

Rechercheprotokoll

Fragestellung:

Wie können Diabetiker mit chronischen Schmerzen im Selbstmanagement unterstützt werden?

How can diabetics with chronic pain be supported in self-management?

Boolesche Operatoren	↓ OR	AND	↓ OR	AND	↓ OR	AND	↓ OR
Suchkomponenten	Diabetiker	Chronische Schmerzen	Selbstmanagement	Unterstützung			
Synonyme, Ober-/ Unterbegriffe, Abkürzungen, verwandte Begriffe	Diabetiker, Menschen mit Diabetes Diabetes-Patient* Diabetes	chronische Schmerzen andauernde Schmerzen persistente Schmerzen	Selbstmanagement Selbstfürsorge	Unterstützung Anleitung Schulung Intervention			
englische Keywords	diabetic* diabetic* patient* diabetes mellitus	chronic pain persistent pain long term pain long-term pain	self-management self management self-care self care	support assistance guidance education intervention			
Schlagwörter (Thesaurus)	Diabetic Patients (CINAHL Heading) Diabetes Mellitus (MeSH, CINAHL Heading)	Chronic Pain (MeSH, CINAHL Heading)	Self-Management Self Care (MeSH, CINAHL Heading)	Patient Education (MeSH, CINAHL Heading) Diabetes Education (CINAHL Heading)			

Recherche

10.06.25

Datenbank	Suchkombinationen / Eingrenzungen	Anzahl Treffer / Bewertung der Brauchbarkeit
CINAHL Ultimate	Suchkomponente 1 (MH "Diabetes Mellitus+" OR MH "Diabetic Patients") OR XB (diabet* patient* OR diabet* client*) (MH "Diabetes Mellitus+" OR MH "Diabetic Patients") OR XB ("diabet* patient*" OR "diabet* client*") <i>Variante mit Phrasen</i>	222.333 208.471
CINAHL Ultimate	Suchkomponente 2 MH "Chronic Pain" OR XB (chronic pain or persistent pain or long term pain OR long-term pain) MH "Chronic Pain" OR (XB "chronic pain" or "persistent pain" or "long term pain" OR "long-term pain") <i>Variante mit Phrasen</i>	59.031 42.317
CINAHL Ultimate	Suchkomponente 3 MH "Self Care" OR MH "Self-Management" OR XB (self care or self-care or self-management or self management) MH "Self Care" OR MH "Self-Management" OR XB ("self care" or self-care or self-management or "self management") <i>Variante mit Phrasen</i>	79.735 69.627

CINAHL Ultimate	Suchkomponente 4 MH "Patient Education" OR MH "Diabetes Education" OR XB (support OR assistance OR guidance OR education OR intervention)	1.348.531
CINAHL Ultimate	Alle Komponenten ((MH "Diabetes Mellitus+" OR MH "Diabetic Patients") OR XB (diabet* patient* OR diabet* client*)) AND (MH "Chronic Pain" OR XB (chronic pain or persistent pain or long term pain OR long-term pain)) AND (MH "Self Care" OR MH "Self-Management" OR XB (self care or self-care or self-management or self management)) AND (MH "Patient Education" OR MH "Diabetes Education" OR XB (support OR assistance OR guidance OR education OR intervention)) <i>Bei allen Komponenten Varianten ohne Phrasen</i> ((MH "Diabetes Mellitus+" OR MH "Diabetic Patients") OR XB ("diabet* patient*" OR "diabet* client*")) AND (MH "Chronic Pain" OR (XB "chronic pain" or "persistent pain" or "long term pain")) AND (MH "Self Care" OR MH "Self-Management" OR XB ("self care" or self-care or self-management or "self management")) AND (MH "Patient Education" OR MH "Diabetes Education" OR XB (support OR assistance OR guidance OR education OR intervention)) <i>Bei allen Komponenten Varianten mit Phrasen</i>	<i>Brauchbarkeit der Treffer nicht bewertet</i> 17 12
MEDLINE via PubMed	Suchkomponente 1 "Diabetes Mellitus"[MeSH Terms] OR "diabet* patient*"[Title/Abstract] OR "diabet* client*"[Title/Abstract]	570,865

