



Centre for Mental Health
& Community Research



Patient and Public Involvement (PPI) in the development of learning resources for GPs and carers

Mary Cronin and Sinead McGilloway

Centre for Mental Health and Community Research
Maynooth University Department of Psychology and Social Sciences Institute

Niamh Finucane and Kathy McLoughlin

Family Carers Ireland

Tony Foley

Department of General Practice, UCC





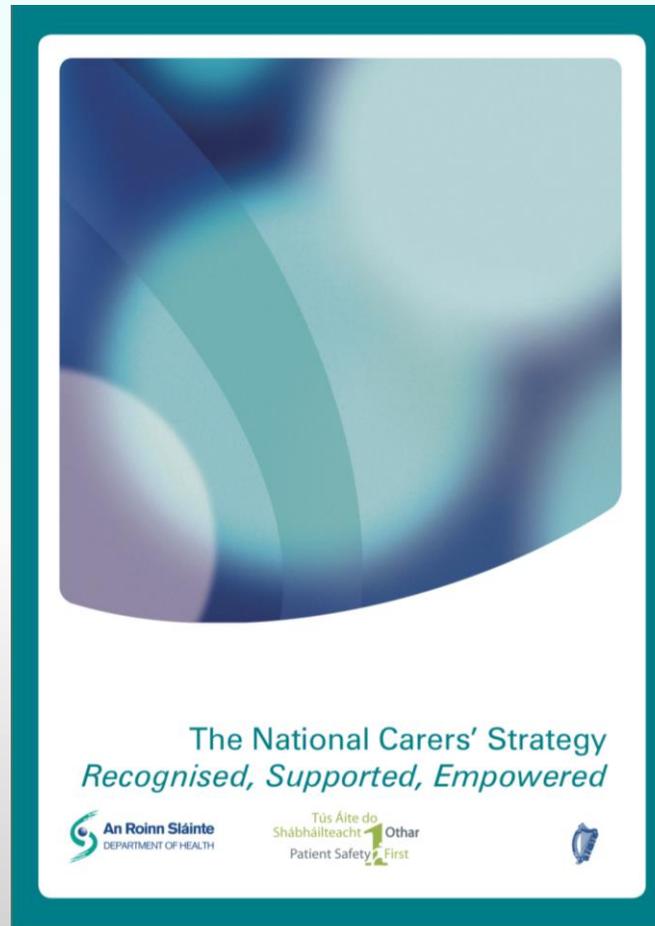
The CHERISH PROJECT

Community Health-based approach to
Improving carers Health and wellbeing

Responds to some actions in the National Carers Strategy (2012)

