

# The Carer Support Needs Assessment Tool (CSNAT)

for a person-centred approach to carer  
assessment and support

Gail Ewing



# CSNAT programme of work

1

- CSNAT development – listening to 75 bereaved carers

2

- CSNAT validation – questionnaire study with 225 current carers

3

- Piloting CSNAT within hospice home care practice

4

- Feasibility work for a trial in hospice home care

5

- Stepped wedge cluster trial at 6 hospice home care sites

6

- Wider implementation across 36 sites delivering palliative care

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- Qualitative study of the CSNAT in discharge planning from hospital

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- Implementation case study on organisational and facilitation processes

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# The Carer Support Needs Assessment Tool (CSNAT)

Original Article

 PALLIATIVE  
MEDICINE

## Development of a Carer Support Needs Assessment Tool (CSNAT) for end-of-life care practice at home: A qualitative study

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on behalf of the **National Association for Hospice at Home**

Original Article

## The Carer Support Needs Assessment Tool (CSNAT) for Use in Palliative and End-of-life Care at Home: A Validation Study

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# The CSNAT domains

Enabling carers to care (co- worker role)	Direct support for carers (client role)
<ul style="list-style-type: none"><li>✿ knowing who to contact when concerned</li><li>✿ understanding the patient's illness</li><li>✿ knowing what to expect in the future</li><li>✿ managing symptoms and giving medicines</li><li>✿ talking to the patient about their illness</li><li>✿ equipment to help care for the patient</li><li>✿ providing personal care for the patient</li></ul>	<ul style="list-style-type: none"><li>✿ own physical health concerns</li><li>✿ dealing with their own feelings &amp; worries</li><li>✿ beliefs or spiritual concerns</li><li>✿ practical help in the home</li><li>✿ financial, legal or work issues</li><li>✿ having time for themselves in the day</li><li>✿ overnight break from caring</li></ul>

# The CSNAT

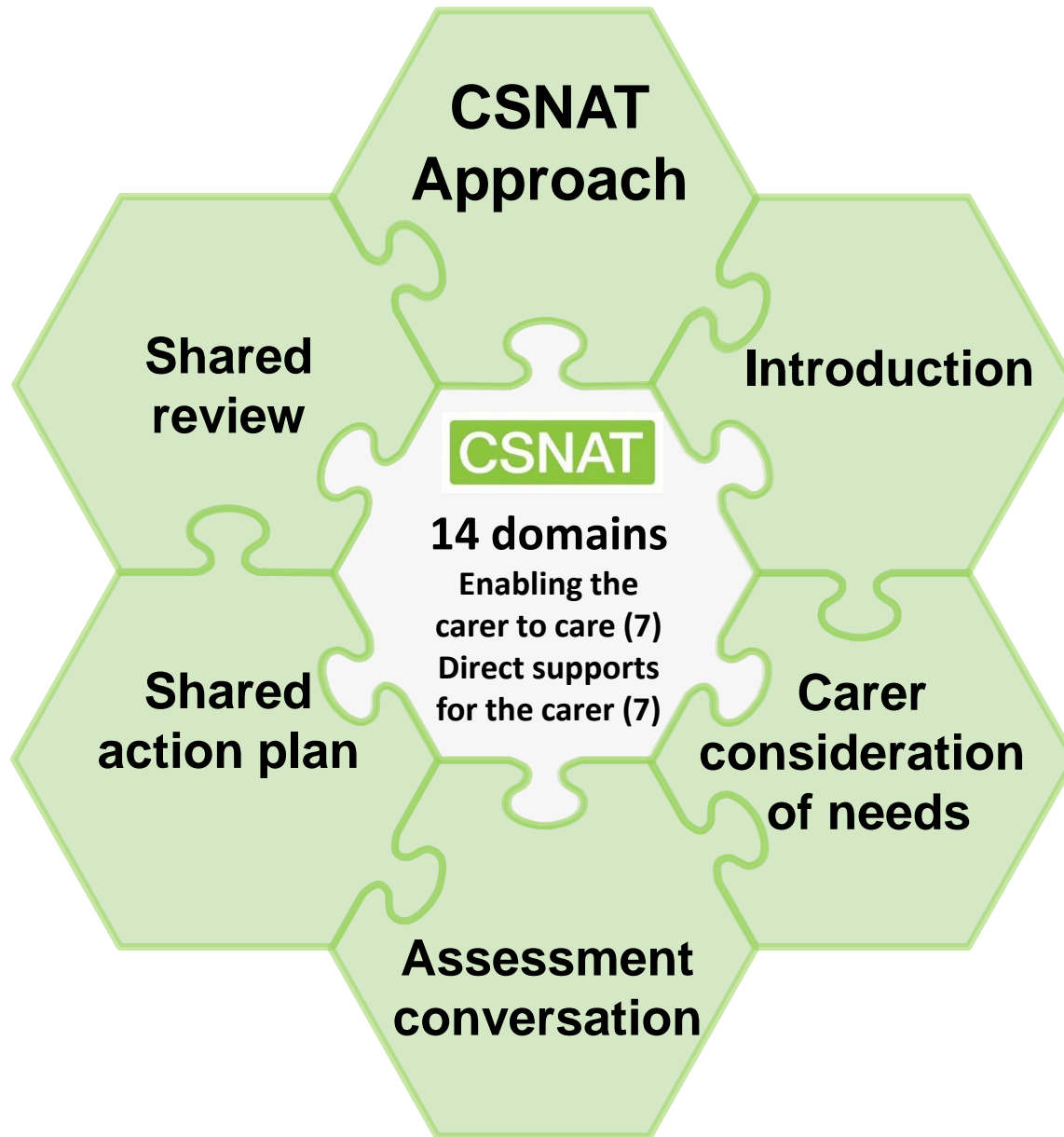
Do you need more support with	No	A little more	Quite a bit more	Very much more
.. understanding your relative's illness				
.. having time for yourself in the day				
.. managing your relative's symptoms, including giving medicines				
.. your financial, legal or work issues				
.. providing personal care for your relative (eg dressing, washing, toileting)				
.. dealing with your feelings and worries				
.. knowing who to contact if you are concerned about your relative (for a range of needs including at night)				

Do you need more support with	No	A little more	Quite a bit more	Very much more
.. looking after your own health (physical problems)				
.. equipment to help care for your relative				
.. your beliefs or spiritual concerns				
.. talking with your relative about his or her illness				
.. practical help in the home				
.. knowing what to expect in the future when caring for your relative				
.. getting a break from caring overnight				
... anything else				

# The CSNAT approach

Person centred:

*The process of assessment is **facilitated** by the practitioner and **led** by the carer*





# Making the CSNAT available

## CARER SUPPORT NEEDS ASSESSMENT TOOL (CSNAT) USE LICENCE AGREEMENT

### TERMS AND CONDITIONS

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#### 2. Definitions

- 2.1 The following terms, unless the context requires otherwise, have the following meanings:

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# UK sites include

- Early CSNAT work
- Carer Assessment Study in 36 UK services
- Post-research CSNAT workshops participants
- Other research teams





**World wide**



# Summary

- The CSNAT is a comprehensive evidence based tool
- It is used as part of a process of assessment and support that is practitioner facilitated but carer-led
- The CSNAT approach provides carers with the opportunity to consider, express and prioritise their support needs
- The CSNAT itself is the only starting point for implementation in practice

# Thank you

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Care and support  
through terminal illness

