

# BASIL SUPPORT WORKER



## ROLE DESCRIPTION

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### WHAT DOES THE BASIL SUPPORT WORKER ROLE INVOLVE?

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- The intervention we have developed for use in the BASIL study involves people working through a self-help booklet ("BASIL booklet") guided by a trained BASIL Support Worker.
- The BASIL Support Worker will also liaise where necessary, with health professionals in the participant's care team, such as their GP or Practice nurse, to help them to get the care they need.

### BRIEF SUMMARY OF THE BASIL STUDY

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- Older adults and those with long term health conditions represent a 'high risk' group for the development of depression and low mood.
- Isolation as a result of the Covid-19 pandemic is likely to impact on the mental health of vulnerable populations. Enforced isolation may lead to disruption of daily routine, loss of social contact and loneliness, which may in turn impact on mental health.
- Using a bespoke intervention based on Behavioural Activation, the BASIL study aims to prevent and mitigate depression and loneliness among older adults with multiple health conditions during the COVID-19 pandemic.
- Behavioural Activation (BA) is a brief psychological intervention which has been shown to reduce or prevent depression in high risk groups.
- The BASIL study has been classed as an Urgent Public Health Study by the UK's Chief Medical Officers.

### BA SUPPORT SESSIONS

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- Each participant will receive up to 8 telephone sessions over a maximum 3 month period. The first session should last up to 1 hour with subsequent sessions lasting around 30 minutes. Sessions may also be offered via video call (where feasible).
- You need to have some flexibility and be able to offer sessions on different days and at different times (during normal working hours).
- BA support involves being proactive in arranging contacts, basic monitoring of depressive symptoms, and facilitating communication with other members of the participants' healthcare team (such as the participant's GP).
- You will be provided with a BASIL Support Worker manual and the BASIL participant self-help booklet.
- You will need to record information about intervention sessions, and report adverse events, risk and study withdrawals, and liaise with the BASIL study team.
- The study team will contact you to let you know when a participant has been allocated to receive the BA support intervention. You will not generally be expected to deliver the intervention to more than five participants at any one time. This will be monitored closely and discussed before participants are allocated to you.

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### SUPPORT WORKER TRAINING

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- You will be provided with training via three virtual sessions (each two hours per session delivered via Zoom) run by clinical members of the BASIL study team who are experts in Behavioural Activation.
- Supplementary information and study materials will be provided for you to read, alongside audio files of example intervention sessions for you to listen to.
- The training, including preparation and reading outside of the Zoom sessions, is expected to take approximately 22 hours in total.
- The training will focus on providing you with the skills you will need to enable you to help someone with long-term health conditions to stay physically and mentally well during the COVID-19 pandemic. We will show you how to support someone to use the booklet which talks them through how to recognise how the things they do (activities) influence their mood and how this can also impact on their physical functioning. The topics of depression, antidepressants and safeguarding are also covered. You will learn the skills to conduct telephone sessions, assess and manage risk, and work with older adults with multiple health conditions and depression.
- We will ask you to do a brief run through of session one over the phone following training to make sure you are comfortable with the intervention.
- The intervention is designed to be delivered by people from a wide variety of backgrounds. The training will equip you with all the relevant knowledge and skills which you will need to deliver the intervention, regardless of previous experience. The only essential characteristic is a desire and enthusiasm to support older adults to manage their wellbeing during the COVID-19 pandemic.

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### **BENEFITS OF TAKING PART IN BASIL**

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- This study will provide you with the opportunity to become involved in a large urgent public health research study, contributing to the understanding of what helps to mitigate the mental health impact of COVID-19.
- You will also be contributing to the development and evaluation of a potential new treatment to help older adults with physical and mental health conditions.
- This is an opportunity to acquire and develop new skills to add to your C.V. and may contribute towards your continuous professional development.

### **ESTIMATED TIME REQUIREMENT**

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- Delivery of the intervention across the study will take place between October 2020 and August 2021
- The estimated time (including participant contact, time liaising with health services, admin time and clinical support/supervision) is approximately 10 hours per participant (based on completion of all 8 sessions) plus the BASIL Support Worker training.

### **SUPPORT & FEEDBACK**

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- You will receive regular/weekly support from a clinical member of the BASIL study team.
- You will be offered the opportunity to take part in an individual feedback session to provide your views and experiences of the BASIL Support Worker training and delivering the BA support intervention.