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Implementing research into practice to support carer needs of patients with life limiting conditions

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The CSNAT (Carer Support Needs Intervention Tool) approach is a person-centred process of carer assessment and support in palliative and end of life care. The research behind this tool has been conducted by Prof Gunn Grande and Gail Ewing. According to Carers UK 1 in 8 adults are carers in the UK (6.5 million) set to rise to 9 million by 2037. At the end of 2017 the Supportive and Palliative Care Team (SPCT) was approached by Gunn Grande from the University of Manchester, the aim of the research was to look at the implementation process of the CSNAT into practice as part of the discharge process in collaboration with the community Macmillan Team. The SPCT saw this as a great opportunity to implement evidenced based practice as part of a research study. The study was supported by the Collaboration for Leadership in Applied Health Research and Care (CLAHRC) Greater Manchester.

The study used a case study approach based on the MRC complex interventions framework with the utilisation of focus groups to interview the participants. The findings of this study are still under analysis and interpretation by the University of Manchester. Implementation of the CSNAT approach into practice by the SPCT provides a holistic carer led assessment and action plan of carers needs. The research which provides the evidence base and validation of the approach is informed by carers and practitioners. Early data suggests using the intervention much earlier on in the journey, providing an appropriate environment will facilitate the approach, allowing the community team to start the intervention in the community will provide us with a greater understanding of the impact of the CSNAT intervention upon carer outcomes.

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