

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

7

- 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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Original Article

 PALLIATIVE
MEDICINE

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

Palliative Medicine
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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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on behalf of the National Association for Hospice at Home

Centre for Family Research (G.E.), University of Cambridge, Cambridge; School of Nursing, Midwifery & Social Work (C.B., G.G.), University of Manchester, Manchester; and International Observatory on End of Life Care (S.P.), Lancaster University, Lancaster, United Kingdom

The CSNAT domains

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

The CSNAT

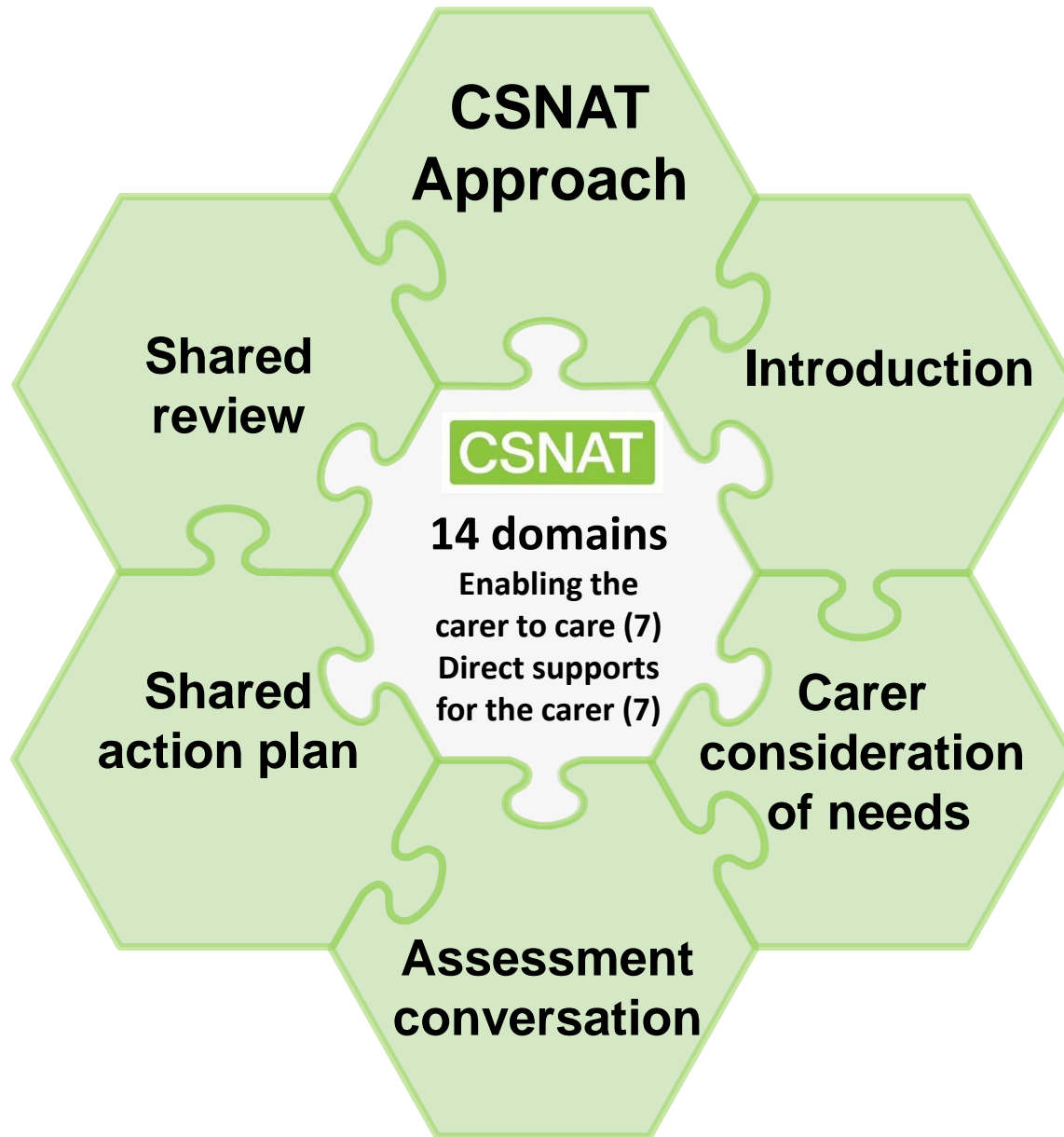
Do you need more support with	No	A little more	Quite a bit more	Very much more
.. understanding your relative's illness				
.. having time for yourself in the day				
.. managing your relative's symptoms, including giving medicines				
.. your financial, legal or work issues				
.. providing personal 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

1. Applicability

- 1.1 These Terms and Conditions together with any schedule or specification or other document referred to or attached to these Terms and Conditions shall together comprise the binding legal agreement (the 'Agreement') between The University of Manchester of Oxford Road, Manchester M13 9PL United Kingdom and The Chancellor, Masters and Scholars of the University of Cambridge acting by and through its Centre for Family Research of Free School Lane, Cambridge CB2 3RQ United Kingdom (the "Universities") and the Licensee. Words defined in these Terms and Conditions shall have the same meaning in any schedule or specification or other document referred to in or attached to these Terms and Conditions.

2. Definitions

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

CSNAT	the Carer Support Needs Assessment Tool (or any part thereof)
CSNAT Use Copy	the CSNAT or copies thereof for use by the Licensee
Licence	the licence in respect of the CSNAT granted to the Licensee in Clause 3.1 hereunder
Licensee	means the person or entity acquiring a Licence hereunder or, if there is a separate person or entity acquiring a Licence on behalf of another, the person or entity specifically designated as the Licensee and set forth as such in this Agreement

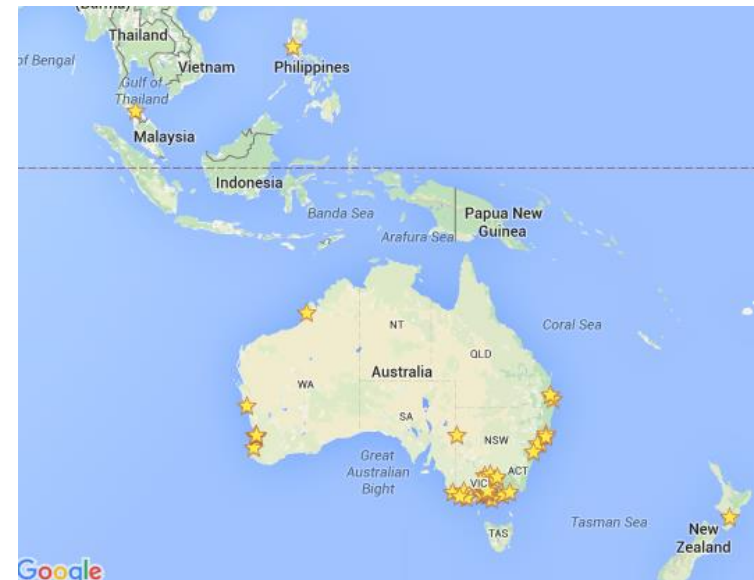
UK sites include

- 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

Contact details: ge200@cam.ac.uk



Care and support
through terminal illness

