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Title: Identifying, organizing and prioritizing ideas on how to enhance ADL ability in persons with chronic conditions

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Introduction: Previous studies reveal that persons with chronic conditions report problems related to performance of ADL tasks. However, interventions addressing such problems often lack detailed descriptions of e.g. the specific components and duration. Thus, there is a need to develop an evidence-based intervention program aiming at enhancing ADL ability in persons with chronic conditions. When developing such a program, it is necessary to include knowledge on how to enhance ADL ability based on various sources. Thus, aside from research evidence, it is necessary to include knowledge based on clinical expertise of occupational therapists and preferences and experiences of persons with chronic conditions.

Objective: to identify, organize and prioritize ideas on how to enhance ADL ability in persons living with chronic conditions.

Method: Group Concept Mapping was applied among persons living with chronic conditions (n= ≤ 18) and occupational therapists (n= ≤ 23).

Results: 149 ideas were identified and organized into clusters; 1) Strategies/hints and tips, 2) Prioritizing and planning in relation to time and tasks, 3) Acknowledging one’s situation, 4) Own attitude, 5) Network and social environment, 6) Adaptation and 7) Access to and guidance towards relevant services and opportunities. Each cluster contained ideas of high priority to persons living with chronic conditions and/or occupational therapists.

Conclusion: Persons living with chronic conditions and occupational therapist had several ideas on how to enhance ADL ability. The ideas were organized in themes that span over various topics, illustrating the complexity of solving problems related to ADL. The themes should be considered when developing future interventions aiming at enhancing ADL ability in persons with chronic conditions.

Keywords: Group concept mapping, user involvement, chronic conditions, developing complex interventions