



<https://pod-database.org/>

POD Software

- POD is an **outcomes monitoring system** in a website where staff or clients can login and **complete measures using any web enabled device** (PC, Tablet Computer, Smartphone, etc).
- Data is **anonymous** in a **highly secure server** that meets all NHS standards
- Access is available **without reliance on local and NHS WiFi systems**
- System been **developed at UCL** over 6 years initially for use for research studies but is now increasing **used in mainstream services**

Background

- Data for a particular person, or an entire project, can be **downloaded into an excel spreadsheet**.
- POD has a set of **measures already built in**, but we can also add any other measures that you may require.
- Staff and service users have their own separate logins. This means that **staff can complete measures** for or with a service user, but they can also allow service users to **login independently** of staff and complete measures entirely on their own. Staff also have the ability to add backdated measure data into POD.

Contract and Licencing

- Each service signs a contract for use of POD with UCL/AFNCCF on an **annual basis**
- Contract provides licence for the **use of the system**
- We anticipate services will pay **£1000 a year** for the use of this system
- The software is being specifically tailored to the needs to the **Children's Wellbeing Practitioner programme**
 - **Rigorously tested** on first cohort of 60 CWP trainees in 2017

Feedback from Parents

- “I found POD very easy to use and the log in process clear and straightforward.”
- “I am quite familiar with these forms(!), having completed them several times over the years. **I much preferred completing them online.** They can be completed quickly and pretty much anywhere that you have a phone signal.”
- “I can sometimes lose paperwork as I have so much of it on occasion. **It’s much easier to keep track of what you’ve done online.**”

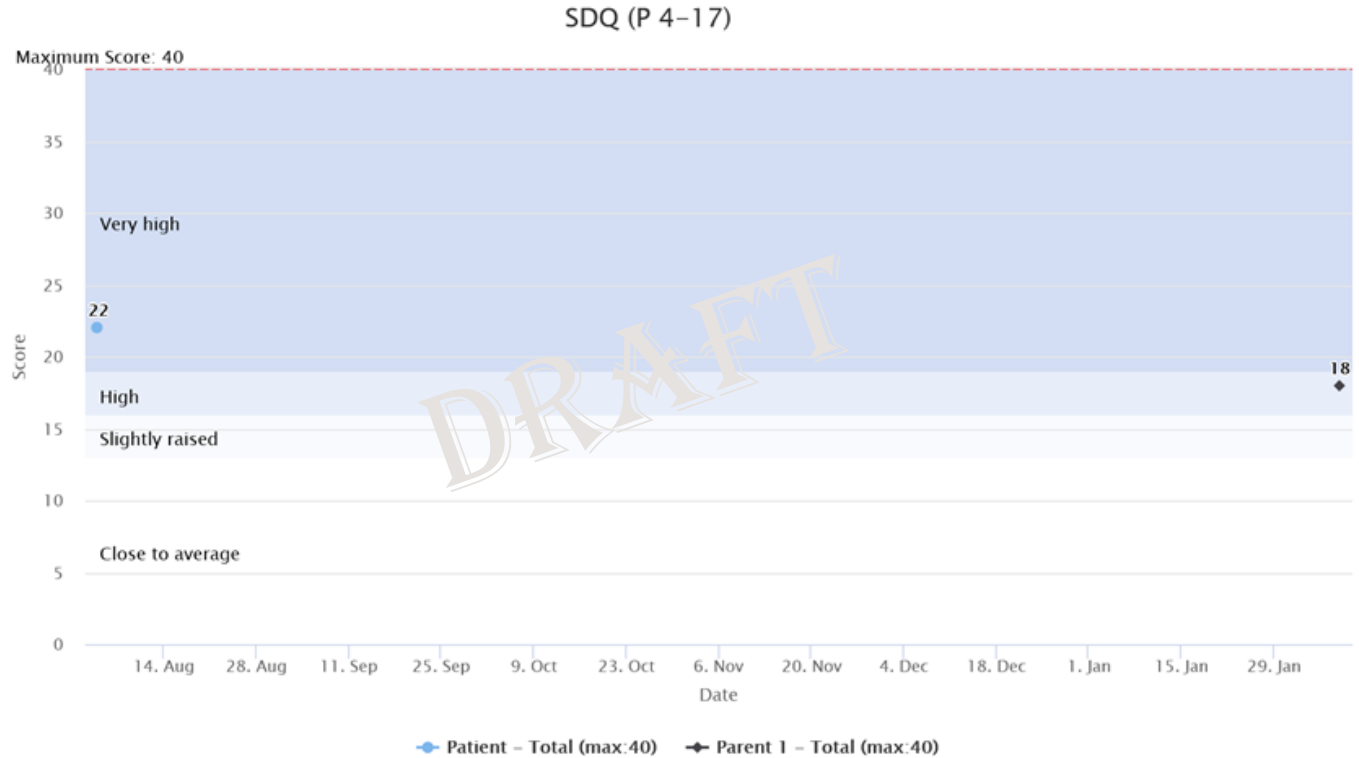
POD for Young People

- Scores are calculated instantly and you can view these online with a child, young person or parent within a session.
- Here is an example of using POD with a young person:

