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carer outcomes should be considered in healthcare decisions for long term conditions from the outset (table 1).

Carer proofing challenges researchers to provide better evidence of the effectiveness and efficiency of interventions from the perspective of all those affected. It also challenges care professionals and policy makers to focus their thinking on how the wellbeing of the patient-carer dyad could be optimised. There is both a moral and a practical imperative to consider carers in healthcare decisions given the vital role they have in supporting the health system.

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Table

Table Table| Examples of carer proofing measures that healthcare decision makers could take

Type of decision	Immediate measures	Future measures
Research decisions	Collect data on carer outcomes in clinical trials and include these data in subsequent evidence syntheses and economic evaluations	Further develop approaches to evidence synthesis and economic evaluation that enable inclusion of carer and patient outcomes and balancing their needs when these are in tension
National policy decisions	Apply a "carer impact" test to major organisational changes, such as initiatives to integrate health and social care	Develop mechanisms that promote a joined-up approach across sectors and organisations to identify and support family carers
Clinical decisions	Involve the family carer when treatment regimens are to be changed, especially when carer is taking on a more active role or patient capacity starts to decline	Evidence based decision making to optimise the outcomes for the patient-carer dyad