MEDLINE via PubMed	Suchkomponente 2 "Chronic Pain"[MeSH Terms] OR "Chronic Pain"[Title/Abstract] OR "persistent pain"[Title/Abstract] OR "long term pain"[Title/Abstract] OR "long term pain"[Title/Abstract]	75,845
MEDLINE via PubMed	Suchkomponente 3 "self care"[MeSH Terms] OR "self management"[MeSH Terms] OR "self care"[Title/Abstract] OR "self care"[Title/Abstract] OR "self management"[Title/Abstract] OR "self management"[Title/Abstract]	106,816
MEDLINE via PubMed	Suchkomponente 4 "Patient Education as Topic"[MeSH Terms] OR "support"[Title/Abstract] OR "assistance"[Title/Abstract] OR "guidance"[Title/Abstract] OR "education"[Title/Abstract] OR "intervention"[Title/Abstract]	3,121,233
MEDLINE via PubMed	Alle Komponenten ("diabet* patient*" [Title/Abstract] OR "diabet* client*" [Title/Abstract] OR "Diabetes Mellitus"[MeSH Terms]) AND ("Chronic Pain"[MeSH Terms] OR "Chronic Pain"[Title/Abstract] OR "persistent pain"[Title/Abstract] OR "long term pain"[Title/Abstract] OR "long term pain"[Title/Abstract]) AND ("self care"[MeSH Terms] OR "self management"[MeSH Terms] OR "self care"[Title/Abstract] OR "self care"[Title/Abstract] OR "self management"[Title/Abstract] OR "self management"[Title/Abstract]) AND ("Patient Education as Topic"[MeSH Terms:noexp] OR "support"[Title/Abstract] OR "assistance"[Title/Abstract] OR "guidance"[Title/Abstract] OR "education"[Title/Abstract] OR "intervention"[Title/Abstract])	<i>Brauchbarkeit der Treffer nicht bewertet</i> 12

Illustration Suchschritte und Search History

CINAHL Ultimate

Search articles, books, journals & more

Searching: [CINAHL Ultimate](#) Basic search

MH "Diabetic Patients" ✕	All fields ▼
OR ▼ diabet* patient* OR diabet* client* ✕	Title and Abstract - XB ▼
AND ▼	All fields ▼
+ Add fields Search	
MH "Chronic Pain" ✕	All fields ▼
OR ▼ chronic pain or persistent pain or long term pain OR long-term pain ✕	Title and Abstract - XB ▼
AND ▼	All fields ▼
+ Add fields Search	
MH "Self Care" OR MH "Self-Management" ✕	All fields ▼
OR ▼ self care or self-care or self-management or self management ✕	Title and Abstract - XB ▼
AND ▼	All fields ▼
+ Add fields Search	

Searching: [CINAHL Ultimate](#) Basic search

MH "Patient Education" OR MH "Diabetes Education" ✕	All fields ▼
OR ▼ support OR assistance OR guidance OR education OR intervention ✕	Title and Abstract - XB ▼
AND ▼	All fields ▼
+ Add fields Search	

 Recent activity

Search History

Viewed Records

☐

Number of searches: 8

↓

Newest

☐

S8

Bookmark

More

(MH "Diabetic Patients" OR XB (diabet* patient* OR diabet* client*)) AND (MH "Chronic Pain" OR XB (chronic pain or persistent pain or long term pain OR long-term pain)) AND (MH "Self Care" OR MH "Self-Management"...

18:44

Results: 14

Proximity

Apply equivalent subjects

☐

S7

Bookmark

More

MH "Patient Education" OR MH "Diabetes Education" OR XB (support OR assistance OR guidance OR education OR intervention)

18:10

Results: 1.348.531

Proximity

Apply equivalent subjects

☐

S6

Bookmark

More

MH "Self Care" OR MH "Self-Management" OR XB ("self care" or self-care or self-management or "self management")

18:09

Results: 69.627

Proximity

Apply equivalent subjects

☐

S5

Bookmark

More

MH "Self Care" OR MH "Self-Management" OR XB (self care or self-care or self-management or self management)

18:09

Results: 79.735

Proximity

Apply equivalent subjects

☐

S4

Bookmark

More

MH "Chronic Pain" OR XB "chronic pain" or "persistent pain" or "long term pain")

18:09

Results: 42.033

Proximity

Apply equivalent subjects

☐

S3

Bookmark

More

MH "Chronic Pain" OR XB (chronic pain or persistent pain or long term pain OR long-term pain)

18:09

Results: 59.031

Proximity

Apply equivalent subjects

Version 27.10.2025

Seite 6 von 17

☐ S2
 🔖 ⋮

MH "Diabetic Patients" OR XB ("diabet* patient*" OR "diabet* client*")

🕒 18:09 Results: 35.642

☐ S1
 🔖 ⋮

MH "Diabetic Patients" OR XB (diabet* patient* OR diabet* client*)

🕒 18:09 Results: 78.608

MEDLINE via PubMed

Add terms to the query box

Title/Abstract ⌵

diabet* patient* OR diabet* client*

×

OR ▾

[Show Index](#)

Query box

("Diabetes Mellitus"[MeSH Terms]) OR (diabet* patient*[Title/Abstract] OR diabet* client*[Title/Abstract])

×

Search ▾

Add terms to the query box

Title/Abstract ⌵

chronic pain or persistent pain or long term pain OR long-term pain

×

ADD ▾

[Show Index](#)

Query box

("Chronic Pain"[MeSH Terms]) OR (chronic pain[Title/Abstract] OR persistent pain[Title/Abstract] OR long term pain[Title/Abstract] OR long-term pain[Title/Abstract])

×

Search ▾

Add terms to the query box

Title/Abstract ⌵

self care or self-care or self-management or self management

×

ADD ▾

[Show Index](#)

Query box

("Self Care"[MeSH Terms] OR "Self-Management"[MeSH Terms]) OR (self care[Title/Abstract] OR self-care[Title/Abstract] OR self-management[Title/Abstract] OR self management[Title/Abstract])

×

Search ▾

Add terms to the query box

Title/Abstract ⌵

support OR assistance OR guidance OR education OR intervention

×

ADD ▾

[Show Index](#)

Query box

("Patient Education as Topic"[MeSH Terms]) OR (support[Title/Abstract] OR assistance[Title/Abstract] OR guidance[Title/Abstract] OR education[Title/Abstract] OR intervention[Title/Abstract])

×

Search ▾

Hinweis:

Werden in PubMed bei der Eingabe und Eingrenzung auf Suchfelder die Keywords ohne Phrasenzeichen eingegeben, werden diese bei der Ausführung der Suche automatisch gesetzt, siehe dazu die Details in der Search History.

Für die Übernahme des Search Strings ins Rechercheprotokoll ist die Version in den Details empfehlenswert, dort sind für den Aufbau der Suche nicht notwendige Klammern aus der ursprünglichen Suchanfrage entfernt.

History and Search Details

[Download](#) [Delete](#)

