

# Tailored Self-Management for Chronic Musculoskeletal Conditions: *What Does Research Reveal?*

## Did You Know?

Chronic musculoskeletal (MSK) conditions affect more than 1 in 4 Canadians.



## Research Purpose:



To assess the **effectiveness of tailored self-management** interventions for **chronic MSK conditions**.



## What Did We Do?

We conducted a systematic review and meta-analysis of randomized controlled trials and quasi-experimental trials.



## What Did We Find?

1558 articles were screened, of which 21 studies were included.

### Tailored self-management plans:



- helped **reduce pain** for some individuals
- improved **quality of life**
- made people feel **more confident about managing their pain**

The benefits of tailored self-management plans were seen across different MSK conditions including, but not limited to inflammatory arthritis and osteoarthritis.

## Takeaways:

Self-management plans that are made to fit the needs of individuals have the potential to improve quality of life, confidence to self-manage, and other aspects of health. We need more research to understand just how big of a difference tailoring can make.



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