

Study Name



Short-term Psycho-Education for Carers
To help Reduce Over Medication of
people with intellectual disability:
Programme Development Project
(SPECTROM PDP)

Project details

	<p>The name of the training is SPECTROM.</p>
	<p>This project aimed to see whether organisations are interested in the SPECTROM training.</p> <p>And whether we can deliver the training to staff members in organisations.</p>
	<p>Organisations that joined us:</p> <ol style="list-style-type: none"> 1. Achieve together 2. Aspens 3. Dimensions UK 4. Marcus and Marcus

  <i>Enabling people affected by autism and learning difficulties to lead an ordinary life.</i>	<p>5. Milestones Trust</p> <p>6. Keys Group/Accomplish</p>
	<p>Service homes where at least one resident taking mental health medicines were allowed to join the study.</p>
	<p>Not all service homes that joined received the training.</p> <p>This was done to compare the impact of the training.</p> <p>Only half of the services that joined received the training.</p> <p>They were chosen to receive the training randomly.</p>
	<p>Support workers and managers from the homes chosen to receive the training volunteered to join the study.</p> <p>140 staff from the 26 community homes received the SPECTROM training.</p>
	<p>Information was collected before and after the training to test the impact of the training.</p>



After staff received the training, information about their knowledge of mental health medicines and attitudes to challenging behaviour was gathered at four weeks and six months.

Information on the medicine use of all residents was collected without identifying them from service managers. This was collected from all the homes that took part in the project. This was collected before the training and six months after the training.



After six months, we held discussion groups with staff who took part in the training.

This helped us understand what they thought about the training.

We also asked them to complete a questionnaire called the trainee feedback questionnaire.

Results



Knowledge and attitude scores

Staff answered more questions correctly at four weeks and six months.

Staff attitude towards behaviours that challenge improved after the training at four weeks. Staff's attitude scores were different before the training, and four weeks and six months after the training.



Mental health medicine use before and six months after the training


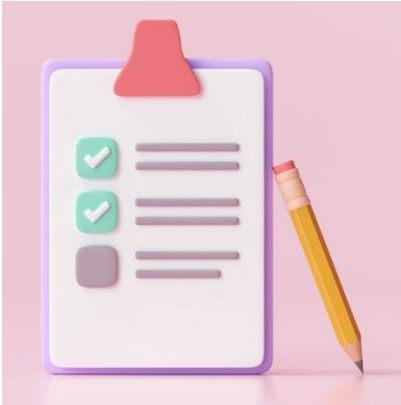

More medicine was reduced at six months in the SPECTROM arm compared to the group that did not receive the training.



Focus groups

Focus groups showed the training improved staff's:

- Self-reflection
- Confidence
- The support they provided to residents
- Knowledge of mental health medicines and their side effects
- Empowered them to advocate on behalf of the adults with intellectual (learning) disabilities they support

	<ul style="list-style-type: none"> • Attitude on using medicine for behaviours that challenge <p>The focus group also identified challenges in taking part in SPECTROM training.</p>
 	<p>Trainee Feedback Questions</p> <p>89 staff completed the trainee feedback questions.</p> <p>93% found the training helpful.</p> <p>94% reported a better understanding of mental health medicine use.</p> <p>93% reported a better understanding of behaviours that challenge.</p> <p>90% reported improvement in their day-to-day practice.</p> <p>95% improved their engagement with people they support and their families as a result of the training.</p> <p>A high proportion of trainees used SPECTROM resources and tools after the training.</p>