

Name & email supervisor(s):

Dr. Sian Holt
Dr. Leanne Morrison

Length and dates of internship:

4 week studentship June/July (depending on student availability)

Host department:

Primary Care, Population Sciences and Medical Education, University of Southampton

How will the internship be conducted:

- ☐ In person at the university
☒ Virtual/ from home
☐ Both are possible, depending on preference of student

Title internship project:

AIM Intervention Development - Developing an intervention (based on clustering and AI) to help with social care needs for people with multiple long-term conditions

Summary of the internship project: *(max 250 words, can include hyperlinks to further information)*

Around 1 in 4 people are living with multiple long-term conditions (MLTC) having complex health and social care needs. Integrating care to more holistically manage both health and social needs could improve outcomes for people living with MLTC. However, given the number of people with MLTC and the increasing strain on health and social care resources, population wide approaches to identifying and addressing social care may not be appropriate. Stratified approaches whereby groups of people with similar health and social care needs are clustered together may permit identification of those who have the greatest need and highest risk of poor outcome.

Interventions aimed at treating and preventing worse outcomes by clusters could be a more efficient and cost-effective way of delivering integrated health and social care. To our knowledge, no previous studies have used cluster-based interventions to engage people living with MLTC and professionals in considering social care needs.

We have conducted an exploratory interview project with people living with MLTCs and health/social care professionals to find out their views on AI clustering and the barriers/facilitators needed in an intervention. The next stage of the work is to develop and optimise the intervention. This studentship may involve:

- Reviewing relevant literature to support intervention design and psychological theory behind behaviour change.
- Helping to design and submit participant materials for ethics applications
- Investigating community organisations that could be involved in and recruited into the project to ensure a diverse range of voices are included
- Involvement in discussions around developing an intervention with a varied multidisciplinary team including GPs, Health Psychologists, Data Scientists, Researchers and PPI

Learning objectives:

- Discuss the approaches and considerations involved in designing interventions within primary care settings.
- Develop accessible recruitment materials to support research in primary care settings.
- Identify the health and social care needs of people living with multiple long-term conditions and explore how these can be addressed.

Any further information: