Systematic review of the clinical effectiveness of self care support networks in health and social care

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Record Status
This is a bibliographic record of a published health technology assessment from a member of INAHTA. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Authors' objectives
The aim of this study was to provide a systematic review of the evidence of the clinical effectiveness of self care support networks in health and social care.

Authors' conclusions
Overall the evidence for a beneficial effect of self care support networks as a generic intervention is very weak. The more reliable findings from comparisons with control in the better quality studies suggest that some self care support networks in certain settings can be beneficial. However, as these studies comprised a trial of Weight Watchers, three trials of carers in Hong Kong and one of a tuberculosis (TB) Club in Ethiopia, the generalisability of the findings to the UK healthcare environment can at best be limited. It is disappointing that only one, rather old (published in 1987) study was conducted in the UK.

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