

Evaluation of the Relationship Skills Workshop at Stratford PTS

Amelia Presman, Patrick Kuhn

Delivering cost-effective systemic interventions: examining effectiveness of a new 6-session relationship skills workshop, including monthly attendance, clinical outcome measures, and understanding patient experiences

QI Project and QI SRRP Aim

The main QI project aimed to improve cost effectiveness of systemic interventions. Groups are cost effective, but only if they are useful to patients. This SRRP examined patient experiences of the systemic team's relationship skills workshop.

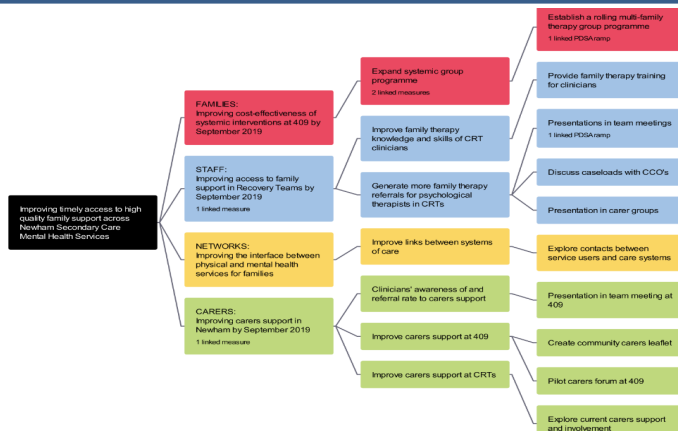
Why is this important to Service Users and Carers?

Service users (SUs) participated in interviews and completed questionnaires. SUs were not involved in designing this project; in future SUs could be consulted to help design questionnaires and questions for interviews.

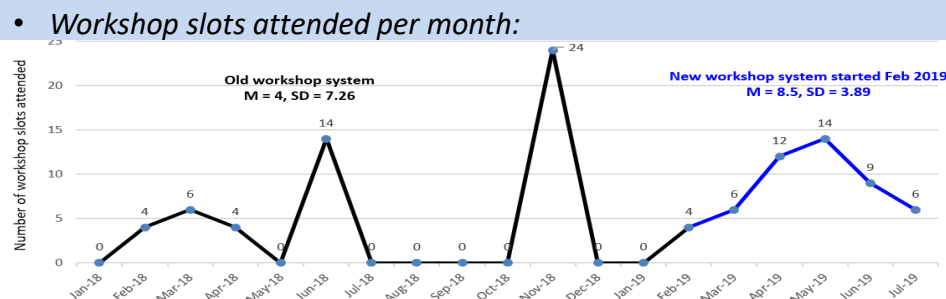
QI SRRP Methodology

- *Waiting lists too reliant on staff leave, trainees etc – instead examined number of group attendees per month.*
- *Clinical outcome measures (although difficult to draw conclusions here).*
- *Understanding patient experience: questionnaires and qualitative interview.*

Driver Diagram with your QI SRRP



Data (Quantitative/Qualitative)



- **Outcome measures before and after:**

CORE		SCORE		DIALOG	
Pre	Post	Pre	Post	Pre	Post
17.75	12.25	44.25	45.5	50.75	48
- **Themes in qualitative data (thematic analysis to follow):**
 - **Positive feedback:** enjoyable, facilitators, at ease & able to discuss issues, useful and normalising to hear other couples, communication skills, de-escalation, love languages, quality time, practical role plays.
 - **Negative feedback:** sometimes less engaging, people joining/leaving mid-way through, organisation issues, changing facilitators.

Learning and Recommendations

- *Include more practical exercises inc. role-plays in the workshops.*
- *Need to weigh up the pros and cons of the rolling group: Pros = no waiting list; Cons = people joining/leaving mid-way through – follow-up question for service-users?*
- *Further data analysis needed....*