



CLAHRCBITE

Brokering Innovation Through Evidence

July 2019

Supporting carers to enhance patient discharge - Marie Curie



The National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care (NIHR CLAHRC) Greater Manchester is a partnership between providers and commissioners from the NHS, industry, the third sector and the University of Manchester.

We aim to improve the health of people in Greater Manchester and beyond through carrying out research and putting it into practice.

What was the aim of the project?

The Marie Curie patient discharge project supports family carers to enable patient discharge from acute care at end-of-life by adapting an evidence-based carer assessment to acute care settings.

What did we do?

- Investigated the content, timing and format of support that's required by family carers at patient discharge from acute care at end-of-life;
- Used findings to adapt an evidence-based carer support needs assessment tool to the acute care setting and integrated it into a plan of care to facilitate timely and appropriate patient discharge.

Why is it important?

Evidence shows that family carers are the main factor in enabling death at home and the odds of discharging patients from hospital to die at home are reduced five-fold if carers are reluctant to support discharge. However, such reluctance may often stem from a lack of preparation and information. Carers form a crucial component in the success of discharge as well as preventing re-admission to hospital.



Results

Current barriers to supporting carers at hospital discharge were an organisational focus on patients' needs, what practitioners perceived as carers' often 'unrealistic

expectations' of end-of-life caregiving at home and lack of awareness of patients' end-of-life situation. The CSNAT Approach was viewed as enabling carer support and addressing difficulties of discussing the realities of supporting someone at home towards end of life. Implementation in hospital required organisational considerations of practitioner workload and training. To enhance carer support, a two-stage process of assessment and support (hospital with community follow-up) was suggested using the CSNAT as a carer-held record to manage the transition.



Who did we work with?

Marie Curie

What next?

This study identifies a novel intervention, which expands the focus of discharge planning to include assessment of carers' support needs at transition, potentially preventing breakdown of care at home and patient readmissions to hospital.

What is NIHR CLAHRC GM?

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Find out more

www.clahrc-gm.nihr.ac.uk/projects/marie-curie

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