

# Newsletter update

July 2017 | Issue 3



**The 3D Study:**  
Improving whole person care

## A huge thank you for taking part in the 3D Study.

**This research has been testing a new approach to how GP practices can improve the way they treat patients with three or more long-lasting health problems.**

You are one of 1546 patients and 126 carer volunteers who have taken part in the study. 33 General Practices from around Bristol, Greater Manchester, Glasgow and Ayrshire were involved in the study. Half the practices tried out the new approach where patients had a two-part 3D review of all their health conditions with a nurse and GP using a new 3D computer template. Other practices continued with their usual review appointments.

## Latest news and results

Final results will be available in the autumn. You can get the latest news from the study website:

[www.bristol.ac.uk/3d-study](http://www.bristol.ac.uk/3d-study)



## Thank you for your information and views

The final 15 month questionnaires have now been collected. 1281 participants (83%) returned their questionnaires. We will be looking at the results from all that information.

We are interested in whether the 3D approach affected your quality of life and your experience of care. For example, if you felt that the care you received met your needs and concerns.

In addition, we are looking at the effort it takes to manage your conditions and medication, and the cost to you. We will also calculate the cost of this new approach to the NHS.

This project was funded by the National Institute for Health Research Health Services and Delivery Research Programme (project number 12/130/15). The views and opinions expressed therein are those of the authors and do not necessarily reflect those of the HS&DR Programme, NIHR, NHS or the Department of Health.

## Your opinion of the 3D Approach

38 participants volunteered to be interviewed or take part in focus groups and 37 allowed their consultations to be recorded. This helped us understand what happened during the reviews and what you thought of the approach. We also interviewed nurses, GPs, pharmacists and receptionists to find out their opinion.

Here are some of the things that were said about the 3D approach:

Quotes from participants:

*'It's an opportunity you don't get all the time is to go and see somebody who will go through everything.'*

*'I felt that because of the study I had a lot more opportunity and that I was being heard more, because my opinion was being asked more.'*

Quotes from clinicians:

*'There were patients who brought up things that I didn't even know was a problem for them, that were totally separate to their chronic diseases, that were more important to them than their chronic diseases, which is reasonable.'*

*'I just think it's trying to fit in the social aspects and the patient's agenda alongside the clinical aspects that we need to cover as well, within the appointment time.'*

Most clinicians thought the reviews were good in principle but not easy to fit in to their limited time. However, they almost all stated that in future they planned to always find out what most bothered the patient.

## Letting you know the results

When we have processed all the data and information we hope to be able to tell whether the new way of care was better. We will send you a summary newsletter of what we found. The results will also be on our website [www.bristol.ac.uk/3d-study](http://www.bristol.ac.uk/3d-study).

If you do not want to receive this final newsletter, please let us know by contacting us.

Tel: 0117 33 14587 or

Email: [3d-study@bristol.ac.uk](mailto:3d-study@bristol.ac.uk)



## Patient and Public Involvement and Engagement

We have had a group of 11 patients and carers advising the research team throughout the whole study. They have been very helpful in guiding the researchers to focus on what is important to patients' well-being.

Having taken part in the 3D study, if you are interested in helping researchers in Bristol with other studies on improving general practice or primary health care, please contact Catherine Jameson.

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