

# **CORE Phase 3 Trial**

**A peer-supported, self-management programme for people following CRT care**

Presentation for CORE Stakeholder Event

23/02/16

# The CORE Phase 3 Trial

- A multi-site randomised controlled trial
- For people following CRT care
- Trial intervention = 10 meetings with a peer support worker to develop a personal recovery plan (in addition to TAU)
- Control group = TAU + sent a copy of the recovery plan
- 440 participants (50% SMI)
- Primary outcome; readmission to acute care (1 year follow up)
- Secondary outcomes: self-rated recovery, symptoms, satisfaction with services, loneliness and social networks (4-month follow up)

## Starting points

- Clear rationale for a programme of support post-CRT discharge
- Access to a tested Recovery Plan and PSW training (*Thanks: Rachel Perkins, Julie Repper, Marissa Lambert and Nottingham IMH team*)
- The first UK multi-site trial of a peer support intervention in a secondary mental health setting

# CORE trial: development work

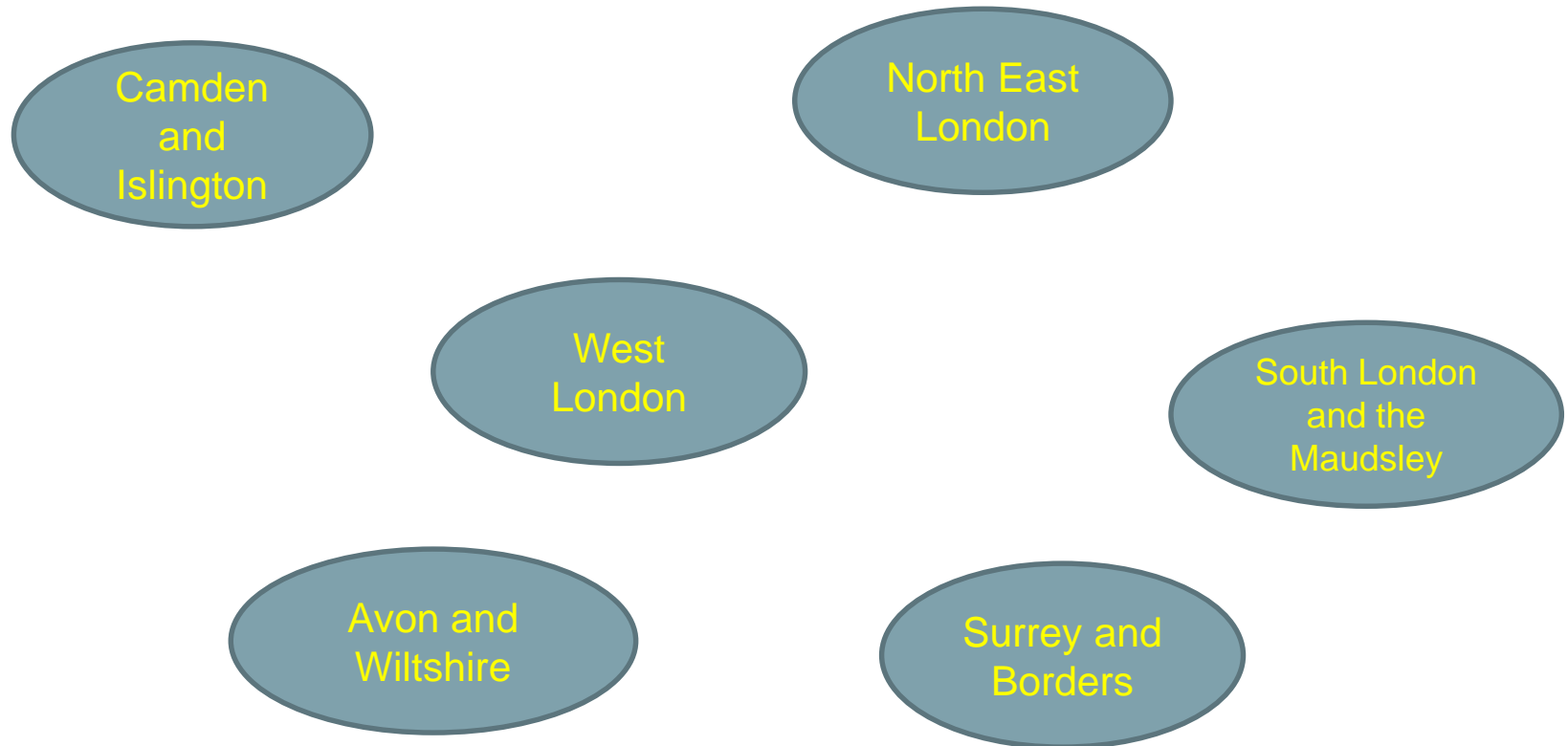
2011/12 Development work and consultation

2012 Preliminary testing (n=11)

2013 Pilot RCT (n=40)

2014/15: Main RCT (n=440)

# CORE Trial: participating NHS Trusts



*Thanks to the PSW teams, supervisors, CRT services and all at the Trusts who have worked hard to make the project happen.*

# CORE Trial Progress

Stage	N
Screened	3,288 (1440 not eligible)
Eligible	1848 (1407 not recruited)
Recruited	441
Received intervention per protocol	159/221 (72%)
4-month follow up	336/441 (76%) (still in progress n=32)
1-year follow-up	From patient records: only 2/441 participants have withdrawn

# Treatment as per protocol

158/221 (71%) of CORE participants met their PSW at least 3 times (treatment per protocol)

- Most were uncontactable, declined before the first meeting, or didn't turn up
  - Only 9/63 not treated per protocol dropped out having met their PSW
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- Doesn't reflect widespread dissatisfaction with PSWs
  - May reflect uncertainty at a point of crisis about need for support and other available care
  - Not untypical of retention rates for psychological interventions

## CORE Phase 3 trial: work still to do

What	When
4-month follow up interviews	By March 2016
1-year patient records data	Due July 2016
Process/outcomes evaluation	After July 2016
18-month follow-up interviews	Feb 2016 – Jan 2017



# CORE Phase 3 trial: the results

Due Autumn 2016

[www.ucl.ac.uk/core-study](http://www.ucl.ac.uk/core-study)