

Royal College of General Practitioners Midland Faculty
Annual Education, Research and Innovation Symposium
Thursday 18th April 2024

Ref. 12
Abstract Submission Form

| PRESENTER'S DETAILS | | | | |
|--|-------------------------------------|---|--------------------------|------------------------------------|
| Title (Prof, Dr, Mr, Mrs, Miss) Dr | First Name Zakia | Surname Shariff | | |
| Department or organisation name Unit of Academic Primary Care, WMS | | | | |
| Category (please select) | | | | |
| Audit | Research | Education Project | Quality Improvement | |
| Presentation Preference (please select) | | | | |
| I prefer an oral presentation only | <input checked="" type="checkbox"/> | I prefer a poster or poster presentation only | <input type="checkbox"/> | I have no presentation preferences |
| PRESENTATION DETAILS (max 300 words in total not including title or authors) | | | | |
| Names of Authors Zakia Shariff, Rachel Spencer | | Title of Study Using Experience Based Co-Design to create GP-MATE | | |
| I am a student and wish to be considered for the student prize | | | | Yes No |
| <p>Background – What's the problem you are tackling?</p> <p>The post-discharge period is a time of risk for older people, especially those with frailty and multi-morbidity.[1] There has been extensive study of the discharge problem for older people from a secondary care and hospitalist perspective [2,3] but very little attention in primary care at the 'receiving end' [4]. The overarching aim of GP-MATE is to empower older people and their carers through co-designing a tool (GP-MATE) to improve communication with their general practice after discharge from hospital.</p> | | | | |

Method

How did/will you do it?

Experience Based Co-Design (EBCD) was used to co-design the GP-MATE patient held tool and the general practice staff toolkit. Three co-design groups corresponding to three loose geographic areas were set up, and a total of 19 older people/carers recruited. General Practice staff were also recruited with the assistance of the Clinical Research Network in three regions. A total of 17 staff members participated. The co-design meetings took place over 4 months (Spring/summer 2023). All meetings were half-day in length and were audio-recorded to assist with design fidelity.

Results (if applicable)

What did you find?

The GP-MATE patient held tool has four key priority areas, with an overarching aim to overcome barriers in access to general practice following discharge. These include continuity of care, carers and caring, medication safety and information power. The GP-MATE staff toolkit is currently a 20-page manual with training advice for a range of staff roles in relation to GP-MATE appointment set up, systems surrounding high quality post-discharge care and information on how to conduct a GP-MATE consultation.

Discussion

Why does this matter?

The use of EBCD to create GP-MATE provided an adaptable approach where patients and caregivers were involved throughout all stages of intervention development. GP-MATE will be tested in a feasibility study in a General Practice setting to determine its real-world acceptability and usability and how it will lead to measurable improvements in patient safety.

References:

- [1] Cunha AI, Veronese N, de Melo Borges S, Ricci NA. Frailty as a predictor of adverse outcomes in hospitalized older adults: a systematic review and meta-analysis. *Ageing research reviews*. 2019 Dec 1;56:100960.
- [2] Kattel S, Manning DM, Erwin PJ, Wood H, Kashiwagi DT, Murad MH. Information transfer at hospital discharge: a systematic review. *Journal of patient safety*. 2020 Mar 1;16(1):e25-33.
- [3] Couturier B, Carrat F, Hejblum G. A systematic review on the effect of the organisation of hospital discharge on patient health outcomes. *BMJ open*. 2016 Dec 1;6(12):e012287.
- [4] Carson-Stevens A, Hibbert P, Williams H, Evans HP, Cooper A, Rees P, Deakin A, Shiels E, Gibson R, Butlin A, Carter B. Overview of study findings. In characterising the nature of primary care patient safety incident reports in the England and Wales National Reporting and Learning System: a mixed-methods agenda-setting study for general practice 2016 Sep. NIHR Journals Library.

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Closing date Monday 26th February 2024