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Rigorous outcomes evaluation can show impact of Health Trainers and usefulness of service to clinicians

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LifePlus programme

• UK-wide partnership programme
• Aims to integrate health and social care
• Expected to reduce clinical time spent on non-clinical issues
• Face to face and online interventions
• Rigorous evaluation component

Health Trainer service

• Support clinical teams
• Enable people to self-manage HIV
• Peer support, motivational interviewing, treatment information (training by NAM)
• 5 strategic regions/countries
Lifecheck

- Questionnaire used as part of motivational interview
- Developed with management consultants, academic researchers and people living with HIV
- 19 outcome measures to show behaviour and knowledge changes
- Data collected at first session, review and service exit

Early outcomes

- 726 initial Lifechecks and 137 follow-up Lifechecks
- 61% (84) show improved score, of whom:
  - 90% (76) demonstrated increased knowledge (e.g. 42% reduction in those missing doses; 28% rise in uptake of ARVs)
  - 77% (105) showed wellbeing improvements (e.g. 50% reduction in those not registered with GP)
  - Less improvement shown in use of drugs, alcohol and condoms
Conclusions

• Initial LifePlus outcomes demonstrate improvements
• Areas where further support may be needed were identified
• Outcomes evaluation CAN be done in community programmes with support and collaboration
• It takes time and needs funding and commitment from all sides

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