

Evaluating the Implementation and Clinical Impact of the Four Core Care Plans Model in an Abu Dhabi Mental Health Service: A Mixed-Methods Study

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Abstract:

The United Arab Emirates (UAE) is undertaking rapid transformation of its mental health infrastructure, driven by legislative reform, national strategy, and significant capital investment. Translating these high-level national directives into meaningful patient outcomes relies on front-line clinical execution led by registered nurses and allied health professionals.

This research project evaluates the pilot implementation of the Four Core Care Plans (4CCP) model within a mental health care service in Abu Dhabi. Designed in the United Kingdom as a co-produced, multidisciplinary care planning tool, the 4CCP comprises four essential domains: Keeping Safe, Keeping Well, Keeping Healthy, and Keeping Connected. The study assesses the feasibility, therapeutic utility, patient engagement, and multidisciplinary alignment of the 4CCP across the provider's care pathways.