

NIHR Greater Manchester PSTRC

Plain English Publication Summary

Publication: [Co-designing a mental health discharge and transitions of care intervention: A Modified Nominal Group Technique](#)

Publication details (Vancouver format)

Tyler N, Wright N, Grundy A, Gregoriou K, Campbell S, Waring J. Co-designing a mental health discharge and transitions of care intervention: A Modified Nominal Group Technique. Front Psychiatry. 2020;

What are the most important findings/conclusions in this paper? Why are they important?

We want to improve the safety of patients being discharged from mental health services. Experts took part in an event to agree four potential interventions that are appropriate and would be likely to work in practice. These were agreed as:

1. A specified 'Discharge Team' (with a discharge coordinator)
2. Team meetings that use technology which allows people to be fully involved
3. The same documentation being used as standard
4. A discharge plan written by patients.

What did you do?

We worked with a range of professionals from different health and social care settings in a single NHS trust. We brought together nurses, doctors, service user representatives, administrators, housing services, social services, police, ambulance, community care practitioners, and primary care practitioners. Involving so many different people helped us to work towards finding solutions that work for everyone. We used a four-stage process:

1. Problem identification
2. Solution generation
3. Decision-making
4. Prioritisation and Implementation.

Thirty two healthcare professionals and an expert by lived experience took part in the two-day process. At the first event the group identified 24 potential ideas to improve discharge from mental health services. At the second event, the group decided on the four that were most appropriate and most likely to work.

Why did you conduct this research?

Leaving mental health hospitals can be a tricky time for service users, because many will have had unpleasant experiences. Researchers have attempted to improve things, but many of the solutions that are developed involve only a single group of healthcare professionals within a single healthcare setting.

What was known before your paper was published?

Very few solutions have improved communication across health and social care services. But the importance of working together and improving how information travels between healthcare services is often highlighted as a main priority.

What is next? What is the potential impact of the work in this paper? What will change as a result of this paper (or the study it describes)?

We worked with people in the NHS trust to develop these ideas into potential interventions. As a result of the process, people in the trust have developed better working relationships and ideas about how they can work together.

Does this paper link in to a particular study / project? If so, please summarise the study and explain how this paper has improved understanding, or will move the study forward.

This is part of the 'safer mental health discharge' project. We are developing an intervention to test in mental health services and ideas from this event form two parts of the intervention.