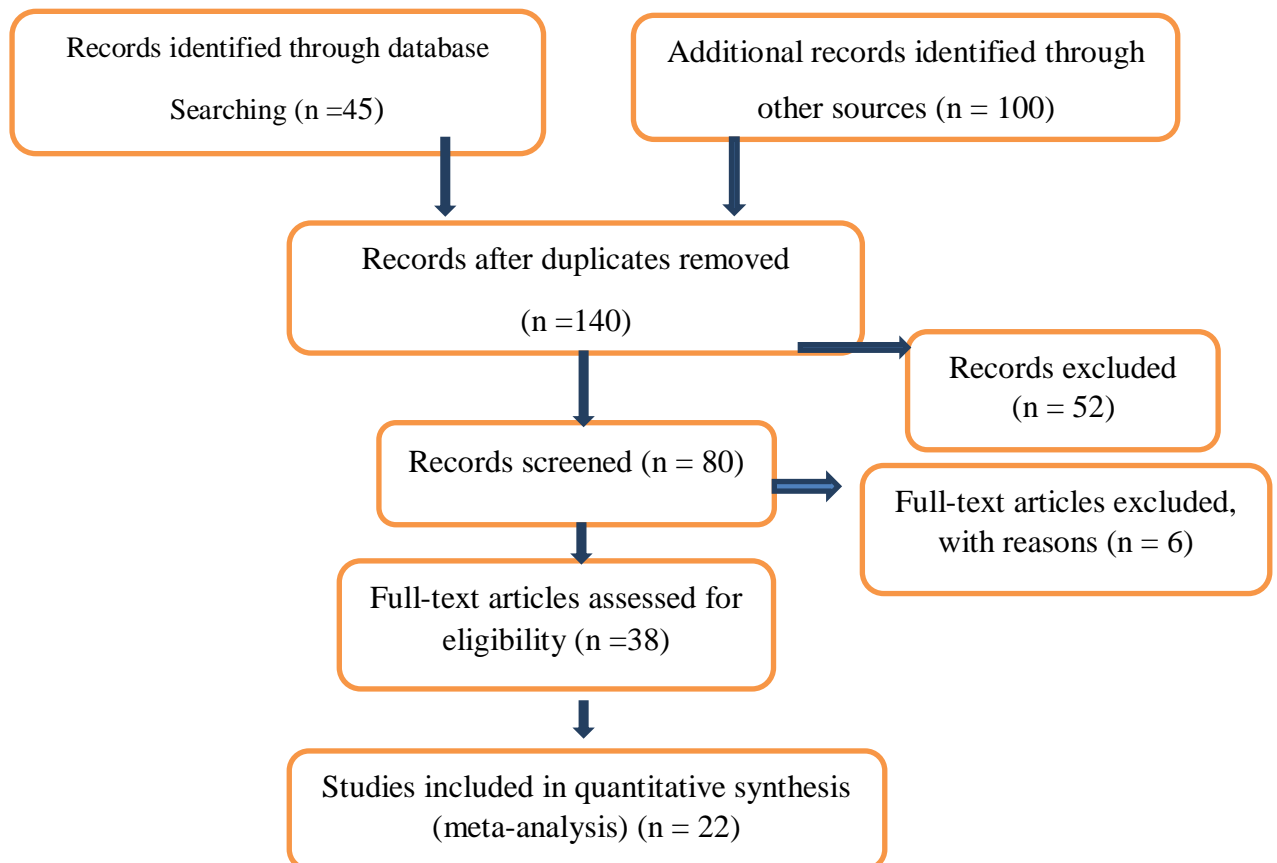


Table- 1 Characteristics of Systematic Review Studies (2015-2024)								
SN	Journal Name	First author	Year	Country	Setting	Design	Sample size	Quality of Article
1	Journal of Nursing and Health Sciences	Gehan H.Soliman	2017	Egypt	Cancer Hospital	Quasi experimental	100	Good
2	Iranian Journal of nursing research	Shadan Pedram Razi	2018	China	Cancer Institute of Imam Khomeini	Cross-sectional	64 Convenience sampling	Medium
3	Journal of cancer survivorship	Siew Yim loh	2013	Australia	Cancer Hospitals	Quasiexperimental	150 Purposive sampling	Good
4	International Journal of Nsg studies	Meifen Zhang	2014	China	Teaching hospital sGuangzhou	randomized controlled trial two-group design.	152	Good
5	Women's Health Bull	Zahra Kochaki Nejad	2015	Iran	Oncology Centers	Cross Sectional	91	Good
6	National Library of Medicine	Elizabeth Awick	2016	Urbana	Cancer Center	Cross Sectional	1527	Good
7	Asian Pacific Journal of cancer Prevention	Rodziah Ali	2020	Malaysia	Oncology Centers	Cross Sectional	168	Good
8	Journal of clinical research	Xueying Zhang MSN	2022	China	urban tertiary hospital s in mainland China.	Qualitative descriptive study.	20	Good
9	The open nursing Journal	Dwi Suryani	2023	Indonesia	National Cancer Center	Cross sectional design	108	Good
10	JCS	Vijaykrishnan Pratibha Sivakumar	2021	India	Dr. Kamatchi Memorial Hospital	Quasiexperimental	200	Good
11	Cureus	Beena	2023	India	Cancer	Longitudinal	170	Good

		Koshy			Hospital	descriptive		
12	Journal of Evolution of Medical and Dental Sciences	Mahima Dipak Panbude	2021	India	Hospitals	Experimental	60	Good
13	Clinical Epidemiology and Global Health	Serma Subathra Arunachalam	2021	Odisha	Cancer Hospitals	Cross sectional	100	Good
14	Zagazig nursing journal	Rania Abd-Elhameed Abd-Elrhman	2022	Egypt	oncology outpatient clinic at Zagazig university hospitals	Cross sectional descriptive design	305	Good
15	Psychology and Health	EC Karademas	2023	India	Cancer Hospitals	Prospective study	404	Good
16	European Journal of Oncology Nursing	Shuhan Li	2024	China	Oncology Hospitals	Cross sectional	251	Good
17	Journal of the Egyptian National cancer Institute	Azza EI Amir	2024	Egypt	Dept.of Clinical Oncology	-	30	Good
