

CST training/manual

CST Manual only

Inclusion criteria for staff met  
Screened & consent gained  
Provision of Maintenance CST Manual and DVD

Baseline Assessment (0/12 months) & socio-demographic information

Cluster randomisation

Outreach

No outreach

1<sup>st</sup> follow up assessment (6/12 months)

2<sup>nd</sup> follow up assessment (12/12 months)