Search	Actions	Details	Query	Results	Time
#9	...	▼	Search: (((("Diabetes Mellitus"[MeSH Terms]) OR (diabet* patient*[Title/Abstract] OR diabet* client*[Title/Abstract])) AND ("Chronic Pain"[MeSH Terms]) OR (chronic pain[Title/Abstract] OR persistent pain[Title/Abstract] OR long term pain[Title/Abstract] OR long-term pain[Title/Abstract])) AND ("Self Care"[MeSH Terms] OR "Self-Management"[MeSH Terms]) OR (self care[Title/Abstract] OR self-care[Title/Abstract] OR self-management[Title/Abstract] OR self management[Title/Abstract])) AND ("Patient Education as Topic"[MeSH Terms]) OR (support[Title/Abstract] OR assistance[Title/Abstract] OR guidance[Title/Abstract] OR education[Title/Abstract] OR intervention[Title/Abstract])) ("Diabetes Mellitus"[MeSH Terms] OR ("diabet* patient*[Title/Abstract] OR "diabet* client*[Title/Abstract])) AND ("Chronic Pain"[MeSH Terms] OR ("Chronic Pain"[Title/Abstract] OR "persistent pain"[Title/Abstract] OR "long term pain"[Title/Abstract] OR "long term pain"[Title/Abstract])) AND ("self care"[MeSH Terms] OR "self management"[MeSH Terms] OR ("self care"[Title/Abstract] OR "self care"[Title/Abstract] OR "self management"[Title/Abstract] OR "self management"[Title/Abstract])) AND ("Patient Education as Topic"[MeSH Terms] OR ("support"[Title/Abstract] OR "assistance"[Title/Abstract] OR "guidance"[Title/Abstract] OR "education"[Title/Abstract] OR "intervention"[Title/Abstract]))	12	04:03:32
#8	...	▼	Search: ("Patient Education as Topic"[MeSH Terms]) OR (support[Title/Abstract] OR assistance[Title/Abstract] OR guidance[Title/Abstract] OR education[Title/Abstract] OR intervention[Title/Abstract]) "Patient Education as Topic"[MeSH Terms] OR "support"[Title/Abstract] OR "assistance"[Title/Abstract] OR "guidance"[Title/Abstract] OR "education"[Title/Abstract] OR "intervention"[Title/Abstract]	3,121,233	04:02:00
#7	...	▼	Search: ("Self Care"[MeSH Terms] OR "Self-Management"[MeSH Terms]) OR (self care[Title/Abstract] OR self-care[Title/Abstract] OR self-management[Title/Abstract] OR self management[Title/Abstract]) "self care"[MeSH Terms] OR "self management"[MeSH Terms] OR "self care"[Title/Abstract] OR "self care"[Title/Abstract] OR "self management"[Title/Abstract] OR "self management"[Title/Abstract]	106,816	04:00:46
#6	...	▼	Search: ("Chronic Pain"[MeSH Terms]) OR (chronic pain[Title/Abstract] OR persistent pain[Title/Abstract] OR long term pain[Title/Abstract] OR long-term pain[Title/Abstract]) "Chronic Pain"[MeSH Terms] OR "Chronic Pain"[Title/Abstract] OR "persistent pain"[Title/Abstract] OR "long term pain"[Title/Abstract] OR "long term pain"[Title/Abstract]	75,845	03:59:07
#5	...	▼	Search: ("Diabetes Mellitus"[MeSH Terms]) OR (diabet* patient*[Title/Abstract] OR diabet* client*[Title/Abstract]) "Diabetes Mellitus"[MeSH Terms] OR "diabet* patient*[Title/Abstract] OR "diabet* client*[Title/Abstract]	570,865	03:57:17
#4	...	▼	Search: "Patient Education as Topic"[Mesh] Sort by: Most Recent "Patient Education as Topic"[MeSH Terms]	91,061	02:37:02
#3	...	▼	Search: "Self Care"[Mesh] OR "Self-Management"[Mesh] Sort by: Most Recent "Self Care"[MeSH Terms] OR "Self-Management"[MeSH Terms]	72,107	02:36:15
#2	...	▼	Search: "Chronic Pain"[Mesh] Sort by: Most Recent "Chronic Pain"[MeSH Terms]	27,152	02:35:29
#1	...	▼	Search: "Diabetes Mellitus"[Mesh] Sort by: Most Recent "Diabetes Mellitus"[MeSH Terms]	549,351	02:35:08

Beispiele Unterstützung durch KI-Tools

Tabelle & Searchstrings erstellt mit ChatGPT 4o, Plus-Version, 6.6.2025

Prompt:

Ich schreibe eine Literatuarbeit zum Thema "Wie können Diabetes-Patienten mit chronischen Schmerzen im Selbstmanagement unterstützt werden?". Erstelle mir eine Vorlage zur Suchstrategieentwicklung für eine systematisierte Recherche. Zerlege das Thema in Komponenten und Schlüsselwörter. Finde Synonyme und verwandte Begriffe für jeden Schlüsselbegriff und übersetze diese auch auf Englisch. Finde auch Schlagwörter aus Datenbanken aus Gesundheit und Medizin. Stelle alles in einer Tabelle dar (eine Zeile für jede Komponente).

Resultat:

Hier ist eine strukturierte Vorlage zur Entwicklung Ihrer Suchstrategie für die systematisierte Literaturrecherche. Das Thema wurde in vier zentrale Komponenten zerlegt. Für jede Komponente sind relevante Schlüsselwörter, Synonyme (Deutsch/Englisch) sowie passende Schlagwörter aus medizinischen Datenbanken (z. B. MeSH für PubMed, CINAHL Headings) aufgeführt:

Komponente	Schlüsselbegriffe (Deutsch)	Synonyme / verwandte Begriffe (Deutsch)	Englische Begriffe	Synonyme / verwandte Begriffe (Englisch)	Datenbank-Schlagwörter (z. B. MeSH / CINAHL Headings)
1. Zielgruppe	Diabetes-Patienten	Menschen mit Diabetes, Diabetiker	Diabetes patients	People with diabetes, Diabetics	MeSH: Diabetes Mellitus / CINAHL: Diabetes Mellitus
2. Gesundheitsproblem	Chronische Schmerzen	andauernde Schmerzen, persistente Schmerzen	Chronic pain	Persistent pain, long-term pain	MeSH: Chronic Pain / CINAHL: Pain, Chronic
3. Interventionsbereich	Selbstmanagement	Selbstkontrolle, Selbstfürsorge, Eigenmanagement	Self-management	Self-care, Self-monitoring, Self-regulation	MeSH: Self-Management / CINAHL: Self Care

4. Unterstüt- zung	Unterstützung	Hilfe, Förderung, Intervention, Anleitung	Support	Assistance, Guidance, Intervention	MeSH: Patient Education as Topic, Health Education / CINAHL: Patient Education, Support Systems
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Fazit:

Chat-GPT liefert mit einem präzisen Prompt eine übersichtliche Tabelle mit den wesentlichen Keywords sowie Vorschlägen für Schlagwörter relevanter Datenbanken.

Alle Keywords sollten für die finale Tabelle als Basis der Recherche anhand des eigenen Fachwissens sowie einschlägigen Nachschlagewerken geprüft, angepasst und ergänzt werden.

Die Schlagwörter müssen unbedingt in den Schlagwort-Verzeichnissen der jeweiligen Datenbanken verifiziert werden, ebenso sollte anhand der Keywords nach allfälligen weiteren Schlagwörtern gesucht werden, die Tabelle von ChatGPT kann Lücken und Fehler aufweisen.

Auf dem ursprünglichen Prompt aufbauende weitere Anfrage:

Erstelle daraus einen Searchstring für PubMed und CINAHL.

 Suchstring für PubMed

("Diabetes Mellitus"[MeSH Terms] OR diabetes[tiab] OR diabetics[tiab] OR "people with diabetes"[tiab])

AND

("Chronic Pain"[MeSH Terms] OR "persistent pain"[tiab] OR "long-term pain"[tiab] OR "chronic pain"[tiab])

AND

("Self-Management"[MeSH Terms] OR "self-management"[tiab] OR "self-care"[tiab] OR "self-monitoring"[tiab])

AND

("Patient Education as Topic"[MeSH Terms] OR "Health Education"[MeSH Terms] OR support[tiab] OR assistance[tiab] OR guidance[tiab] OR intervention[tiab])



Hinweise:

[MeSH Terms] = kontrollierter Schlagwortindex

[tiab] = Titel oder Abstract, um Freitext zu erfassen

Suchstring für CINAHL (via EBSCOhost)

(MH "Diabetes Mellitus" OR diabetes OR diabetics OR "people with diabetes")
AND
(MH "Pain, Chronic" OR "chronic pain" OR "persistent pain" OR "long-term pain")
AND
(MH "Self Care" OR "self-management" OR "self-care" OR "self-monitoring")
AND
(MH "Patient Education" OR "support" OR "guidance" OR "intervention" OR "assistance")

Hinweise:

- MH = CINAHL Subject Heading (controlled vocabulary)
- Freitextbegriffe sind ohne Feldbegrenzung einsetzbar, können aber auf z. B. AB (Abstract) oder TI (Title) eingeschränkt werden

Fazit:

Generell eignet sich der ausgegebene Searchstring durchaus als Basis zur Verwendung bei der Recherche, sollte jedoch immer geprüft und anhand der Wortfeld-Tabelle angepasst/ergänzt werden.

Für PubMed

Wird direkt die Eingrenzung mit Title/Abstract gewählt und es wird nur die Phrasensuche verwendet, keine Trunkierungen. Inwieweit diese noch einen Mehrwert bieten kann, am besten selbst testen und Searchstring weiterentwickeln.

