

**Sigma's VIRTUAL 31st International Nursing Research Congress (Wednesday, 22 July - Friday, 24 July)**

## **Self-Management Interventions for Adolescents Living With HIV: A Systematic Review**

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**Purpose:** Self-management interventions aim to enable persons living with chronic conditions to increase control over their condition in order to achieve optimal health, and may be pertinent for young people with chronic illnesses such as HIV (Sattoe et al., 2015; Sawin, 2017). Several reviews have found improvement in short-term health-related outcomes of persons with chronic illnesses who engage in self-management (Bernardin et al., 2013; Millard et al., 2013; Aantjes et al., 2014; Nkhoma et al., 2018). Our aim was to evaluate the effectiveness of self-management interventions for improving the health-related outcomes of adolescents living with HIV (ALHIV) and identify the components and strategies that are the most effective, particularly in low-resource settings with a high HIV burden.

**Methods:** We conducted a systematic review on the effects of self-management interventions for ALHIV on antiretroviral treatment (ART) on patient-reported outcomes (knowledge of HIV, confidence/self-efficacy, social interaction); behavioural outcomes (adherence to ART, retention in care, health behaviours, symptom management); measures of health status (CD4 count, viral suppression, health-related quality of life, mental health) and impact outcomes (hospitalisation, comorbidities, HIV transmission, mortality). We considered randomised controlled trials (RCTs), cluster RCTs, non-RCTs and controlled before-after (CBA) studies that had a clear self-management intervention, targeted ALHIV aged 10-19 or stratified outcomes by age, eligible for inclusion.

We searched electronic databases, clinical trial registries, dissertation databases and relevant conference abstracts until August 2019. Two authors independently screened titles and abstracts of all search outputs, and full texts of potentially relevant studies. Two authors independently extracted data using a pre-specified, piloted data extraction form and assessed risk of bias of included studies using the Cochrane Effective Practice of Care (EPOC) risk of bias tool (EPOC, 2017). We resolved all discrepancies through discussion.

Clinical heterogeneity was explored by clearly reporting the characteristics linked to the included populations, interventions and outcomes. We performed random-effects meta-analysis or narratively synthesised results where heterogeneity was high. We assessed the certainty of evidence using the GRADE and presented our findings in a summary of findings table (Guyatt et al., 2011; Higgins & Green, 2011; Hoffmann et al., 2014).

**Results:** Our search yielded 2743 citations. After deduplication, we screened 2302 titles and abstracts. Of these, we identified 42 potentially eligible studies and screened the full texts. We identified 15 eligible studies, including seven completed and eight ongoing studies. We excluded 27 studies. Reasons for exclusion included the wrong patient population, intervention or study design. Most studies were pilot RCT's and conducted in the United States, with only one study conducted in Thailand and one in South Africa. Interventions were diverse, including personalised telephone support, group educational sessions, coaching, motivational interviewing, mindfulness instruction and some more complex and multi-systemic. Data extraction and analysis is ongoing and we will present the completed review at the conference.

**Conclusion:** The results of this systematic review add to understanding whether self-management interventions are effective to improve the health-related outcomes of ALHIV. The results will inform the development of an adolescent HIV self-management intervention in the context of South-Africa.

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**Title:**

Self-Management Interventions for Adolescents Living With HIV: A Systematic Review

**Keywords:**

Adolescents living with HIV, Interventions and Self-management

**Abstract Summary:**

We will present the findings of a systematic review on the effects of self-management interventions for adolescents living with HIV (ALHIV) on patient-reported outcomes, behavioural outcomes, measures of health status and impact outcomes.

**References:**

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**Author Summary:** Talitha Crowley is a lecturer at the Department of Nursing and Midwifery, Stellenbosch University (SU). She is currently busy developing a self-management intervention for adolescents living with HIV as post-doctoral work. Her other research interests include Primary Care Nursing, self-management of chronic conditions and adolescent care.

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