

Evaluating the Effectiveness of a Self-Management Program on Patients Living with Chronic Diseases [Letter]

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Dear editor

I recently had the opportunity to review the article titled “Evaluating the Effectiveness of a Self-Management Program on Patients Living with Chronic Diseases” by Bahari et al¹ (1), published in the Journal of Risk Management and Healthcare Policy. I extend my congratulations to the authors on their successful article and wish to provide some constructive feedback.

Strengths of the study: 1) This study serves as the inaugural qualitative assessment of the Chronic Disease Self-Management Program (CDSMP) in Saudi Arabia, offering valuable insights into its implementation within the Saudi community. 2) The study employed a rigorous analytical approach to analyze qualitative data obtained from focus group discussions, thereby enhancing the credibility and reliability of the findings. 3) Clear descriptions of participant characteristics were provided, facilitating the transferability and generalizability of results to similar populations. 4) The study findings contribute evidence regarding the perceived benefits, impacts, and cultural acceptability of CDSMP among Saudi adults suffering from chronic diseases. 5) The study results can serve as a valuable resource for stakeholders, providing insights into strategies for scaling up chronic disease education programs in Saudi Arabia.

However, the study has several Limitations: 1) The study’s limitation lies in its small sample size of 15 participants recruited from a single community setting, limiting the generalizability of findings. 2) The study did not comprehensively explore the pre-intervention self-management strategies of participants, thereby limiting the understanding of baseline practices. 3) Given its qualitative nature, the study is susceptible to researcher bias during data collection, analysis, and interpretation. 4) The cross-sectional study design precluded the evaluation of long-term impacts and sustainability of outcomes. 5) The study did not investigate perception disparities according to participant demographic characteristics, which could have provided valuable insights.

To improve outcomes, I suggest conducting further research by: 1) Larger Scale Studies: Future research should conduct larger mixed-methods studies across multiple sites in Saudi Arabia to comprehensively evaluate CDSMP. 2) Pre-and-Post Intervention Assessment: There is a need for thorough assessment of differences in self-management strategies before and after intervention in future research. 3) Long-Term Outcome Evaluation: Studies should assess the long-term clinical, behavioral, and economic outcomes of CDSMP because it is essential to ascertain its efficacy in improving clinical and behavioral outcomes over an extended period^{2,3} 4) Sociodemographic Analysis: Researchers should explore variations in perception based on sociodemographic factors such as gender, age, and disease type.

Disclosure

The author confirms that there are no conflicts of interest to declare in this communication.

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