## Scoping Carer Research

### Conference Item

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SCOPING CARER RESEARCH

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INTRODUCTION

• now a wealth of national and international material and research about carers

• currently fragmented and disparate

• lacks accessibility and utility which:
  ➢ makes finding information about carer research problematic
  ➢ impedes its capacity to reliably inform future research
National Institute for Health Research School for Social Care Research (NIHR SSCR) project

- entitled “Utilising Carer-Related Research and Knowledge: a scoping review and information resource”

- central to the project is a unique and comprehensive scoping review of carer-related knowledge which will:
  
  ➢ for the first time provide an academically robust and detailed mapping of carer-related evidence and knowledge

  ➢ contribute to the identification of future research priorities relating to carers and inform social care practice

  ➢ underpin a fully accessible digital resource developed in partnership with, and hosted and updated by, the Social Care Institute for Excellence (SCIE) as part of their resources to support the implementation of the Care Act 2014.
PRESENTATION OUTLINE

● NATIONAL INSTITUTE FOR HEALTH RESEARCH SCHOOL FOR SOCIAL CARE RESEARCH (NIHR SSCR) project

● SCOPING.......

● METHODOLOGY 1

● METHODOLOGY 2

● METHODOLOGY 3

● INDICATIVE FINDINGS

● NEXT STEPS ......
SCOPING......

- 10 month scoping review by experienced full-time research associate, started in March 2016

- Scoping, capturing, organising and synthesising existing national and relevant international carer-related evidence and knowledge

- Drawing on Arksey and O’Malley’s (2005) framework

- Project Advisory Group (PAG) central to the development and delivery of the project

- Considerable breadth and depth of research evidence and knowledge

- Iterative process
METHODOLOGY 1

- approach to the scoping is deliberately wide – attempting to map and delineate the landscape of knowledge and evidence in relation to informal carers

- initially focused on developing a framework that enabled management and structuring of the material based on ‘vertical’ and ‘horizontal’ analysis

- developed a matrix that integrated both these dimensions of the analysis and allowed cross-reference between different elements

- national and international literature and material relating to care for adults published in English since the mid-1980s

- identified literature and other materials through a range of methods e.g. Electronic on-line library databases; searching and following up of reference lists; use of networks and organisational and personal networks
<table>
<thead>
<tr>
<th>Cross-cutting themes and issues from 2010 Carers Strategy</th>
<th>Carer profile (gender, marital status etc.)</th>
<th>Ethnicity</th>
<th>Young carers</th>
<th>Working age carers</th>
<th>Older carers</th>
<th>Carers of different conditions</th>
<th>Intensity &amp; duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Realising &amp; releasing potential</td>
<td>Support to remain in or return to employment, education and training.</td>
<td>Assumptions about caring responsibilities and impact on education, training and employment.</td>
<td>Impact on education and training opportunities.</td>
<td>Support to remain in or return to employment, education and training.</td>
<td>Some older carers may want support to remain in or return to employment.</td>
<td>Specific issues around mental health, learning disability, dementia etc.</td>
<td>Long term impact and consequences of caring.</td>
</tr>
<tr>
<td>A life outside caring</td>
<td>Social and leisure activity; time off, family and community participation.</td>
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<td>Increased pressure on time reduces life outside caring.</td>
</tr>
<tr>
<td>Staying healthy</td>
<td>Differences between carers of different profiles.</td>
<td>Health and wellbeing (physical and mental).</td>
<td>Health and wellbeing (physical and mental).</td>
<td>Health and wellbeing (physical and mental).</td>
<td>Health and wellbeing (physical and mental).</td>
<td>Health and wellbeing (physical and mental).</td>
<td>Particular challenges for high intensity and long duration caring.</td>
</tr>
</tbody>
</table>
METHODOLOGY 2 (1)

- First framework was problematic in practice

- A lifecycle approach provided a framework that was both credible, practical, and covered a very wide territory but required fewer subcategories to interrogate it.
refined the inclusion/exclusion criteria: altered to work published since 2000

revised the electronic databases searched: diminishing returns on using multiple databases - agreed a core set of databases to focus on

use of Endnote to log and file references, facilitate management of material and identify overlaps and duplication
METHODOLOGY 3

- using the lifecycle framework had inherent limitations

- rather than using a framework now focusing on allowing themes to emerge from the material

- will evolve further but the richness, breadth and depth of the material that has been identified and catalogued is apparent in the emerging groupings
INDICATIVE FINDINGS

• to date more than 2,988 references have been identified, collated, annotated and saved to EndNote.

• grey literature has been more challenging to uncover in databases and a specific search using OpenGrey uncovered relatively little. Used/using HMIC, JiscMail sources, the SCIE resource ‘Social care on-line’.

• 4 major themes have been identified through scanning titles, abstracts and keywords

• further analysis using ‘Smart Group’ classification through EndNote has allowed the frequency of major themes and topics to be identified
Carer's Evidence & Knowledge Review: Preliminary thematic scoping

- Abuse & caring
- AIDS/HIV
- Cancer
- Carer's needs
- Ethnicity
- Distance
- Training
- Death/palliative
- Dementia
- Complex
- Working & caring
- Health impact
- Identifying
- Impact & poverty
- Learning disability
- LGBT
- Long term conditions
- Mental illness
- Older carers
- Caring for older people
- Quality of life
- Relationships
- Sandwich care
- Spouse care
- Stroke survivors
- Carer support
- Technology
- Value of care
- Young carers
- Respite
RELATIVE FREQUENCY OF THEMES

- The largest number of studies and reports focus on **types of carer**. The highest frequency is around young carers (370); caring for older people (336); care for people with dementia (327). A particular focus on black and minority ethnic carers (BAME) is less frequently identified (58), as is spouse care (52).

- **The needs of the cared for person**: and the most heavily researched and documented themes are: care for older people (336); care for people with dementia (327); care for people with cancer (192); care for stroke survivors (178); and palliative and end of life care (152). Less frequently identified needs include: long term conditions – e.g. Parkinson’s Disease, Multiple Sclerosis – (62); with mental illness (33); AIDS/HIV (23), learning disabilities (10).

- **Impact of caring on carers** e.g. health and wellbeing (346); quality of life (178); working and caring (156); impact on relationships (33); abuse and caring (25); and sandwich generation demands (4).
NEXT STEPS ……

- identification of discrete and interrelated themes will be followed by charting the material

- next stage of the scoping review will involve the collation, summarising and reporting of results

- interim overview report will be produced by January 2017

- Consultation Workshop in February 2017, involving the Project Advisory Group and a range of relevant stakeholders

- final version of the scoping review report for publication which will be disseminated through a variety of channels with the aim of:
  - contributing to the identification of future research priorities
  - supporting the improvement and evidence-based nature of social care policy and practice with carers and those they support

- SCIE digital resource to be launched in June 2017