Für CINAHL

Wird noch keine Eingrenzung nach Titel und/oder Abstract gewählt. Hier ist ChatGPT offensichtlich noch nicht auf dem aktuellen Stand, dass es neu die Eingrenzungsmöglichkeit mit der Auswahl XB (Title and Abstract) gibt.

Beispiel in Scopus AI, 27.10.2025

Explore topics and discover
relevant references since 2003

Wie können Diabetes-Patienten mit chronischen Schmerzen im Selbstmanagement unterstützt werden?

☒ Deep research

→

How can diabetes patients with chronic pain be supported in self-management?

[Hide Copilot steps](#) ^

☑ Creating a plan to answer your query

☑ Performing natural language search:

- How can diabetes patients with chronic pain be supported in self-management?

☑ Performing keyword search:

- ("diabetes" OR "diabetic" OR "hyperglycemia" OR "blood sugar") AND ("self-management" OR "self-care" OR "self-monitoring" OR "autonomy") AND ("chronic pain" OR "persistent pain" OR "long-term pain" OR "pain management") AND ("support" OR "assistance" OR "guidance" OR "intervention")

☑ Generating summary

Searchstring keyword search

- ("diabetes" OR "diabetic" OR "hyperglycemia" OR "blood sugar") AND ("self-management" OR "self-care" OR "self-monitoring" OR "autonomy") AND ("chronic pain" OR "persistent pain" OR "long-term pain" OR "pain management") AND ("support" OR "assistance" OR "guidance" OR "intervention")

Summary Table & References

Summary Table

Strategy	Description	Supporting Abstracts
Patient Empowerment and Education	Educate and empower patients for informed self-care decisions	1 2 3
Support Systems	Organize support groups and involve informal health supporters	4 5
Addressing Chronic Pain	Manage pain through medical interventions and CBT-based programs	6 7 8
Technological Interventions	Use telehealth programs and mHealth apps for continuous support	9 10 11
Healthcare Provider Support	Provide autonomy support and implement GMVs for integrative care	5 12 13
Overcoming Barriers	Identify and address barriers to effective self-management	14

By integrating these strategies, healthcare providers can better support diabetes patients with chronic pain in managing their condition effectively.

References

Reference 1

First results about the use of a patient portal by people with diabetes in a rural area

Manousos D., Chiarugi E.,

Kontogiannis V., (...), Clarke M.

2013 E-Health and Bioengineering Conference, EHB 2013 ↗

2013

Reference 2

Diabetes education to provide the necessary self-management skills

Wilson V.

British Journal of Community Nursing ↗

2021

Reference 3

Therapeutic Lifestyle Changes for Diabetes Mellitus

Levesque C.

Nursing Clinics of North America ↗

2017

[Show all 14 references](#)

Foundational documents

Related documents

Foundational documents are cited by two or more of the references used to create your summary.

37,841 citations • Commonly cited by 3

Self-efficacy: Toward a unifying theory of behavioral change ↗

Bandura, A. ↗

Psychological Review ↗ 1977

[Show abstract](#) ✓

1,396 citations • Commonly cited by 3

Effect of a self-management program on patients with chronic disease. ↗

Lorig, K.R. ↗, Sobel, D.S. ↗, Ritter, P.L. ↗, (...), Hobbs, M. ↗

Effective Clinical Practice ECP ↗ 2001

[Show abstract](#) ✓

Beispiel in Elicit, 27.10.2025

Research report

Systematic review

Find papers

Wie können Diabetes-Patienten mit chronischen Schmerzen im Selbstmanagement unterstützt werden?

● Good research question. Consider adding these elements for better results:

Specificity

Intervention type

Outcome measurement

Searching:

Research papers

Clinical trials

Research report

Systematic review

Find papers

How can diabetes patients with chronic pain be supported in self-management?

● Good research question. Consider adding these elements for better results:

Specificity

Intervention type

Population characteristics

Searching:

Research papers

Clinical trials

Summarize these papers Copy

Diabetes-Patienten mit chronischen Schmerzen können durch ein umfassendes, personalisiertes Selbstmanagement-Unterstützungsprogramm effektiv betreut werden.

