

# Newsletter



## diamonds.

Improving diabetes outcomes for people with severe mental illness.

Issue 6

April 2018

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### Diamonds self-management intervention research programme



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

**May 2018 sees the start of our new research programme which aims to develop and evaluate a self-management intervention for people with severe mental illness and diabetes.**

Self-management (activities that people undertake to manage their health conditions) is key to reducing the risk of diabetes-related complications, yet existing diabetes education that supports self-management may not be appropriate for people who face the additional challenge of severe mental illness.

This five-year programme comprises several workstreams and will begin with a literature review and interviews with patients, carers and healthcare staff to inform the design of an intervention which will then be evaluated in a trial to assess long-term patient benefits. In addition, we will explore whether this approach is relevant to other chronic health conditions by developing a programme for people who live with severe mental illness and chronic lung disease.

For further information on this programme, please contact **Jo Taylor** on [jo.taylor@york.ac.uk](mailto:jo.taylor@york.ac.uk)

***“existing diabetes education may not be appropriate for people who face the additional challenge of severe mental illness”***

[www.diamonds.nihr.ac.uk](http://www.diamonds.nihr.ac.uk)

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## An update on DAWN-SMI, our survey about severe mental illness and diabetes – and a thank you from researcher Jo Taylor



**DAWN-SMI.**

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

**We are now in the final stages of recruitment for DAWN-SMI which funded by Diabetes UK and is taking place in mental health trusts and GP practices across the country.**

People living with diabetes and mental illness, their relatives and healthcare staff have generously given their time to complete a questionnaire, which explores the impact of having diabetes alongside mental illness and the diabetes care and support that people with mental illness receive and need.

We would like to thank both those who have taken part and the research staff in our participating mental health trusts and general practices who have worked hard to help us identify and recruit people living with diabetes and mental illness, and spent time with participants to help them complete the questionnaire.

We are recruiting until the **20<sup>th</sup> June 2018** so it's not too late to take part. If you would like further information about the study please contact **Jo Taylor** on **01904 328083** or at [jo.taylor@york.ac.uk](mailto:jo.taylor@york.ac.uk)



***“People living with diabetes and mental illness, their relatives and healthcare staff have generously given their time”***

DAWN™ is a registered trademark for the DAWN study

<http://www.dawnstudy.com/>



**emerald.**

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

## An update on EMERALD



Sue Bellass



Lu Han

**EMERALD is a mixed methods study which combines analysis of patient primary care records with qualitative interviews with people living with severe mental illness and diabetes, their family members and healthcare professionals who provide services for this comorbid population.**

The study started in September 2017, and aims to create greater understanding of the risk factors associated with developing diabetes for people with severe mental illness, the differences in outcomes for people with SMI and diabetes, and what factors influence access to and receipt of services. Lu Han is now in the initial stages of analysis of the patient record data and Sue Bellass is currently recruiting patients, relatives and healthcare staff to participate in interviews.

For further information on EMERALD, please contact **Sue Bellass** at [sue.bellass@york.ac.uk](mailto:sue.bellass@york.ac.uk) or **Lu Han** at [l.han@york.ac.uk](mailto:l.han@york.ac.uk)

## Recent PPI activities



The PPI group DIAMONDS VOICE braved the February snow to discuss ongoing DIAMONDS research, to review the logos and website, to plan a PPI stall at forthcoming conference CLEAR and to advise DIAMONDS researcher Sue Bellass on interview questions for our mixed methods study EMERALD. One member of the panel has also volunteered to help Sue to refine questions further by participating in a practice interview.

### 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.

Training sessions are available to new members to enable them to develop an understanding of research and learn about activities they may be involved in (**details below**).



*"It is great to know that you are helping to shape future care for others...if you are thinking of joining, don't delay! It's so rewarding and you can help make a real difference"*

Sally, DIAMONDS VOICE  
member since 2015



For further information about **DIAMONDS VOICE** please contact our co-ordinator **Angela Ross** on [ppihealthresearch@gmail.com](mailto:ppihealthresearch@gmail.com)

The self-management programme diamonds was funded by the NIHR (ref RP-PG-1016-20003). EMERALD was funded by the NIHR (ref 15/70/26).

The views expressed are those of the authors and not necessarily those of the NHS, the NIHR or the Department of Health.



### Forthcoming events:

**17<sup>th</sup> May:** Presentation, poster and PPI stall at Bradford District Care NHS Foundation Trust's Collaborative Learning through Evidence and Research conference (CLEAR 2018)

**19<sup>th</sup> May:** Presentation at Diabetes Hot Topics, