GRiST and myGRiST

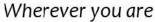*Copyright GRiST, 2013*

The Galatean Risk and Safety tool

Monitoring and managing health and wellbeing

In partnership with clinicians

Wherever you are

With your friends and family

www.egrist.org

Access help, support, and advice from anywhere in complete security

What is GRiST?

GRiST is a web-based decision support system for assessing and managing the risks of suicide, self-harm, harm to others, self-neglect and vulnerability.
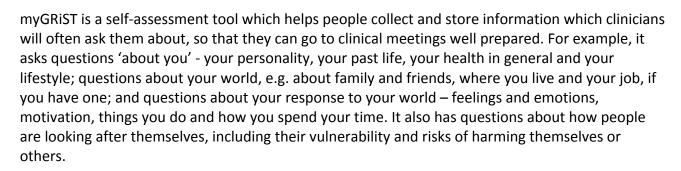
What makes it different?

1) GRiST is unique in that the risk model underpinning it is based explicitly on modelling structured clinical judgements. To learn more about the research behind this, see www.egrist.org

2) GRiST integrates these structured clinical judgements with empirical evidence, thus combining the best approaches to mental health risk assessment recommended by the Department of Health and the Royal College of Psychiatrists, within a single system.

3) GRiST's validated model of risk expertise is hierarchical and able to link patient risk data e.g. 'lives alone' to top-level risks like suicide, through intervening concepts such as depression. This provides a precise, formal structure and location for each piece of patient data, making it easier to connect, collate and populate information fields in other patient documents, avoiding double data entry.

4) GRiST is underpinned by a database of over 200,000 patient risk profiles and associated clinical risk judgements, with sophisticated statistical and pattern recognition tools. On-going analyses will contribute to the research evidence base about: how clinicians assess risk, social patterns and inequalities associated with risk assessment, risk prediction and how cue clusters influence risk.

5) GRiST was developed from the start to exploit the semantic web to give: flexible formatting of information, multiple delivery modes and web-based interfaces; and easy and universal access.

6) GRiST was designed as an interactive tool with sophisticated interface functionality to give: streamlined data entry; automatic output of reports that can be individually customised for the particular clinical service or patient; and the facility to add comments or narrative to any piece of risk data or to contextualise risk judgments and self-assessment.

7) There are versions for different populations: working age adults, CAMHS, older people, and IAPT. Each has the same validated underlying knowledge structure so that data can be easily passed between population groups. Forensic and learning disabilities versions are coming soon.

8) GRiST is based on psychological knowledge structuring and reasoning processes, which means risk advice is easy to understand, easy to validate and supports considered judgements.

10) GRiST provides a common risk language for all patient populations and clinical services. Its whole system approach to risk assessment aids risk communication across the entire care pathway, including between clinicians, service users and their carers.

12) Finally, GRiST creates opportunities for NHS and other organisations to collaborate on research projects with the GRiST team.

WHAT IS myGRiST?

myGRiST is a companion tool to the clinical versions for service user self-assessment. It has been developed through research with service users funded by the Judi Meadows Memorial Fund.
myGRiST is designed to help people with mental health problems live safely in the community and to understand and manage things in their life which may be putting themselves or others at risk. It is available free of charge.

myGRiST is a self-assessment tool which helps people collect and store information which clinicians will often ask them about, so that they can go to clinical meetings well prepared. For example, it asks questions 'about you' - your personality, your past life, your health in general and your lifestyle; questions about your world, e.g. about family and friends, where you live and your job, if you have one; and questions about your response to your world – feelings and emotions, motivation, things you do and how you spend your time. It also has questions about how people are looking after themselves, including their vulnerability and risks of harming themselves or others.

An important aim of myGRiST is to help people tell, record and share their 'story' with clinicians and others, so there is no need for them to keep repeating information about their past when they meet new clinicians or services. Deciding who to share information with is completely up to the individual though. myGRiST puts them in control of this.

myGRiST also helps people to record information about how to cope with and manage any difficulties they have, and to create a personal action plan.

How can myGRiST help?

myGRiST can help people understand how different things in their lives can have an impact on their mental health and feeling safe. It can help people to monitor any changes in how they are feeling, recognise when they might be at risk and help them to make plans for managing these more difficult times.

Information about people's past (historical information) can be stored within myGRiST, so that each time they come to use it, they don't need to enter that information again. If people wish, they can share their historical information with other people. These could be members of their family or friends. They could also be professionals involved in their care. This can be especially helpful if someone starts to use a new mental health service, because there will be no need for them to repeat their story all over again. People can also send a report from their latest self-assessment to their GP or mental health professional before their appointment, so that practitioners can see how any changes in their lives are affecting them.

The information someone stores in myGRiST is owned by them and is completely confidential and secure. Only myGRiST users can set the permissions for sharing their myGRiST profile, and they can choose which sections, if any, they want to share, and who they share them with.

The GRiST research programme

Key aims of GRiST research are to promote: safety for all; self-management and empowerment for service users; and a clear audit trail for NHS Trusts and other care providers to demonstrate the relationship between patients' risk profiles, clinicians' risk judgments, management plans, and outcomes of care.

GRiST is founded on the philosophy of generating rigorous research evidence for its development, coupled with extensive clinical testing at the point of care. Our research has been funded by a number of bodies over the years, including:

The Department of Health
National research councils (EPSRC, ESRC, NIH in America)
The Burdett Trust for Nursing
The Judi Meadows Memorial Fund.
For a full list of sponsors and collaborators, see
www.egrist.org/content/list-our-collaborators-and-sponsors

In addition, current research is funded by the Economic and Social Research Council as part of a joint initiative with the US National Institutes of Health (examining disparities in depression care in the US and the UK); the American Foundation for Suicide Prevention (examining 'toxic' cue clusters in completed suicides) and the Arden Cluster Capability Fund (examining if the usage of myGRiST in clinician, patient and carer triads saves GPs' time).

Contact Us
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