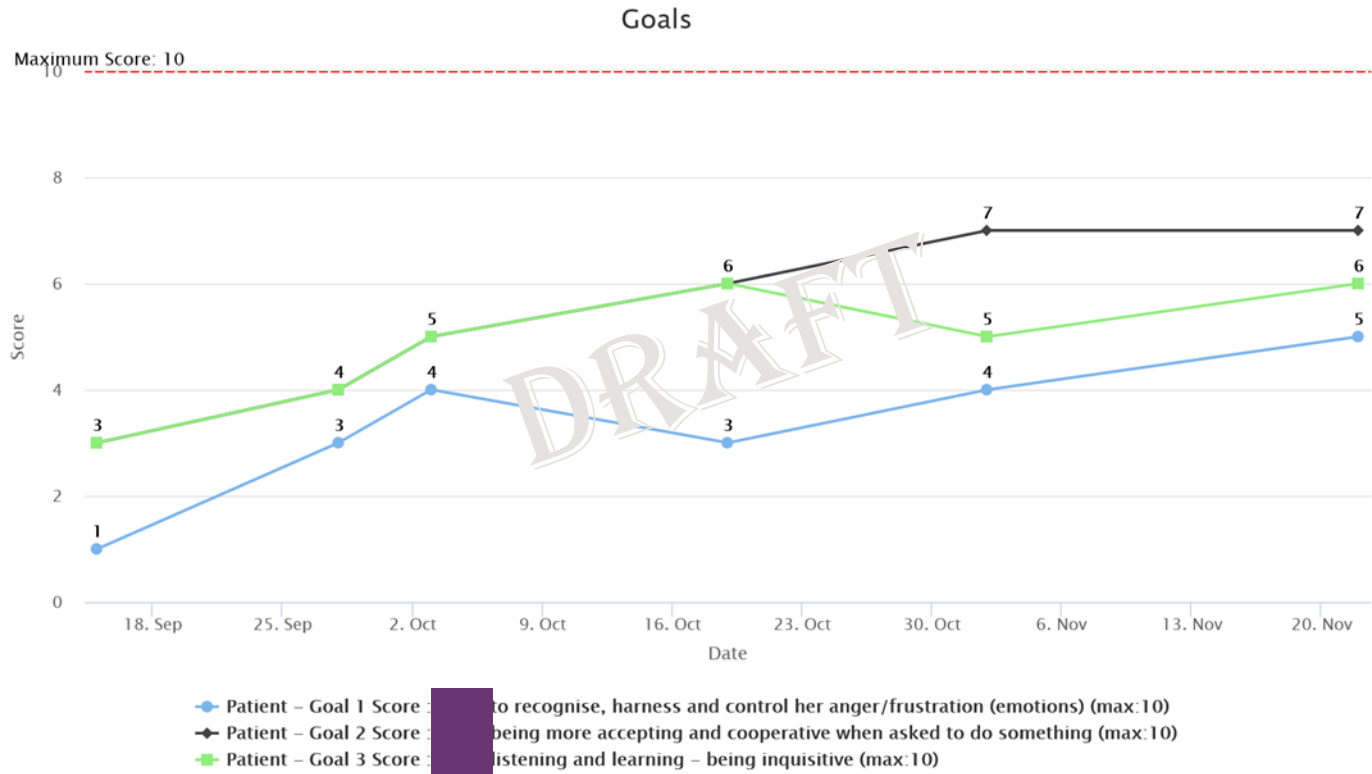
<https://youtu.be/GdJEDDCa4MA>

Case example- Behavioural Difficulties

Outcomes

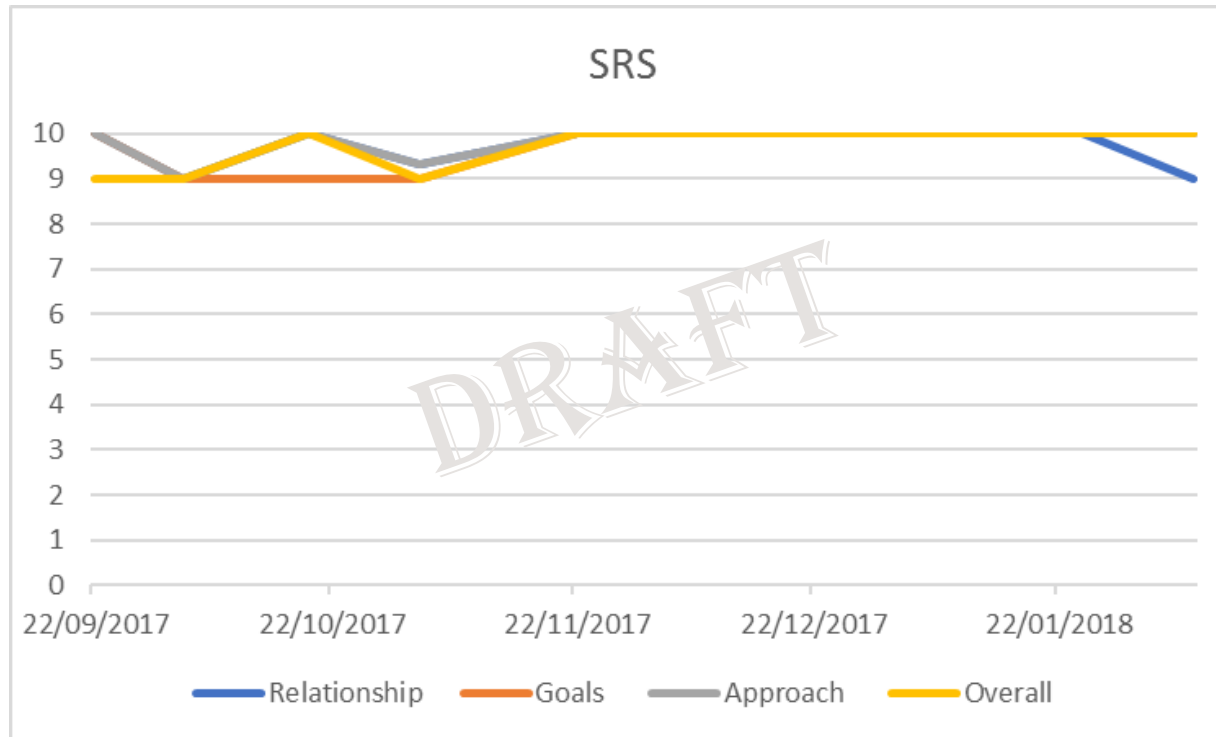


Goals



Highcharts.com

Session Feedback

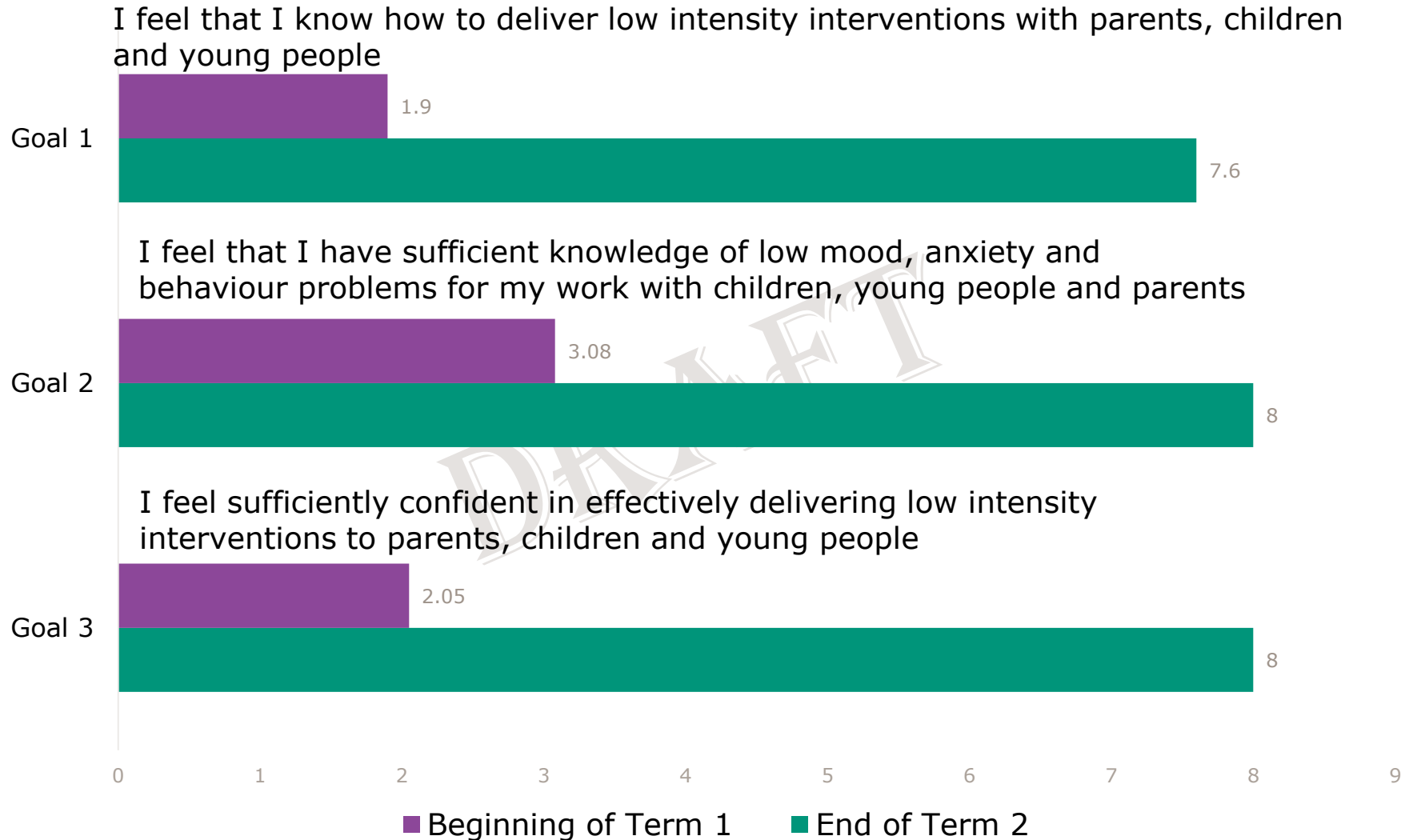


POD for CWP Trainees

- POD has been similarly used as a **learning tool** by CWPs being **trained on POD for own use**
- Encouraged to track own progress throughout course
- Understand the **importance of an active feedback loop** through receiving timely progress reports
- Understand how sessions went with qualitative feedback e.g.

“It was a great session that gave me a good overview of how group sessions should be presented using this model”

