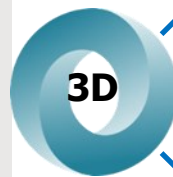




## Welcome to the first edition of our newsletter!

### Background

In The 3D Study, we are looking at trying to improve how general practices manage patients with multimorbidity. Current management guidelines are based on single long term conditions which may not take into account several co-morbidities, whilst patients have to attend multiple clinics which can be repetitive, inconvenient and inefficient. The 3D study is a multi-centred cluster randomised trial of a complex intervention.



#### Dimensions of health

- Problem: Complaints that no-one treats them like a whole person
- Solution: Identify patients' concerns and priorities for their quality of life

#### Depression

- Problem: High prevalence and under diagnosed
- Solution: Identify and manage depression

#### Drugs

- Problem: Patients have complicated medication regimes
- Solution: Drug review to simplify and address adherence issues

### Pilot phase

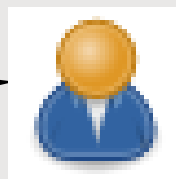
We recruited 3 pilot practices (2 in Bristol & 1 in Manchester). In total 1191 patients were eligible for 3D. We randomly selected 450 (150 per practice) and following GP exclusions invited 426 to participate. Our final number of consented patients was 142 (33%). The 6 month follow-up questionnaires have just been completed by the Bristol practices and are underway in Manchester. Over 90% of patients have returned their questionnaires so far.



### What you think so far:

I had this really useful consultation with this woman who hardly ever goes to the doctor

a lot of them think "I don't want to trouble the doctor with this" I was able to put; main concern: skin condition on hands



Planning in advance of the meeting means you get a more productive meeting

I think the template gives structure'

the doctor will be happier and the patient will be happier

Most patients and clinicians like it and think it is good practice! Will it save time in the end?



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# The 3D Study:

## Improving whole person care

### Main trial practices

Recruitment is nearly complete in all 3 sites (Bristol, Glasgow and Manchester). To date we have randomised 28 practices. Training for intervention practices has been completed for **8** practices and is underway in another **6**. We hope to have all the practices randomised by the end of October 2015.

### Patient recruitment

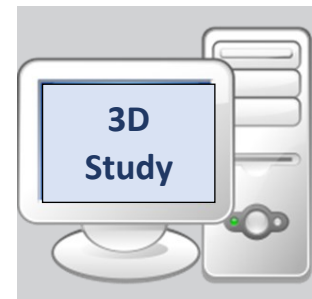
We have already recruited over 1,000 patients and we are well on our way to reaching our target of 1383.

### Usual Care

Information on how practices currently care for individuals living with long term conditions has been collected from 12 practices across the 3 sites. We will be collecting this information from each practice over the next couple of months. Initial review of this data identifies a lot of variation in how services are currently provided. We are collecting this information to identify how much the 3D intervention differs from what practices are currently doing.

### Case studies

As part of the process evaluation we would like a few practices where we can study in more detail how you are experiencing the trial. This is really valuable to help us to understand how and why the intervention works or doesn't. Cindy Mann will be contacting a few of you in the next few months to ask if you would be willing to be one of the case study practices.



### Study website

The study website is now up and running. Please visit it at [www.bristol.ac.uk/3d-study](http://www.bristol.ac.uk/3d-study) to see the latest news from the study. You will also find some FAQs.

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