

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 in their past – when you are looking back to how a client was at an earlier point in their life.

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, this could be for many reasons such as:

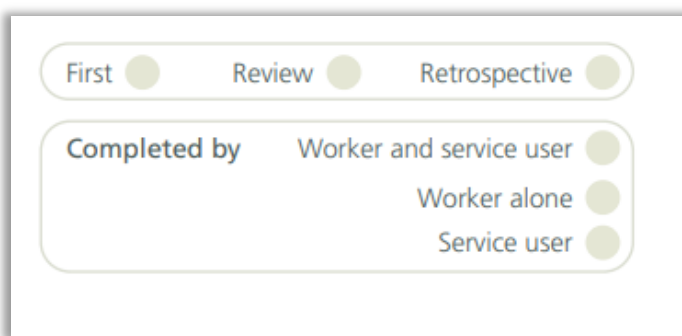
- at that point they did not engage with the Star, perhaps it was too early in your relationship
- they did not have capacity to complete a star in the beginning of your intervention
- there were other pieces of work taking priority which meant that it didn’t get done
- you decided to do a ‘practitioner only’ star to collect that baseline reading but were unable to do it collaboratively.

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 you might both 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 at the top of the page. 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 yet.

Instead, complete the Star Chart on paper and use the ‘Enter Star from Paper’ option to record the data on the Star Online system. Scroll down and it will ask ‘Is this a standard or retrospective star?’

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. This date represents a general time period you were referring to.

Is this a standard or "retrospective" Star? *

Standard Star readings capture how a service user is at the time the reading is completed. Retrospective Stars can be used to record how a service user was at a time in the past, when this is helpful.

Standard Star

Retrospective Star

Pick a specific date to indicate the general time period the Star reading refers to: *

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.

Other Filters

Ethnicities ⓘ

Gender identities ⓘ

Age Range ⓘ
 To

Support Need(s) ⓘ

Include Retrospective Stars?

Exclude anonymised data?

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 on the right hand side.

5 Further information and support

For more advice and support with retrospective readings, or with any aspect of the Outcomes Star, please contact your main point of contact or our enquiries desk info@triangleconsulting.co.uk. More information about the Outcomes Star can be found on our website www.outcomesstar.org.uk.