CWP Learning Goals



Teaching Feedback Questionnaire

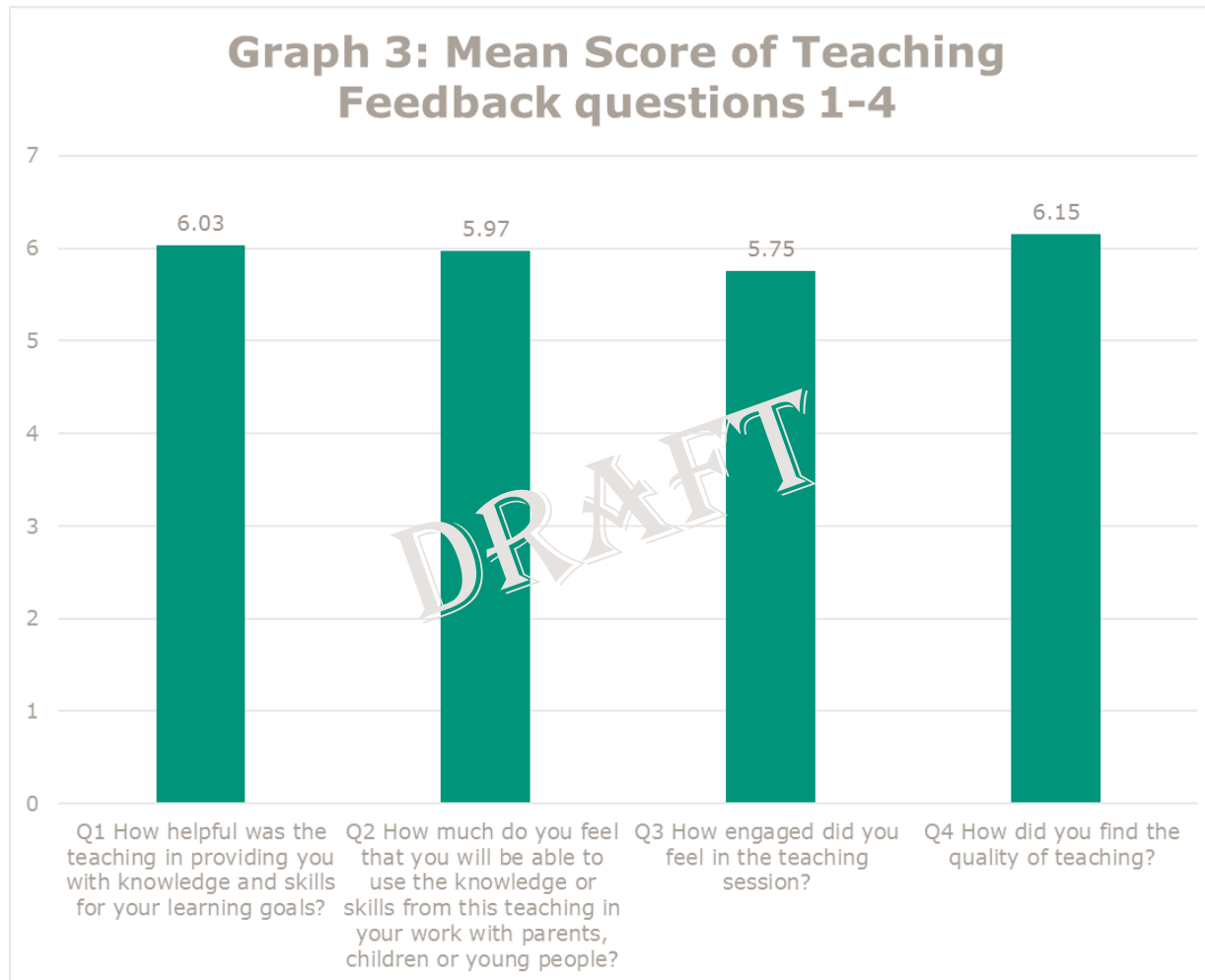


Illustration of capability of POD

Below are some examples of ongoing work on feeding back outcomes to services

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Data > 20/02/2018

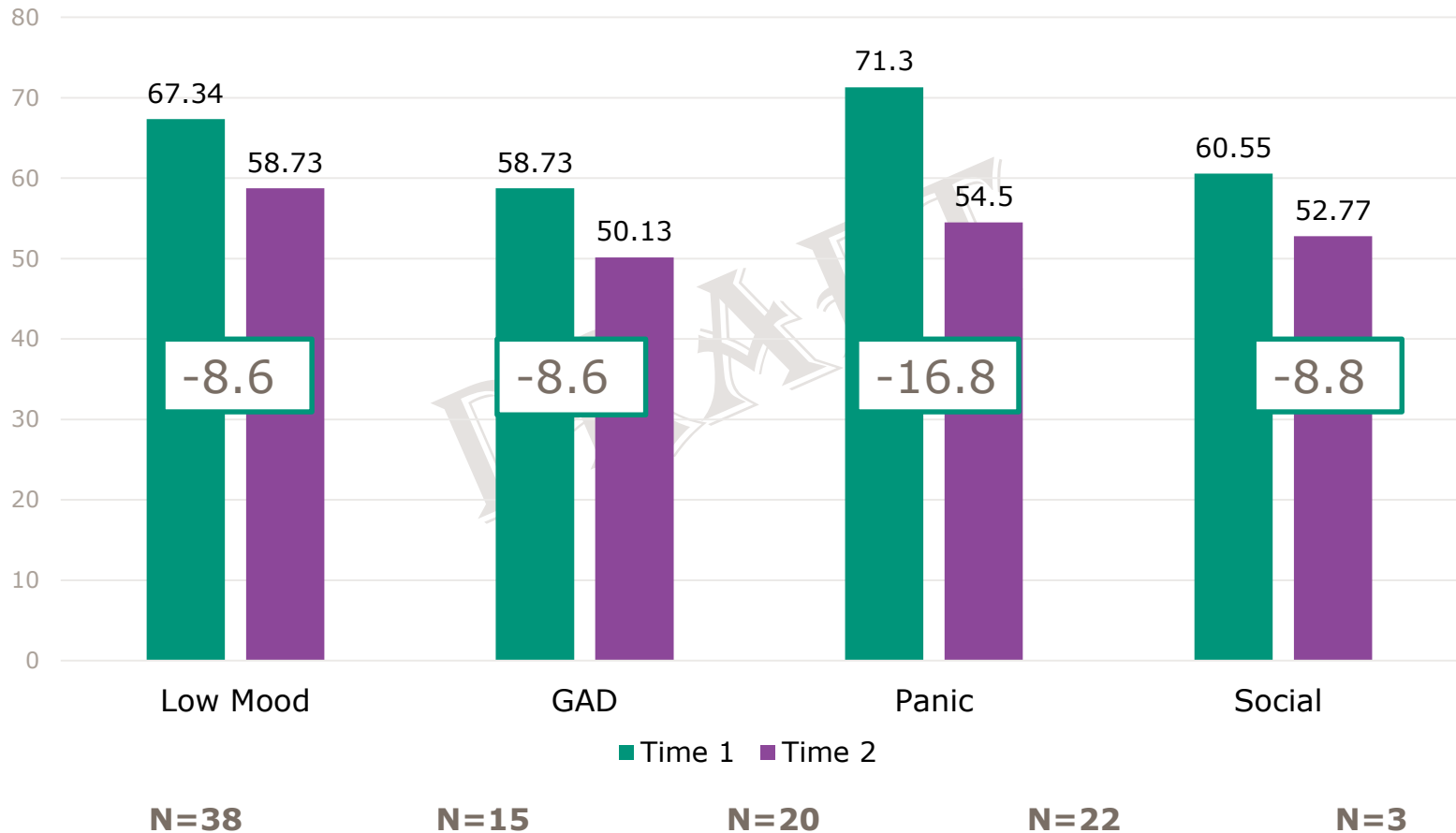
Number of registrations on POD

566 cases

Group	Number
General (All Measures)	224
Anxiety- Adolescent (RCADS)	128
Anxiety- Child (SDQ)	106
Behavioural Difficulties (SDQ)	63
Low Mood (RCADS)	45

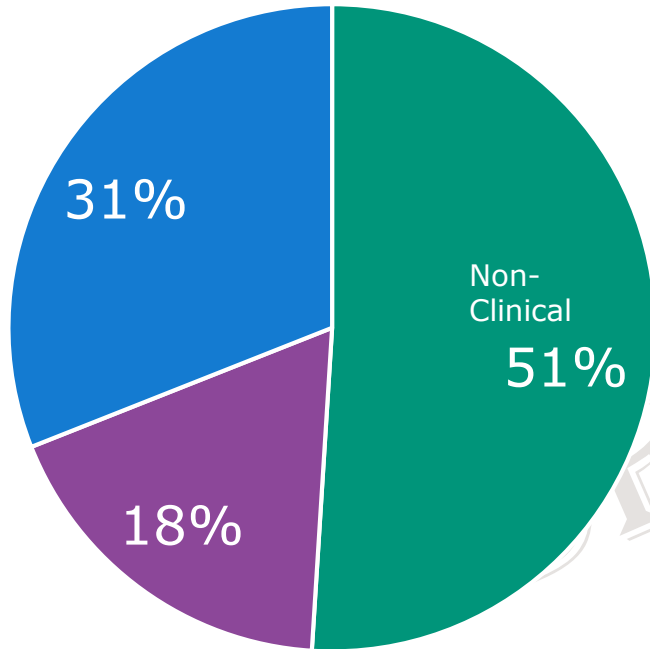
RCADS Subscale (13 Partnerships)

Mean RCADS Score Between Time 1 and Time 2 for subscale of interest (N=98)

