Barriers and facilitators to implementing telehealth interventions for people with primary progressive aphasia (PPA) and dementia: a systematic review

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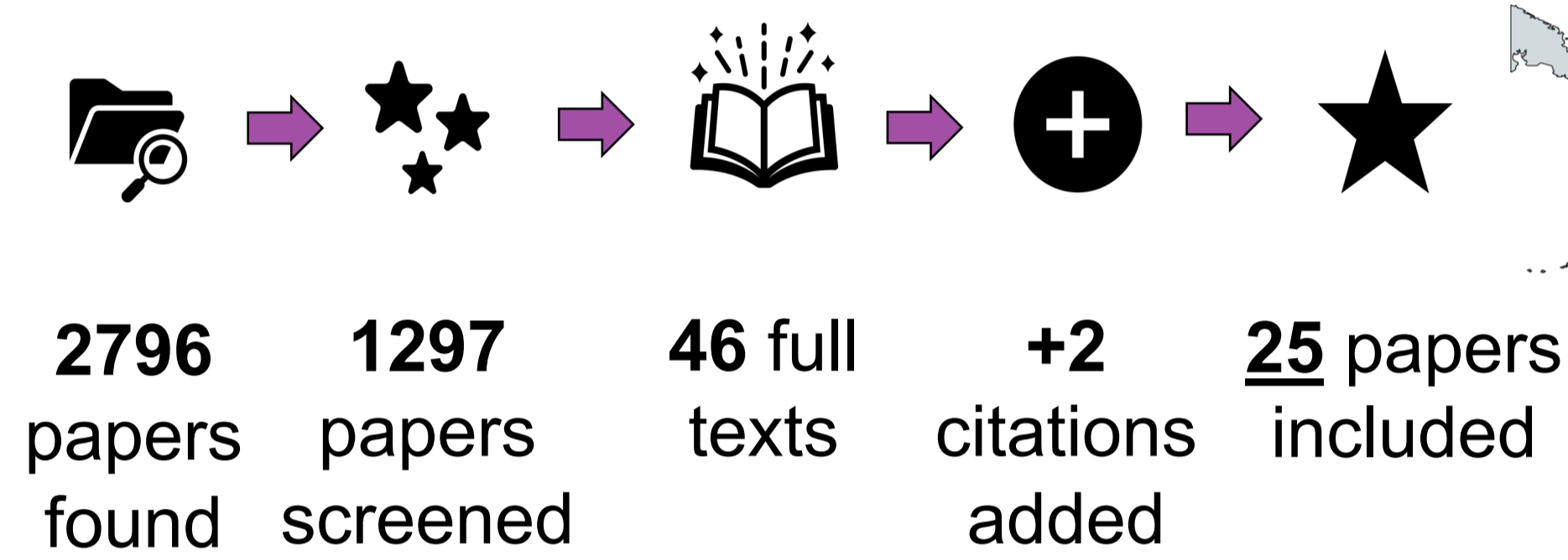
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Background

