

How to use retrospective Stars

Top tips for organisations using any version of the Outcomes Star™

1 What are retrospective Stars?

In the context of the Outcomes Star, 'retrospective' is one alternative way to capture a Star reading with a service user. The standard approach to completing a Star is to reflect on and complete the readings about the present time – the point in time at which the Star is being completed. A retrospective Star is completed about a period of time prior to the present moment – when you are looking back to how a client was at an earlier point in time.

2 When to use retrospective Stars

It can be useful to look back with a service user to where they were at a previous point in time.

This may be useful to do when an initial Star was not completed with a service user, perhaps because at that point the service user did not engage with the Star. Even if a first Star has been completed, it can still be useful to reflect back with a service user to where they were at an earlier point in time, for example if you now have more understanding of their strengths and challenges when they joined the service.

Retrospective Stars can help capture a baseline reading for Star data analysis (see below) and / or be a positive and motivating reflective experience for service users and practitioners.

Triangle recommend that all services create their own guidance about if and when practitioners should use retrospective readings, to ensure consistent use across a service.

3 Recording retrospective Stars on Star Charts and on the Star Online system



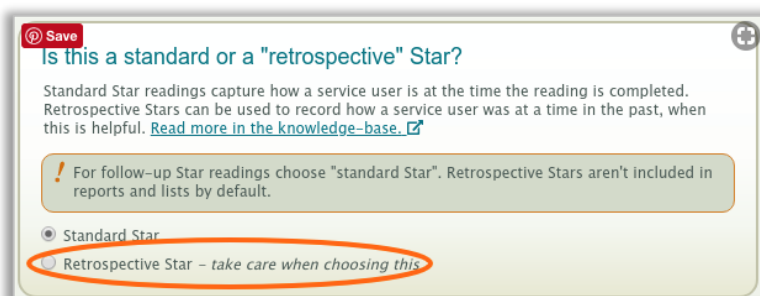
Star Charts for all versions of the Star include an option to record a Star as a retrospective Star. You can also specify whether the retrospective Star is or should be recorded as the first Star in someone's journey with the service.

On the Star Online, you cannot complete a retrospective Star using the live completion option.

Instead, complete the Star Chart on paper and use the Quick data option to record the data on the Star Online system. Tick the 'Was this Star completed retrospectively?' in the

bottom left hand side of the screen.

When you select 'retrospective Star' the Star Online presents you with a different date field and prompts you to enter the date the retrospective Star is being completed *about* rather than the date it's being completed on.



Retrospective Stars are excluded from lists by default and the 'last Star' column on the Clients list doesn't take them into account. So it's good to be sure you understand what the 'retrospective' option is for and only use this option when it's necessary.

4 Using Star data from retrospective Stars

Care needs to be taken when using retrospective readings in Star data analysis. This is because a retrospective reading may not be as accurate a reflection of where a service user was at that point in time in comparison to a collaborative reading completed at that time. This may be particularly true if the reading was completed to help motivate the service user to see how far they have come. In this case the retrospective reading may have been exaggerated to the lower end of the Journey of Change to emphasise the journey that they have been on. The accuracy of a retrospective reading may also be compromised if when completing the retrospective Star reading the worker was not aware of important information for the service user at that time which would influence the reading.

An organisation may need to consider what their guidelines for completing retrospective readings are, how accurate they think they are and whether they want them to be included in Star data analysis.

Retrospective Stars are not included on default standard reports from the Star Online but they can easily be included by choosing 'include retrospective Stars' in the report filters.

5 Further information and support

For more advice and support with retrospective readings, or with any other aspect of the Outcomes Star, please contact info@triangleconsulting.co.uk or +44(0)207 272 8765. More information about the Outcomes Star can be found on our website www.outcomesstar.org.uk.