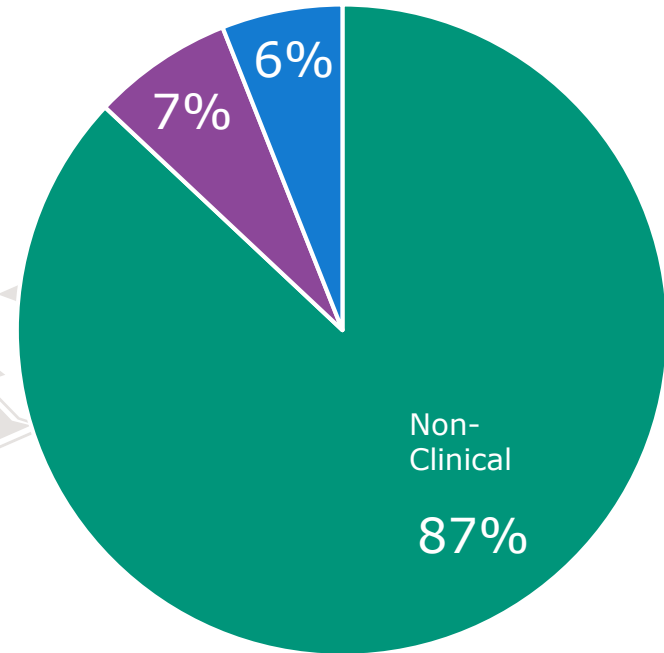


RCADS Clinical Ranges for Anxiety

Time 1



Time 2

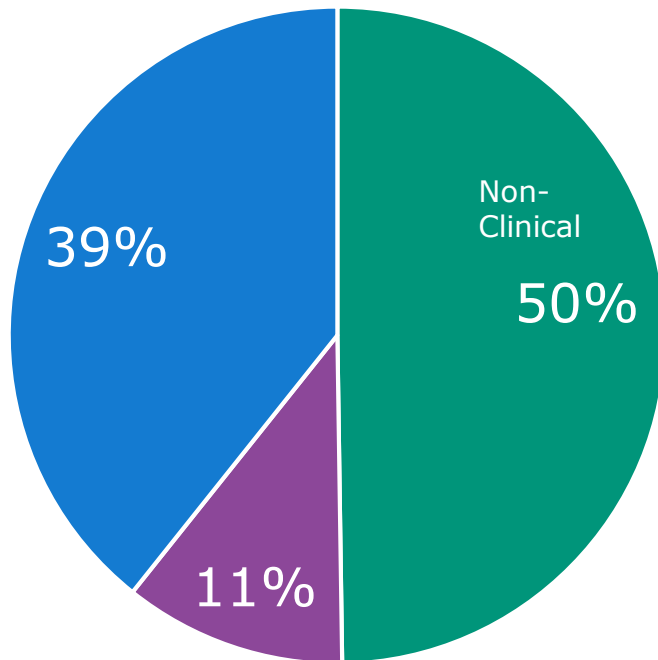


■ Non-Clinical ■ Borderline ■ High

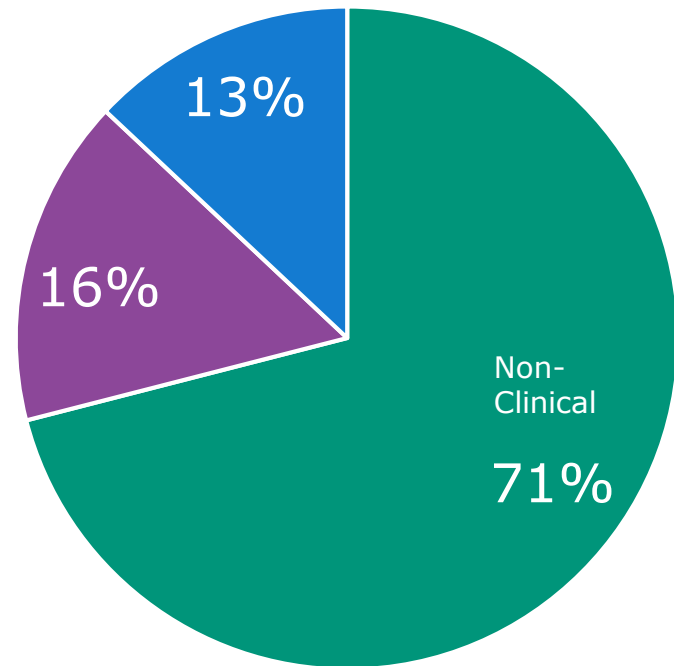
■ Non-Clinical ■ Borderline ■ High

RCADS Clinical Ranges for Low Mood

Time 1



Time 2

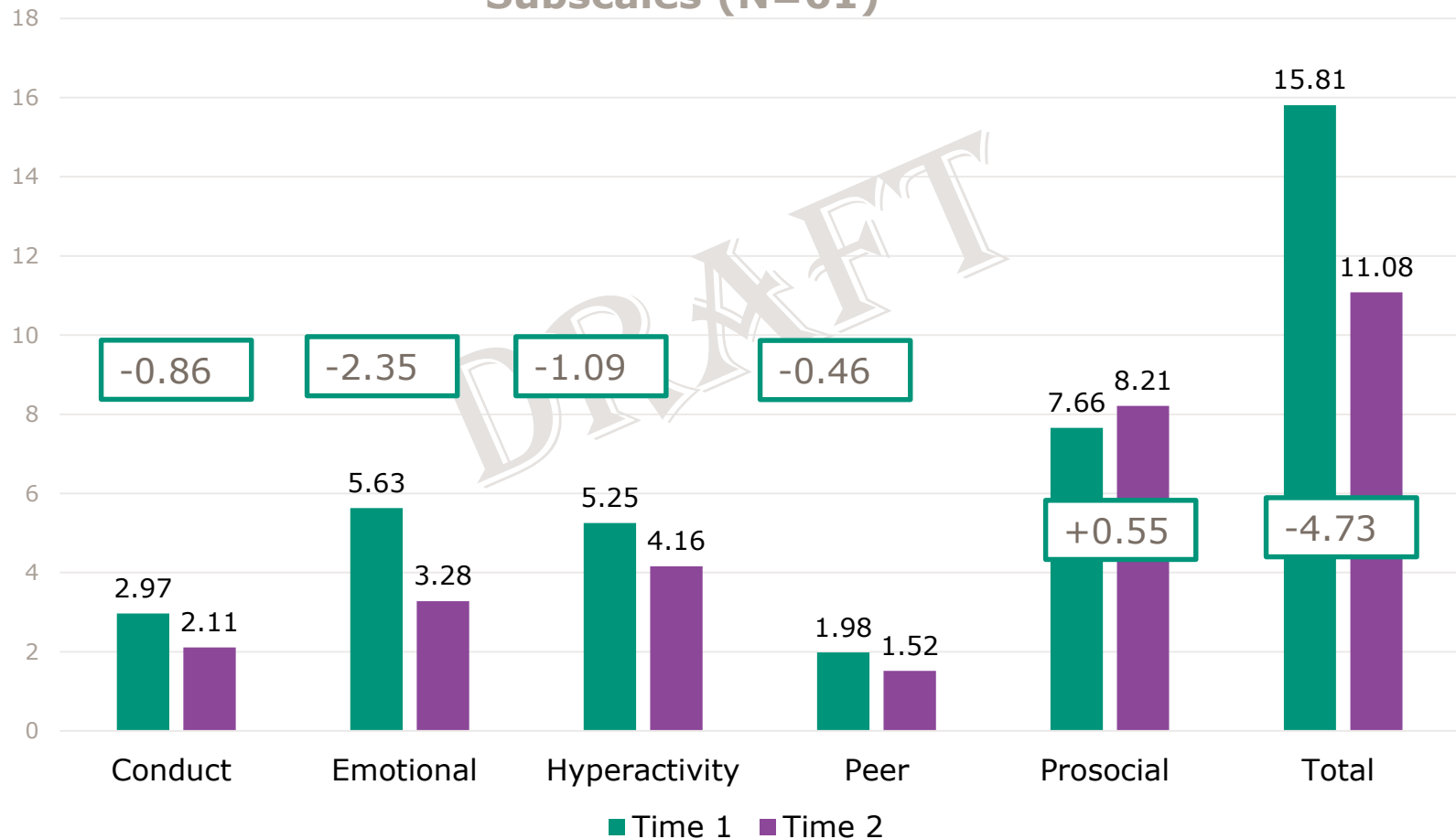


■ Non-Clinical ■ Borderline ■ High

■ Non-Clinical ■ Borderline ■ High

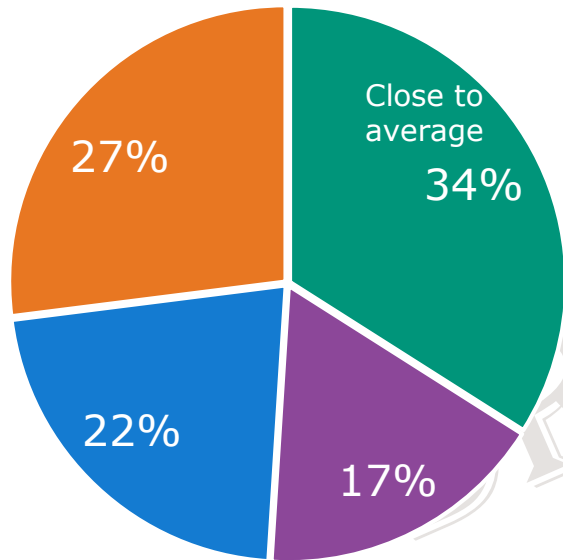
SDQ Subscale (13 partnerships)

Mean SDQ Score Between Time 1 and Time 2 for Subscales (N=61)



