

Practice Newsletter update

August 2016 | Issue 2

Thank you for agreeing to take part in the 3D Study

We are now more than half way through the trial so we thought we would give an update.

Recruitment

A total of 33 practices across Bristol, Greater Manchester and Ayrshire agreed to take part in the study and were randomly allocated to the intervention (16 practices) or usual care (17 practices). Patient recruitment closed at the end of 2015 with a final recruitment number of 1546. This was over 10% above the target number which is a fantastic achievement and gives us enough statistical power to show whether this intervention works.

Carers

The carers of study patients were also invited to participate in a parallel survey and 131 carers were recruited to this substudy. We hope to investigate whether changes to the management of the patient improves the wellbeing of their carers.

Study website

If you would like to stay up to date with the study then please visit our website:
www.bristol.ac.uk/3d-study



The 3D Study:
Improving whole person care



Follow-ups

The first (9 month) follow-up of study participants is currently ongoing. Participants will be mailed their follow-up questionnaires.

Please could you inform the study teams of any study participants who have died or left the practice to ensure that we do not attempt to contact them.

We would appreciate it if GP signed deceased forms are returned to study teams promptly.

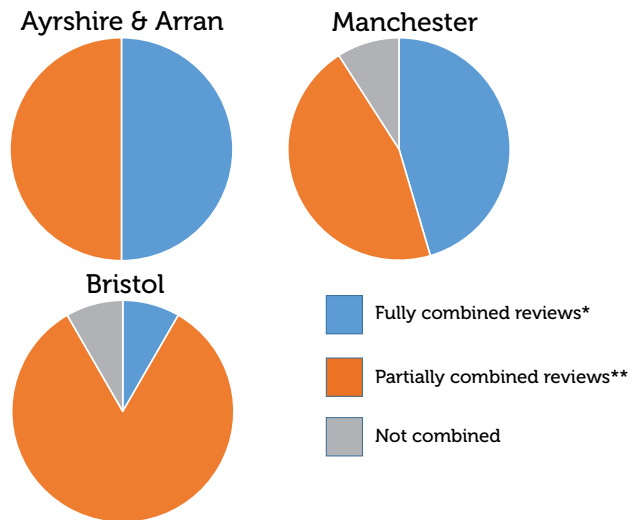
Please remember to inform your local research team if any patient in this trial experiences any unexpected adverse event. This particularly applies to any unplanned hospital admission that may be related to decisions made at a 3D review or routine long term conditions review in control practices.

Before we started the study...

Usual care profiles

All practices completed a survey of how they managed patients with multiple long term conditions before the trial started. This showed that there was variation in care provision.

- In Manchester and Ayrshire, half the practices planned fully combined long-term condition reviews. Almost all the rest were partially combined. In Bristol almost all were partially combined, but in practice some were fully combined.
- Care plans were only used for some conditions.
- No practice had fully combined templates, although a few practices created partial or combined specific conditions within a template.
- Screening for depression in patients with multimorbidity occurred in about a third of all practices.
- Few practices actively encouraged patients to see the same doctor.



* Fully combined - preplanned, all conditions, clinician and patient aware all conditions for review

** Partially combined reviews - combine as much as possible or combine some pre-identified conditions only

Process Evaluation

The process evaluation taking place alongside the trial is studying how the variety in practices affects the intervention and how different practices implement it and experience it. The information you all provided about your practice and how you deliver care was very valuable. A few results of that survey are included in this newsletter. Some of you have also been interviewed about your opinion of the intervention. Thank you!

The next step is to record what actually happens in reviews, both in usual care practices and in intervention practices. This will help us to see:

- how the intervention compares to what you would normally do
- what part the 3D template plays
- which bits seems to work best
- how patients are responding

We are very grateful to those that have been recorded and hope to record many more.

Continuity of Care