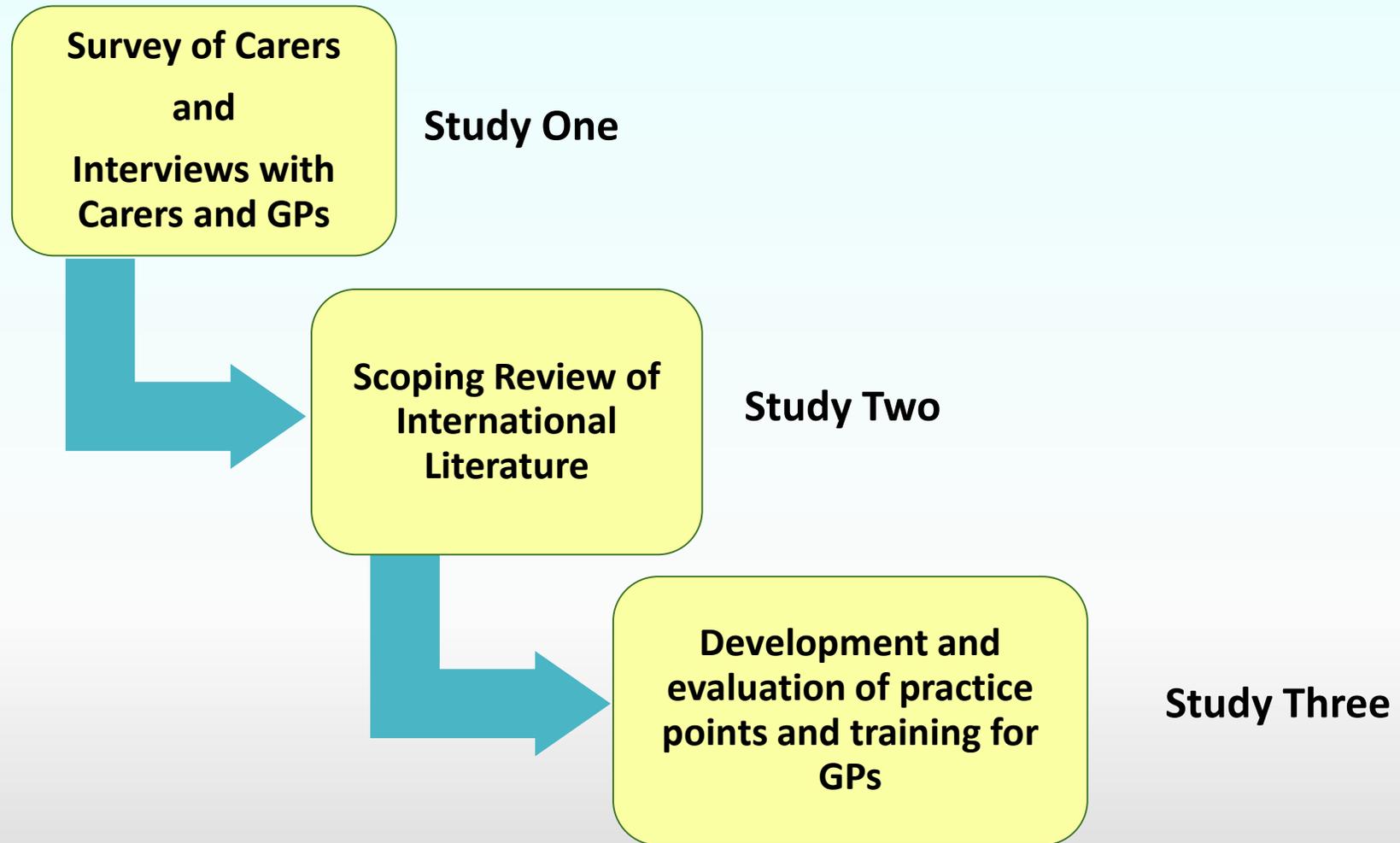
Identification and support of Carers

Raising awareness of carers' health and well being needs among Health Care Professionals





Mixed methods sequential design





Outputs informed by results:

Training and resources to support GPs in better identifying, assessing and signposting family carers in General Practice



‘Empowerment workshop’ for family carers to support them in having conversations with their GP – about their own health and wellbeing as well as the person for whom they provide care



Resources developed for GPs: *Supporting family carers in General Practice*

- **Practice Points**

- Short best practice reference guide (4-6 pages)

- Soon to be available through Irish College of General Practitioners (ICGP)



- **GP Training**

- Online training (accreditation for CPD points granted by ICGP)

- Delivered by a GP (Dr. Tony Foley, UCC)

- 1 – 1 ½ Hours



Communicating with your GP: *Empowerment workshop for family carers*

Aims: (1) to promote carers' own health and wellbeing; (2) to help them better advocate for their family members when interacting with their GP

- Focus on peer interaction and opportunity to 'practise' the communication skills covered
- Increase confidence in discussing the impact of caring on own health and wellbeing
- Encourage proactive approach to own health and wellbeing
- Increase confidence in discussing concerns about care recipient
- Support carers to be more assertive in conversations regarding care tasks that may increase the caring burden





Profile of PPI Panel*

(recruited through Family Carers Ireland)

Reason for caring	Relationship to care recipient
Disability	Mother
Complications of diabetes	Wife
Dementia	Wife
Autism	Mother
Cancer	Son

*Each panel member received a €25 euro voucher as a token of thanks for their participation



How were the family carers involved?

- ❑ Initial induction workshop:
 - ❑ Overview of CHERISH and findings to date
 - ❑ Discussion of GP and carer resources
 - ❑ Proposed PPI panel involvement
 - ❑ Invitation for other PPI opportunities



- ❑ Two focus groups (GP resources and carer workshop)
- ❑ All carers choose to contribute more hours than requested



GP training workshop

- Reviewed materials and content (practice points and proposed training outline)
- Participated in the making of a short video for use during GP training

Carer workshop

- Discussed and agreed workshop aims and objectives
- Decided workshop content
- Provided advice on delivery
- A carer acted as co-facilitator



Benefits of carer involvement

- Providing the carer's voice in the development of practice points and training/workshops
- Providing alternative perspectives to the research team
- Bringing new insights and innovative ideas to the project
- Spotting potential barriers or concerns



Conclusion: Overall impact



❑ Supporting family carers in general practice

- ❑ Advised on practice points content (e.g. additional links in resources section)
- ❑ Highlighted aspects/scenarios where carers may be resistant (e.g. negative language)
- ❑ Provided carer views on specific aspects such as carer champion/liaison
- ❑ Participated in the making of a short video for use during GP training

❑ Communicating with GPs (empowerment workshop for family carers)

- ❑ Valuable input regarding the separation of own health and advocating for care recipient
- ❑ Highlighted gaps (e.g. GP visit preparation)
- ❑ Suggested templates/handouts for participants
- ❑ Carer participated as co-facilitator



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Thank you!

CHERISH

Community Health-based approach to
Improving carers Health and wellbeing)

Maynooth University Centre for Mental Health and Community Research
in collaboration with Family Carers Ireland

<https://cmhcr.eu>

Mary.Cronin.2014@mumail.ie

Sinead.McGilloway@mu.ie