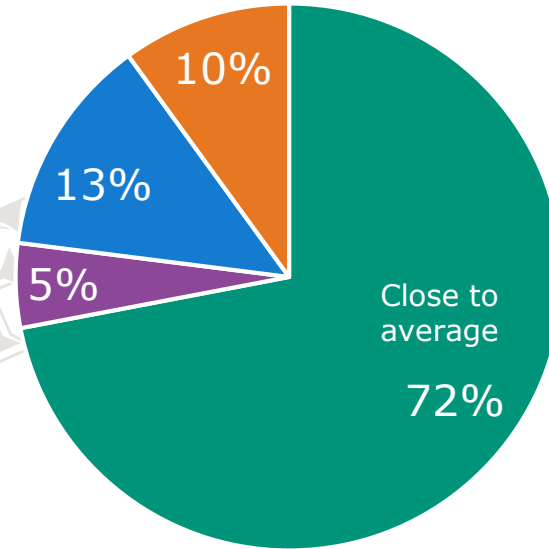
SDQ Total Clinical Ranges

Time 1



■ Close to average
 ■ Slightly raised
■ High
 ■ Very high

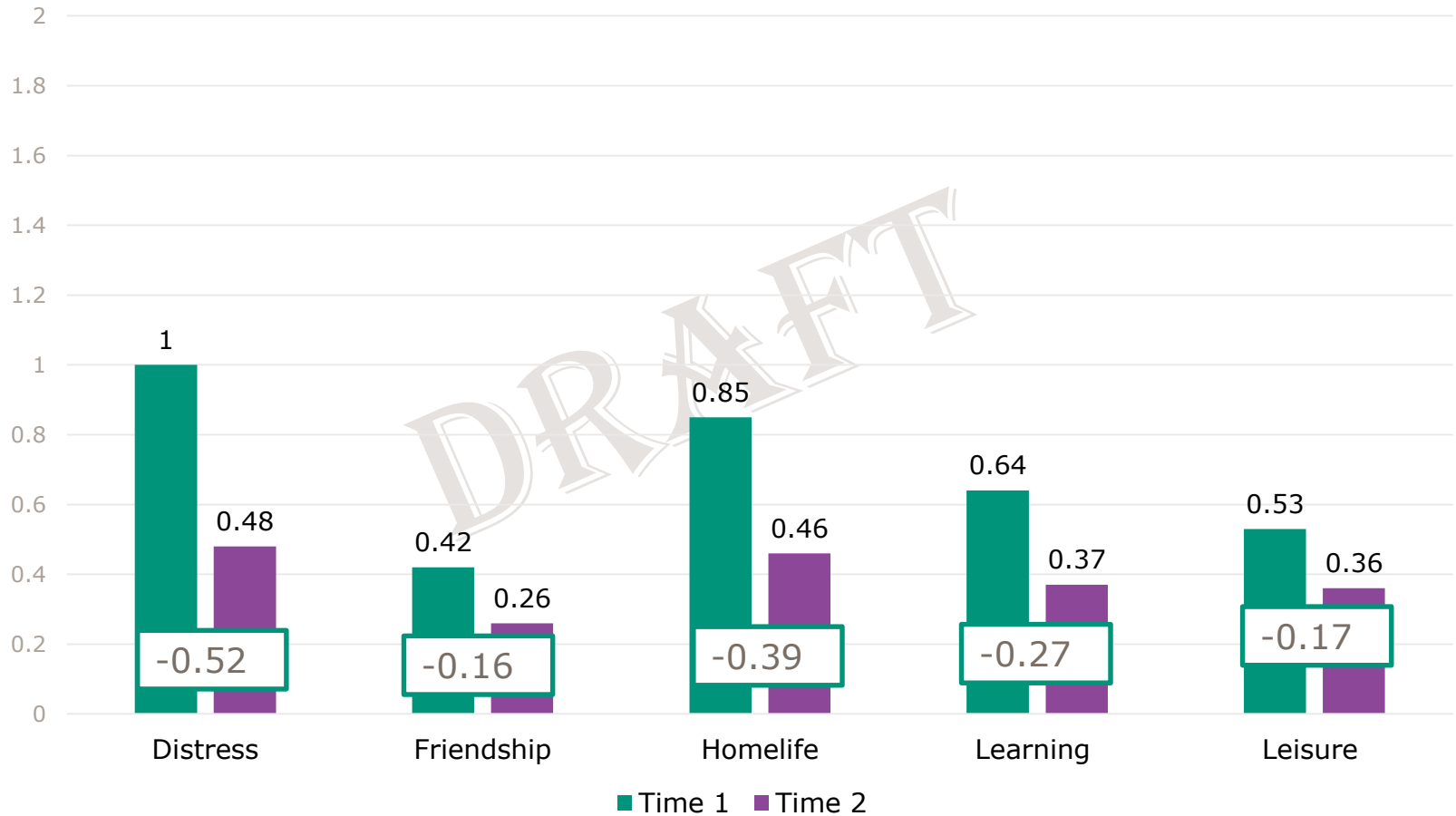
Time 2



■ Close to average
 ■ Slightly raised
■ High
 ■ Very high

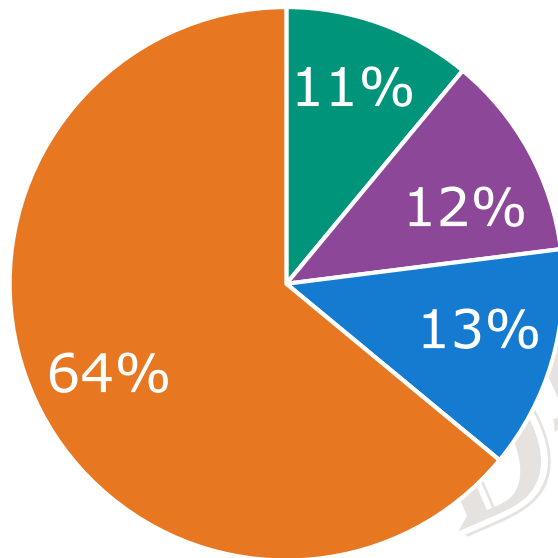
SDQ Impact