Schlüsselstrategien umfassen:

- Therapeutische Schulung zur Stärkung individueller Ressourcen
- Vermittlung von Wissen und Fähigkeiten zur Selbstentscheidung [H. Faller et al., 2011](#)
- Integration verhaltens-, psychosozialer und klinischer Strategien [D. Sherifali et al., 2013](#)
- Einbeziehung von Angehörigen und Peer-Unterstützung [E. Spichiger et al., 2018](#)

Die Evidenz zeigt, dass ein ganzheitlicher Ansatz entscheidend ist, der über reine medizinische Behandlung hinausgeht und Patienten zur aktiven Krankheitsbewältigung befähigt.

Summarize these papers Copy

Diabetes patients with chronic pain can be supported in self-management through multifaceted, personalized interventions that address psychological, educational, and practical challenges.

The evidence suggests several key strategies: First, [P. Joshi et al., 2014](#) note that chronic pain affects about 40-60% of diabetes patients, substantially interfering with self-care. [S. Krein et al., 2005](#) found that chronic pain significantly reduces patients' ability to follow exercise and medication plans. [H. Devan et al., 2018](#) identified critical enablers including:

1. Self-discovery techniques
2. Empowerment strategies
3. Collaborative relationships with clinicians
4. Strong family and social support

[Elizabeth G Mann et al., 2013](#) emphasize that self-management interventions should teach coping strategies, build self-efficacy, and provide ongoing support. Crucially, recommend personalized approaches that consider individual patient needs, cultural background, and emotional concerns.

The evidence, while promising, is still developing, with most studies highlighting the complexity of supporting patients with multiple chronic conditions.

☐ Paper 10 found	Summary
☐ Tätigkeitsfelder für Diabetesberater und Diabetesassistenten – Schulung und Beratung für Menschen mit Diabetes ☐ Diabetes aktuell, 2014, 0 citations ☐ Abstract only	Not relevant * (the abstract discusses general self-management strategies for diabetes * but does not address chronic pain *)
☐ DGRW-Update: Patientenschulung H. Faller, A. Reusch, K. Meng ☐ Die Rehabilitation, 2011, 46 citations ☐ Full text	Patient education programs are effective for promoting self-management and empowerment in chronic diseases like diabetes and chronic back pain *, with follow-up measures enhancing sustainability and targeted programs developed based on demographic factors. *
☐ 10 wichtige Punkte bei der Unterstützung im Selbstmanagement ☐ MSK – Muskuloskelettale Physiotherapie, 2022, 0 citations ☐ Abstract only	Support for self-management involves a paradigm shift from doctor-led therapy to patient-led health care *, where individuals manage their own health with imparted knowledge and skills. *
☐ Krebsbedingte Schmerzen – Unterstützung des Selbstmanagements von Patienten und Angehörigen E. Spichiger, Sabine Valenta ☐ Praxis, 2018, 1 citation ☐ Abstract only	Not relevant (the abstract discusses cancer-related pain, not diabetes-related chronic pain) *
☐ Diabetes self-management: what are we really talking about? D. Sherifali, Helen Jones, Y. Mullan ☐ Canadian Journal of Diabetes, 2013, 3 citations ☐ Full text	Not relevant (the abstract discusses general challenges and definitions in diabetes self-management * but does not specifically address supporting diabetes patients with chronic pain) *
☐ Personalisiertes Selbstmanagement Unterstützungsprogramm (P-SUP) für Patient*innen mit Diabetes mellitus Typ 2 und/oder koronarer Herzkrankheit H. Könnecke, L. Giesen, J. Goetz, M. Redaelli, U. Konerding, and 8 more ☐ Das Gesundheitswesen, 2021, 0 citations ☐ Abstract only	Not relevant (the abstract focuses on self-management for diabetes and coronary heart disease, not specifically on chronic pain) *
☐ Beratung und Schulung von Menschen mit chronischen Krankheiten chronischen Krankheiten, Selbstmanage-Autoren C. K ü ver, A. Becker, S. Ludt ☐ 2008, 3 citations ☐ Abstract only	Not directly relevant to the research question * (the abstract discusses general support for chronically ill patients * but does not specifically address diabetes patients with chronic pain *)