Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Philosophy in Nursing

Ann Thaiudom

M.S.N., University of Wollongong, Australia, 2008
B.S.N., The Royal Thai Army Nursing College, Thailand, 2002

The Effect of Self-Management Support Interventions for Adults with Mild Traumatic Brain Injury and Family Caregivers

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Time: 1:00 p.m. to 3:00 p.m.
Place: 312 Seton Hall

Abstract
Purpose: The purpose of this dissertation research was to examine the effects of a self-management support program for individuals with mild traumatic brain injury (mTBI) and their family caregivers.

Study design: A two-group randomized control trial.

Method: Eligible participants with mTBI and their primary family caregivers (n = 73 dyads) were randomly assigned to either the intervention group (n = 36) receiving the self-management support program plus usual care or the control group (n = 37) receiving only usual care. The self-management program was developed based on the Individual and Family Self-management theory, and recommendations of relevant clinical practice guidelines. The program consisted of self-management support assessment at the hospital, and four weekly telephone follow-ups to the patients’ home to provide mTBI-related education, symptom monitoring and management, emotional support to individuals with mTBI tailored to the patients’ needs assessed. Outcome data were collected by week 1 as baseline data and 2 weeks after program completion. The data were analyzed using descriptive statistics, and independent sample t-tests.

Findings: The results showed that there was no significant difference in post-concussion symptom severity between the intervention and the control groups. The intervention group had significantly higher self-management behaviors, health-related quality of life, and caregivers’ self-management support behaviors than the control group (p < .001).

Conclusion/Implications: the self-management support program had beneficial effects on improving individuals’ self-management behaviors, and caregivers’ self-management support behaviors, and health-related quality. The scope of care for individuals with mTBI should be expanded beyond acute care settings to their home to promote proper self-management behaviors and improved outcomes, especially during the transition from hospital to home care. Future research should focus on other outcomes that were not covered in this dissertation research such as hospitalization, cost reduction, self-efficacy in managing their symptoms or health conditions, return to normal activities, reduction in repetitive mTBI rate, family caregivers’ outcomes and extended interventions for individuals with persistent post-concussion symptoms.

Defense of Dissertation Committee
Susan L. Dean-Baar, Ph.D., R.N., FAAN, Chair
Anne F. Fish, Ph.D., R.N., FAHA, FAAN
Umit Tokac, Ph.D.
Yuanlu Sun, Ph.D., RN