Mean SDQ Score Between Time 1 and Time 2 for Impact Scale (N=141)



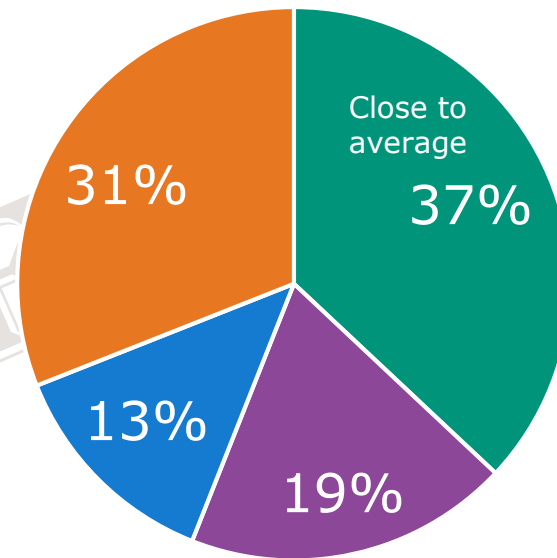
SDQ Impact Clinical Ranges

Time 1



- Close to average
- Slightly raised
- High
- Very high

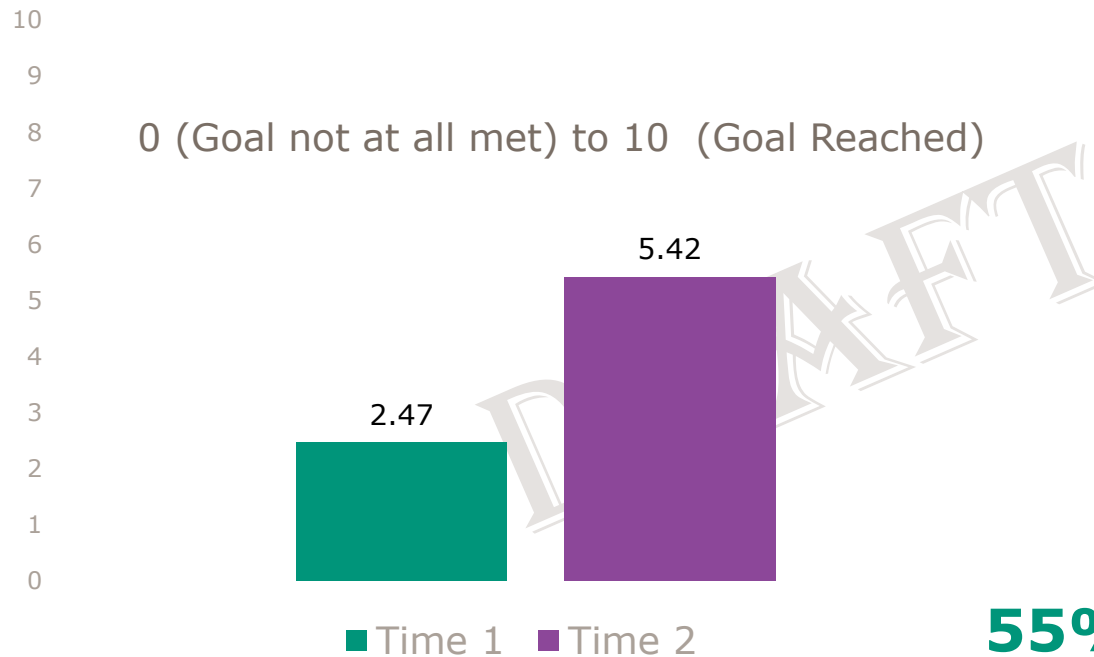
Time 2



- Close to average
- Slightly raised
- High
- Very high

Goal Based Outcomes (all partnerships)

