

Newsletter

ISSUE 08 January 2019



diamonds.

Improving diabetes outcomes for people with severe mental illness.



DAWN –SMI in finishing stages....



Jo Taylor

The DAWN-SMI study, which surveyed people with diabetes and severe mental illness, relatives who support them and healthcare staff, **is nearly finished.**

This study examines the psychological and social impact of having a mental illness alongside diabetes, and will provide important insights into how to better support people living with both of these conditions together. We have discussed the findings with service users and carers at three workshops in York, London and Birmingham. The final examination of information collected from people who took part is underway, and a study summary will be produced in the New Year. This will be shared with all NHS Trusts and GPs who helped to find people to take part as well as every one who took part and asked to receive this. We will also write about the findings in the next Diamonds newsletter.

In this issue...

Emerald Update

Diamonds Quest on the move

New Faces and Farewells

DIAMONDS VOICE Celebrates

www.diamonds.nihr.ac.uk

Twitter @IMPACT_NIHR

sue.bellass@york.ac.uk

Bradford District Care 
NHS Foundation Trust


National Institute for Health Research



THE UNIVERSITY of *York*

Leeds and York Partnership 
NHS Foundation Trust

CLAHRC Yorkshire and Humber


UNIVERSITY OF LEEDS

EMERALD Study Update

We asked Research fellows Lu Han and Sue Bellass.....

We have been working hard on data collection and analysis for EMERALD, our mixed methods study that explores severe mental illness (SMI) and diabetes through two workstreams: primary care patient record analysis and interviews with service users, family members and healthcare staff.

Lu has been using the patient records to identify the factors that put people with SMI at greater risk of developing diabetes, and, for those who already have diabetes, the factors are associated with variation in diabetes and mental health outcomes. Alongside this work, Sue has been conducting interviews with people with SMI

and diabetes, relatives or friends who support them, and healthcare staff. To date, she has interviewed 36 people with SMI and diabetes, 9 relatives, and 29 staff members, and is conducting her final few interviews as the data collection period comes to a close.

In the New Year Lu and Sue will look at both data sets and, along with other colleagues, will be preparing for the first of two workshops with service users, relatives and healthcare staff to discuss how the data can be translated into recommendations for practice.

DIAMONDS QUEST on the move...

The Diamonds Quest is exploring how people with severe mental illness and a long term physical condition(s) self-manage their illnesses. We are recruiting three types of participants: service users with SMI and one of the following four long term physical conditions (lung disorders, cardiovascular disorders, diabetes and chronic kidney disease), friends and family members who care for a person with SMI and a long term physical condition and health care workers who work with people with SMI and a long term physical condition.

In recent weeks we have been working with Diamonds Voice members to practice and refine our data collection methods. Recruitment has recently begun for the study and so far we have 6 mental health trusts open to recruitment and two primary care regions with more to follow in the next few weeks. A focus group for staff has been arranged for early in the new year and the first service

We are also conducting a literature review to bring together all research that has already been done on self-management in severe mental illness. We have looked at over 9,000 potentially relevant research articles that report studies from around the world. We selected 300 that we think could be useful to help us design an intervention for people with severe mental illness and diabetes to help them to manage their conditions. Our team are carefully reading through these 300 articles, using scientific and systematic methods to include/exclude studies from the review, and extracting the results of the included studies. We will then bring together all the findings to feed into the next stage of the DIAMONDS research programme. We also aim to make the findings available to other researchers, practitioners and policymakers to help them learn about self-management in severe mental illness.



emerald.

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



Sue Bellass



Lu Han



diamonds.

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



Ben Young



Abisola Balogun



We bid a fond farewell to:

Lynne Bainbridge, who has been the administrator for the programme,

and to **Emily Peckham**, who has been the **DIAMONDS Programme Manager**. We thank them for all their hard work and wish them well in their next endeavours!

NEW FACES IN THE DIAMONDS TEAM

We've had a number of additions to our core research team at York



Nicky Traynor: has recently joined the team to take over from Lynne as the Research Project Coordinator / Administrator for the DIAMONDS research programme.



Peter Coventry: is a Senior Lecturer in Health Services Research. He has a background in sociology and applied health sciences and is working on the DIAMONDS programme grant.



Talib Khan: has a background in International Health studies and has extensive experience of recruitment in clinical research projects. He is a Research Fellow on the DIAMONDS programme grant.



Jennie Lister: joined the DIAMONDS team as a Researcher in 2018, and has a background in applied health research. She is currently working on DAWN-SMI and EMERALD.



Ben Young: is also a new team member. He has a background in research methods and evidence synthesis is a Research Fellow working on the DIAMONDS programme grant.



Abisola Balogun : joined the Mental Health and Addiction Research Group in October 2018. She has a background in Public Health and is a Research Fellow on the DIAMONDS programme grant.

DIAMONDS VOICE

Public Patient Engagement Update

Annual Celebration a success

This year we decided to extend the invitations to our DIAMONDS Annual Celebration in September. The purpose of the event is largely for Research Leads to give feedback to DIAMONDS VOICE and for members to meet the research staff. However, this time we wanted to give the opportunity for others to hear about the work of Diamonds and how they can get involved. So we were encouraged that research staff, services users, and carers, representatives from other Community groups, Commissioning groups and NHS Trusts attended, to hear about the progress of the Diamonds Programme. As a result we have many new contacts and two new Diamonds Voice members.

Ernie Lloyd retires

We wish to thank Ernie Lloyd for all his hard work, in helping to set up DIAMONDS VOICE. Ernie has been with us since 2015 and has been involved in many research projects at Bradford District Care NHS Trust and his experience was invaluable in developing DIAMONDS VOICE and supporting members. We shall miss you.

What the researchers say...

Apart from helping with the design of studies and reviewing study documents, our members have been involved with piloting interviews; helping new Research Fellows practice interview techniques and questions. Research Fellows have found this extremely helpful, as one reported...

'Having the opportunity to discuss interview questions with the whole group was extremely useful, particularly our discussion on asking sensitive questions relating to personal financial circumstances or lifestyle choices which may impact health.'

Our next DIAMONDS VOICE meeting will be:

Wednesday 6th February 2019

**10.30-12.30pm at St Georges Centre,
60 Great George Street, Leeds LS1 3DL.**



***'Its rewarding!'
'We enjoy being part of
something that we can
express an opinion about'***



***We feel, 'involved',
'valued',
'empowered',***

**We are always looking
for new members for**

Diamonds Voice.

**If you wish to know
more contact :**

Angie Ross

Mobile :077588329185

Email:

ppihealthresearch@gmail.com

