

NIHR Greater Manchester PSTRC

Plain English Publication Summary

Publication: [Developing a core outcome set for interventions to improve discharge from mental health inpatient services: A survey, Delphi and consensus meeting with key stakeholder groups](#)

Publication details (Vancouver format)

Tyler N, Wright N, Grundy A, Waring J. Developing a core outcome set for interventions to improve discharge from mental health inpatient services: A survey, Delphi and consensus meeting with key stakeholder groups. BMJ Open. 2020

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

A group of experts agreed on a 'core outcome set' to use when testing new ways of making mental health discharge safer. This core outcome set will be used to help decide whether new mental health discharge interventions work. The agreed set of core outcomes was:

1. Readmission
2. Suicide completed
3. Service user-reported psychological distress
4. Quality of life.

Using this core outcome set in future research will provide a standard way of deciding whether new discharge interventions/processes work.

What did you do?

We used an online survey to present all of the 'outcomes' that have been used in past research to a group of experts. They decided which outcomes should be used in research to improve discharge from inpatient mental health settings. This is called a 'core outcome set'. Participants were recruited from five groups:

1. Service users
2. Families and carers
3. Researchers
4. Healthcare professionals
5. Policy makers.

Ninety-three participants in total completed the first questionnaire, 69 the second, and 68 the final, with equal numbers of people from each of the groups taking part.

Why did you conduct this research?

When researchers want to decide on a new treatment, or changes to a treatment or service, they need to find out what works and what is safe. To do this they measure number-based 'outcomes', which can include questionnaire results, number of days in hospital, or heart rate. Researchers decide which outcomes show best that something works, or doesn't.

In mental health research, many treatments and changes to services have been developed and tested. But the outcomes that are used to measure whether they work are all very different. This makes it difficult to compare results from different studies.

What was known before your paper was published?

In mental health research, many treatments and changes to services have been developed and tested. But the outcomes that are used to measure whether they work are all very different.

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)?

If researchers and people carrying out trials use this core outcome set in future research, it will provide a standard way of deciding whether new discharge interventions/processes work.

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 a wider study into safer mental health care transitions. By understanding what experts think should be measured in future research, we can develop an intervention that aims to improve these outcomes.