18	Journal of the American physical therapy Association	Stephen wechsler	2022	USA	Cancer center Northeast USA	Mix Method	58	Good
19	Nursing Open	Chiao-chi kuan	2022	China	Oncology Center	Longitudinal study	130	Good

Results and Discussion

General Characteristics: The first objective of the study was to understand the research methodology used in the various studies. The research methodology used by various investigators in this systematic review is presented in table-1. There were 1 study published in year 2013,2014,2015,2016,2017 and 2018,2020. In the year 2021(3) and 2022(4) studies were published. In 2023 and 2024 5 studies published. Out of 19 studies included in the review 7 studies are from a published thesis available on

the databases. studies were published and conducted in India,,China,Malaysia,Iran. Sample sizes in the studies were between 20 TO 400.Most of studies conducted on oncology centers use of cross sectional research design.

The second objective of the study was to find out the effectiveness of self care management module on self care efficacy among women, Out of this 19studies mostly used the breast cancer self efficacy scale and Cancer Behaviour Inventory.

Data Analysis Methods: The third objective of the study was to understand the data analysis methods used in the studies. Most of the studies used frequency, percentage, mean and standard deviation for continuous variables, chi square test for categorical variables and t-test for comparison. One study used Fisher's test for categorical variables. Three studies mentioned that they used SPSS software for data analysis.

Conclusion-

The present review of the literature reveals that in most of the studies the sample size was more to draw the generalizations of the study and also the sampling technique used was non probability in majority of the studies. .

Nineteen articles were chosen based on the inclusion criteria. The results of this review revealed that demographic variables, breast cancer diagnosis and type of treatment, bio-psycho-socio-spiritual status, and physician-patient relationship affect cancer specific SE. SE impacts on physical and mental health, pain management, quality of life, body image, clinician-patient communication, and health information seeking behavior.

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