- Behavioural interventions can help people living with PPA and other rare dementias
- Therapy can be difficult to access
- Getting therapy on-line might be one solution
- There can be significant barriers accessing and implementing telehealth solutions
- We found out what the literature says (some of) these barriers are, alongside ways to overcome them
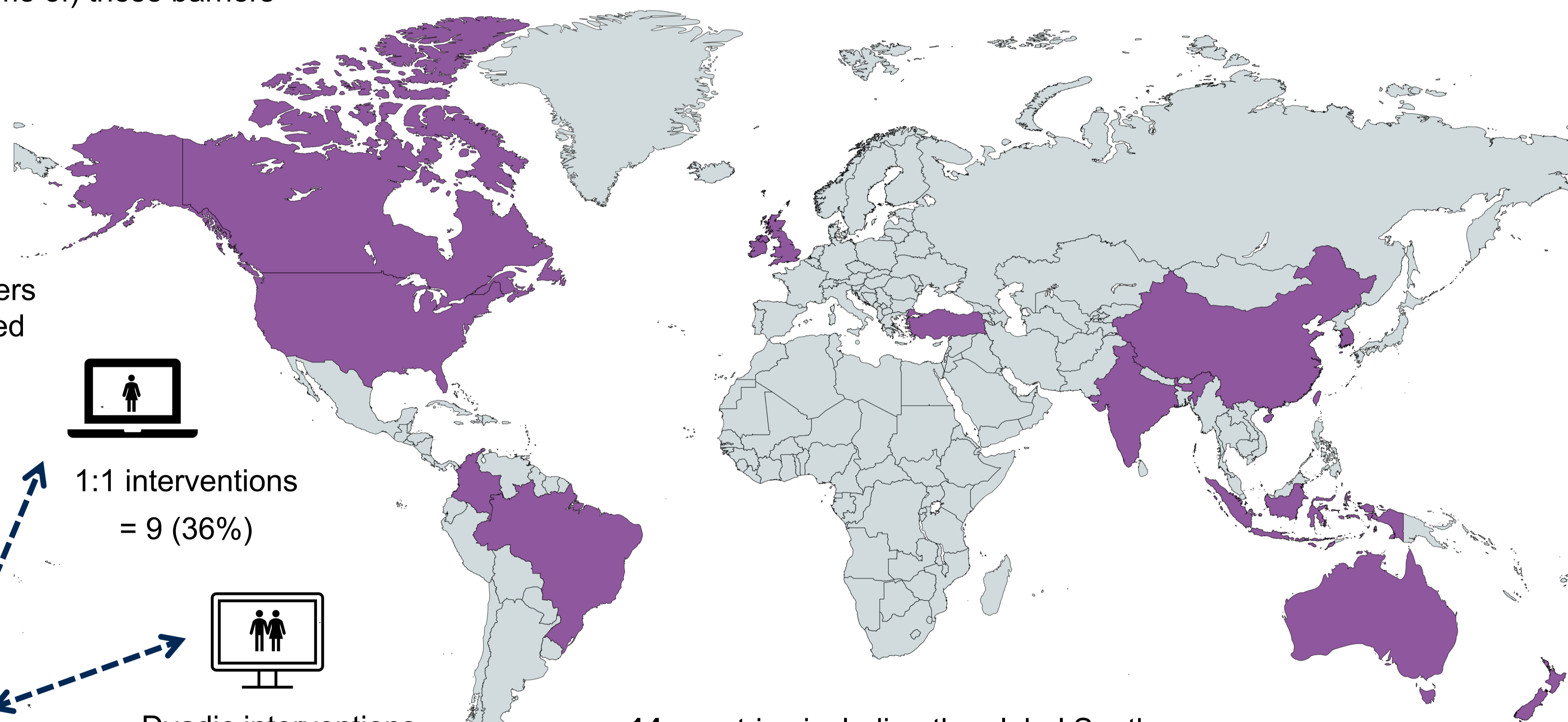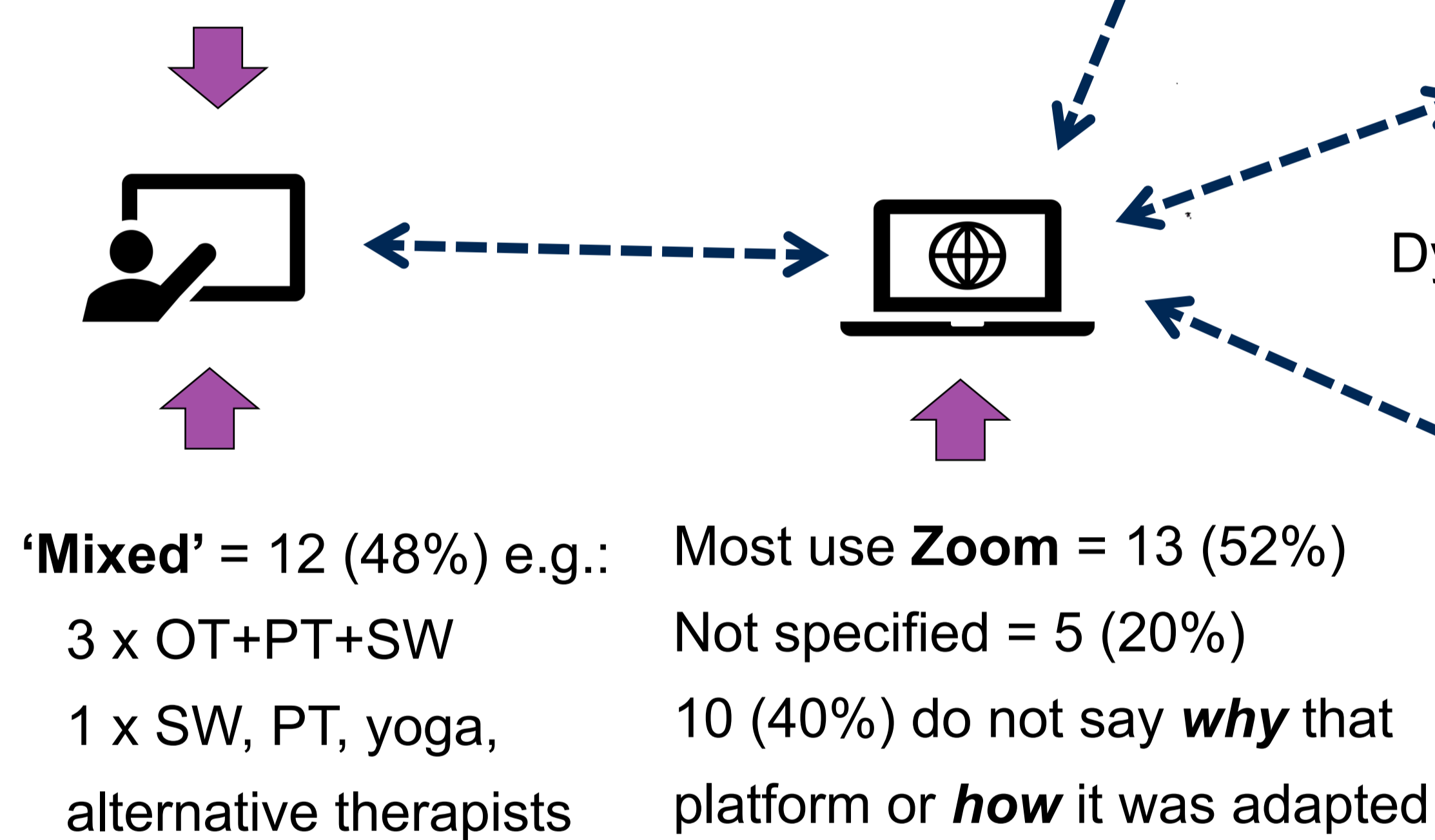
Methods - systematic review

Systematic **search** of the literature for synchronous, on-line (i.e. via telehealth) intereventions for people with dementia with or without their care partners, since 2018

Narrative synthesis of implementation barriers and facilitators using the **Theoretical Domains Framework** + additional inductively identified behaviour change / implementation domains

Results

2796 papers found → **1297** papers screened → **46** full texts → **+2** citations added → **25** papers included

SLT (PPA) interventions = 5 (20%)
PT focus = 5 (20%) **OT** focus = 2 (8%)
Music therapy intervention = 1 (4%)

1:1 interventions = 9 (36%)

Dyadic interventions = 10 (40%)

Group interventions = 6 (24%)

'Mixed' = 12 (48%) e.g.:
3 x OT+PT+SW
1 x SW, PT, yoga, alternative therapists

Most use **Zoom** = 13 (52%)
Not specified = 5 (20%)
10 (40%) do not say *why* that platform or *how* it was adapted

- **14** countries including the global South
- **8** qualitative + **13** quantitative + **3** mixed methods + **1** case study
- Overwhelmingly positive **feasibility** and **acceptability**
- The papers which used **an implementation framework** identified more implementation / behaviour change domains
- **17** (68%) papers had *inclusion* criterea resulting in digital *exclusion*
- **5** (20%) studies included person centred goal setting

- **7** (28%) papers involve people living with PPA (i.e., telehealth intereventions are accessible to people with PPA)
- **12 papers (48%)** did not specify participant's dementia type
- **3** (12%) studies specifically exclude people with communication difficulties
- **No** studies provided cost details, but many discussed cost savings

Top 6 facilitator domains	(no. of papers)
Environmental context and resources	24
Knowledge (of the intervention or technology)	20
Social Influences	17
Creativity / flexibility of the intervention	14
Skills (development & of the therapist)	14
Safety	12

Top 6 barrier domains	(no. of papers)
Environmental context and resources	18
Knowledge	9
Emotion	9
Social Influences	8
Memory, attention & decision processes	7
Safety	7

Least identified domains
Beliefs about capabilities
Beliefs about consequences
Social & professional role
Optimism / pessimism
Behavioural regulation
Goals

Conclusions

- Telehealth intereventions are accessible to people with PPA & dementia
- Improved reporting and specificity needed in future studies
- Use a framework to comprehensively identify implementation issues
- Provide resource to get around digital exclusion
- Weave socialization opportunities into telehealth intereventions
- Importance of dyadic intereventions, or 'proxy' support
- Need to move beyond barriers and facilitators model to explore what is not said in this literature

Better Conversations *with primary progressive aphasia*

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OSF materials:

PROPERO protocol: