

Factors influencing self-management in adults with diabetes: an umbrella systematic review protocol.

Background

Diabetes self-management (DSM) is influenced by a wide range of factors acting simultaneously and interfering with its actual application by patients. A variety of reviews regarding these factors does exist, however a more comprehensive scrutiny of the phenomenon is still lacking.

Aim

To identify and describe factors influencing DSM in adults with diabetes by summarizing available evidence concerning their type, classification, and relative importance.

Methods

A systematic examination of literature by applying JBI umbrella review strategies, for comparing the results of published systematic reviews. We will perform an extensive search in 11 bibliographic databases, and in reference lists of relevant articles up to January 2018. We will include systematic reviews covering adults DSM-related factors and their relationships. We will consider both qualitative and quantitative components of available literature from any setting and geographic location. Two reviewers will independently assess each study relevance and quality, and extract data from included reviews. Quantitative and qualitative findings will be summarized separately, and labeled according to their type (barrier/facilitator) or direction of association (+/-), classification (e.g., demographic, social etc.), and frequency of occurrence or strength of association. A final discussion will provide a critical comparison of results.

Relevance of the study

Taking a more comprehensive look at factors influencing DSM will contribute to our understanding of the patients' specificities, needs in the process of DSM, and will assist in targeting interventions to support DSM in adults with diabetes.

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Funding

Commission scientifique du domaine
Santé, HES-SO

Duration

12 months