



Involvement Opportunity

**Support Needs Approach for
Patients in Mental Health**

SNAP in Mental Health

Study Summary

Health care should be driven by patients' needs. This is known as "person-centred care". The NHS recommends it, but there is little guidance on how to provide it. Our team developed a way to do this called Support Needs Approach for Patients (SNAP: <https://thesnap.org.uk/>). SNAP uses a tool (a booklet called the "How are you?" Booklet, containing a set of questions to help patients think about areas where they need more support) and a focused conversation between the patient and healthcare professional to help address those needs.

SNAP was first developed for patients with chronic lung disease and is now being used to enable person-centred conversations for patients with a range of chronic physical conditions. The usefulness of SNAP for patients with mental health conditions has not been explored. It may be relevant for this group, however, as it is a holistic intervention – that means it considers the whole person, taking into account emotional and social factors, rather than just the symptoms of a disease. It does this, in particular, through the range of questions covered in the "How are you?" Booklet (the SNAP Tool).

Healthcare professionals from acute mental health settings have seen the potential for using SNAP with their patients ("to ensure we are being holistic in our assessments") but noted that the SNAP Tool might require adaptation for this group. We also need to find the best way to deliver SNAP's person-centred process in acute mental health settings. To do this we are working with service users with experience of being an inpatient in an acute mental health hospital, and healthcare professionals from the setting, in a series of focus groups and workshops to adapt the SNAP Tool and SNAP's person-centred process for acute mental health. The study is funded by the NIHR Applied Research Collaboration (East of England).

Patient & Public Involvement

Who We Are Looking For

We are seeking two people who have experience of using acute mental health settings who can help us with three tasks.

Task 1: Providing insight to enhance interpretation of data – by reviewing and discussing analysis conducted by the research team in order to inform data interpretation

Task 2: Helping us explore the feasibility and design of a potential follow-on multi-site study – through:

- active seeking of reflections on/review of this current study
- exploring thoughts on the design of a follow-on study
- seeking views on research design questions identified by the research team

Task 3: Contributing to and enhancing the dissemination of findings by:

- co-producing a brief report prepared for participants (who have requested one)
- co-producing a brief report for the study site
- co-producing a brief report for the funder

Tasks 1 & 2 will happen in a single online advisory meeting on 17th March at 3pm (one hour meeting + 30 mins preparation ahead)

Task 3 will involve writing/drafting or reviewing documents at home/via email during April (2 hours)

We are therefore looking for two people who can join the advisory meeting on 17th March (and are happy to help subsequently with co-producing the dissemination documents in April).