Mean Score on Goals Between Time 1
and Time 2

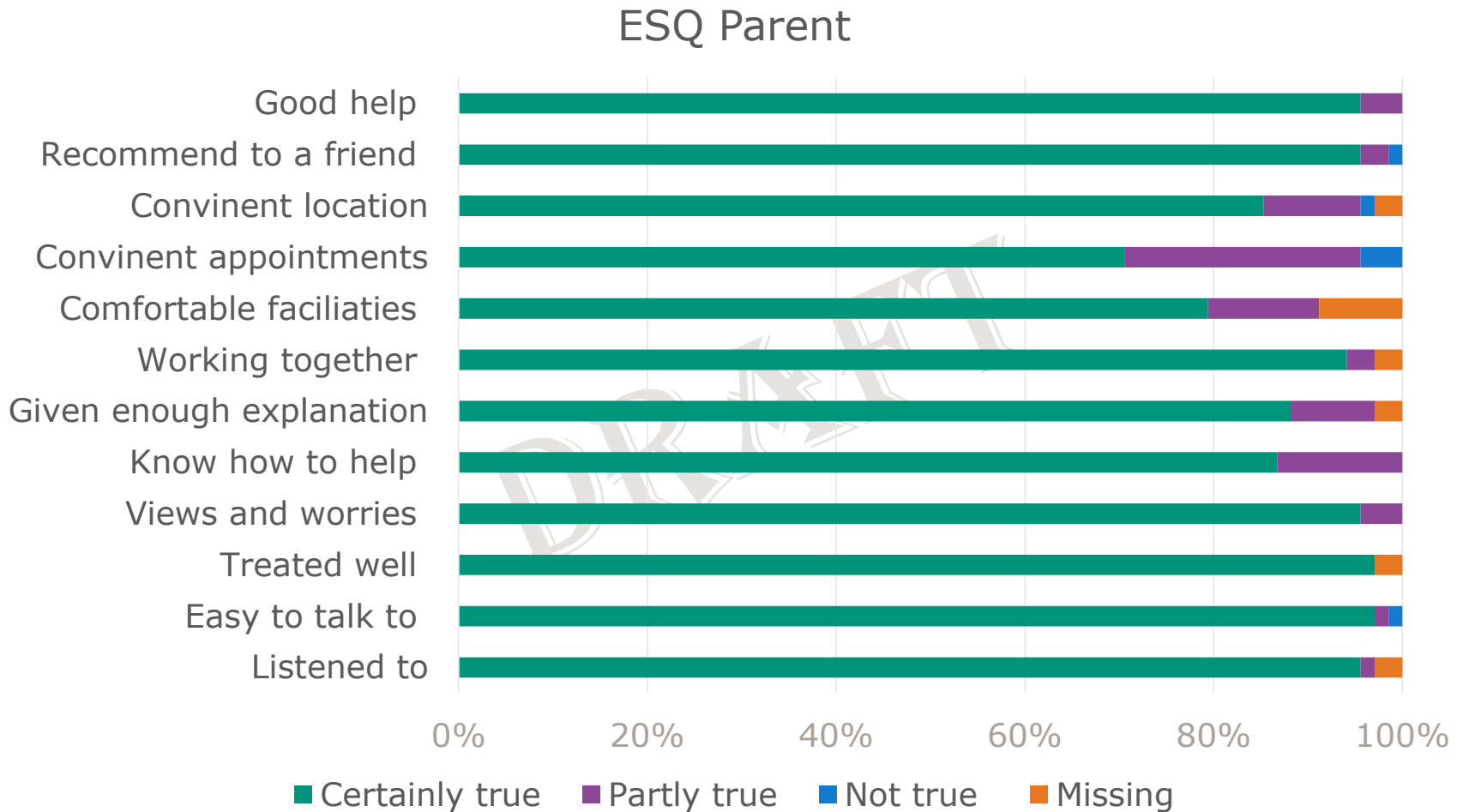


Paired data for **351 cases** from all sites and all groups

Site scores changed on average **2.95** points

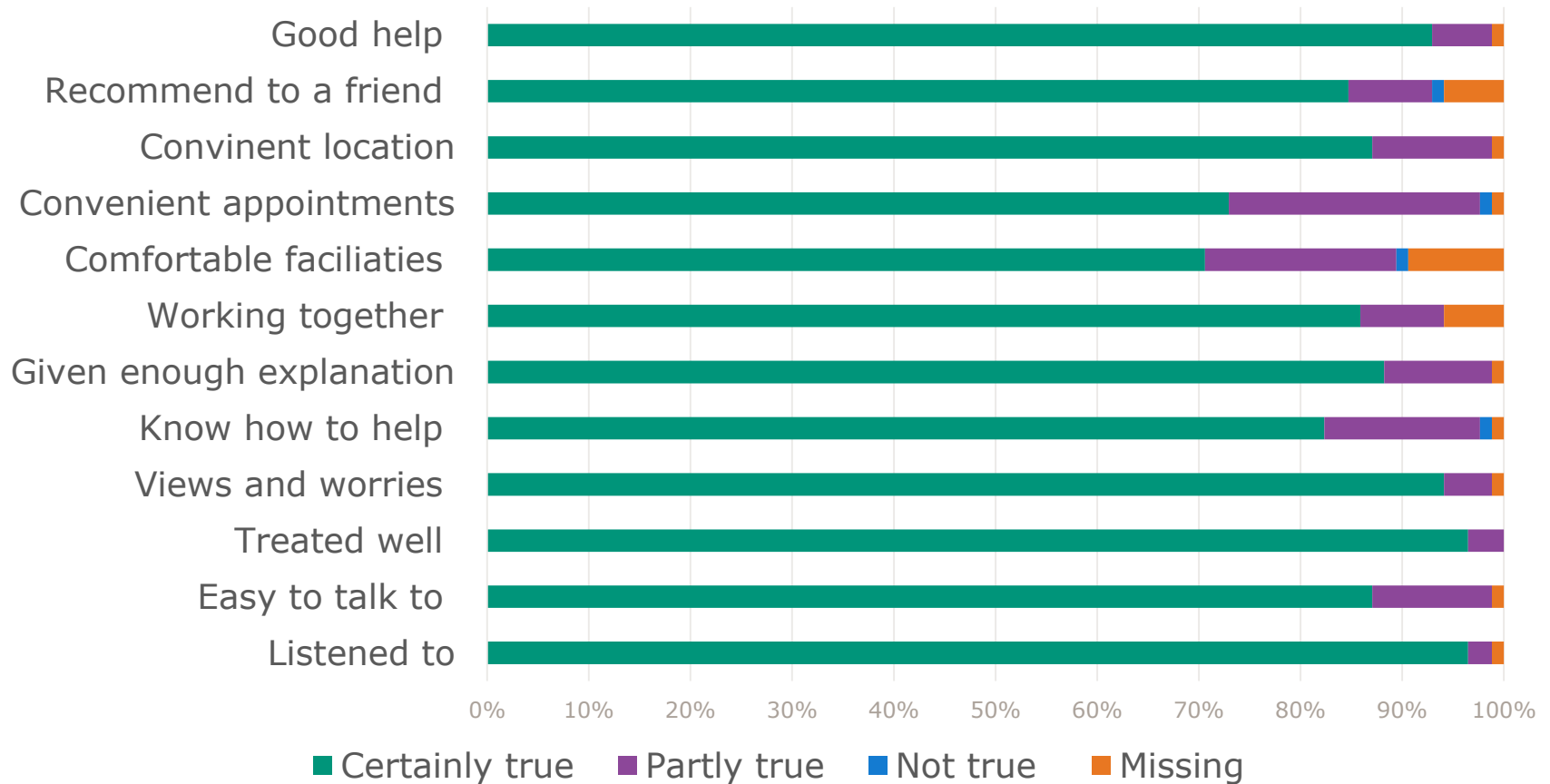
55% of cases achieved reliable improvement (i.e. change in score of 2.45)

Experience of Service Questionnaire (n=68)



Experience of Service Questionnaire (n=85)

ESQ Young Person



Examples of ESQ

- “At the beginning I was concerned that the help would be a little obvious, or worse yet that I would discover I was a terrible Mum! But the information has been really useful and the techniques work well and can be used easily.”
- “I don't like role plays but it was helpful!”
- “The course was long enough to put into practice lots of the techniques and exercises given to me. It was great to have the time to really discuss issues with X in depth.”
- “It has been a life changing experience for me and my family, I have learnt so many new tools to use with my family for us to work better as a family unit.”

Any questions, please contact:

Jessica.rees@annafreud.org

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