

Newsletter



diamonds.

Improving diabetes outcomes for people with severe mental illness.

Issue 7

Sept 2018

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A message from programme lead Najma Siddiqi...

"Welcome to our latest newsletter which provides updates on all of the projects and activities that make up our DIAMONDS research programme.



It's wonderful to see the research team taking shape and to start working on this important programme. I am struck by how enthusiastic everyone has been - people with mental illness, carers and health professionals have all been ready to help. I am confident that our findings will make an important contribution to improving the physical health of people with mental illness as we find out (amongst other things) who gets diabetes and why, and what we can do about it. I look forward to sharing our findings in dissemination events over the next months and years."

Diamonds self-management intervention research programme



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Improving diabetes self-management for people with severe mental illness.

Charlotte Kitchen and Emily Peckham

May saw the start of our DIAMONDS programme grant, a new research programme focused on developing and evaluating a self-management intervention for severe mental illness and diabetes.

Initially we are looking at research that has already been done by completing a 'literature review'. We have searched research databases to find over 9,000 research articles that might be relevant. Our team are currently going through these to see if they will be useful to help us design an intervention for people with severe mental illness and diabetes to help them to manage their conditions. Alongside this we will be spending time (interviews and accompanying people in their daily activities) with people with severe mental illness and diabetes, their clinicians and carers to help us design a suitable intervention. For further information on this work, please contact Emily Peckham on emily.peckham@york.ac.uk

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An update on DAWN-SMI, our survey of severe mental illness and diabetes from researcher Jo Taylor



DAWN-SMI.

Diabetes Attitudes, Wishes and Needs
for people with Severe Mental Illness.

We have now finished recruiting participants and have collected information from 263 people living with diabetes and mental illness, 34 relatives and 225 healthcare staff. We would like to thank all the participants for taking the time to provide this information, and to staff in the 20 NHS Trusts and 62 general practices who assisted with recruitment to the study.

We are now busy analysing the information we have collected in time to present some of our findings at workshops in York, Birmingham and London in October and November this year.



Each workshop will be attended by some of the people who took part in the study, and other individuals who commission and manage the range of services that support people with mental illness and diabetes. The aim of the workshops is to identify how services might need to change for people living with both of these conditions to ensure they are appropriately supported.

A study summary will be produced following the workshops and shared with all study participants who asked to receive this, and to the organisations that have supported the study.

If you would also like to receive the study findings later in the year, or are interested in attending one of our workshops please contact Jo Taylor, the study manager, on 01904 328083 or at jo.taylor@york.ac.uk



emerald.

Understanding risk factors for diabetes
and the experience of diabetes healthcare
for people with severe mental illness.

An update on EMERALD, our National Institute for Health Research mixed methods study on severe mental illness and diabetes from Sue Bellass



Sue Bellass

The EMERALD team have had a productive summer, with the quantitative and the qualitative workstreams keeping **Lu Han** and **Sue Bellass** busy! Lu has been working on the analysis of over 40,000 Clinical Practice Research Datalink (CPRD) patient primary care records, while Sue has been interviewing people with severe mental illness and diabetes, relatives or friends who support them, and healthcare professionals who commission or provide services.



Lu Han

As ever, our local research sites have been instrumental in identifying and recruiting participants, and we would like to thank all those who have supported the study, and, of course, all those who have participated in interviews.

We are recruiting participants for the interview workstream until the end of October. **We're particularly looking for relatives or friends who support people living with severe mental illness and diabetes**, so if this is something you do, and you'd like to consider being part of this study please contact **Sue Bellass** on **01904 321679** or sue.bellass@york.ac.uk for more information. If you'd like to know more about the patient record analysis workstream, please get in touch with **Lu Han** on **01904 321818** or l.han@york.ac.uk

DIAMONDS VOICE : Public Patient Engagement Update



Since the last newsletter It has been a busy few months for Diamonds Voice members; we've been taking opportunities to raise the profile of the research programme as well as the Diamonds Voice group at Community and NHS Trust events.

These included:

The **CLEAR** conference at Bradford District Care NHS Foundation Trust (May 17th Bradford Football Stadium) where we held a stall and had the opportunity to talk to staff and volunteers. '**Moving Forward**', a service user support group held in Keighley, and **TWIG** the Trust Wide Involvement Group at Bradford, where we were able to speak to clinical staff, service users, and carers in the area.

We also contributed to the **Patient Research Ambassador day**, an event organised by the National Institute of Health Research (NIHR) Local Research Network in Leeds, where our members presented to other NHS Trust Patient Ambassadors and staff in the region.

As a result of this recent activity, many people have shown interest in the research programme and wish to receive newsletters, some service users have signed up as participants to DAWN SMI study, others are interested in the research training and we now have further opportunities to present at other service user and carer groups.

A number of our Members are actively involved in the steering groups of individual Diamond projects, for example, the new Diamonds research programme, and the Emerald study, as well as reviewing documents at our quarterly meetings.

Thank you Diamonds Voice
for all your support as you have all
contributed in so many different ways



Public Involvement in Research Training Opportunity

The NIHR Collaboration for Leadership in Applied Health Research and Care (CLAHRC) in Yorkshire and Humber offers **two-day training for members of the public** to build an understanding of public involvement in health research and develop their own involvement skills.



The training has been developed in partnership with members of Diamonds VOICE, and has been evaluated by public involvement partners at the University of Huddersfield.

The next training will be in **Barnsley** on **Wednesday 16th and Wednesday 30th January 2019**. Each day starts at 10am and finishes at 2:30pm.

For more information please contact **Jo Taylor** at jo.taylor@york.ac.uk or on **01904 328083**.



'I like helping the researcher to ask the right questions, which are relevant to the service user and in turn will improve our services.....'

Interested in joining DIAMONDS VOICE?

New members are always welcome.

Members must have an enduring mental illness like schizophrenia or bipolar disorder **AND** a chronic physical health condition like diabetes, chronic lung disease or heart disease. Relatives or friends who provide support are also very welcome.

Lunch and travel expenses are provided.

Our next DIAMONDS VOICE meeting will be held on Monday 19th November 2018 12.30-3pm in Bingley. Please contact Angela Ross in advance if you would like to join the meeting.

For further information about DIAMONDS VOICE please contact our coordinator **Angela Ross** on ppihealthresearch@gmail.com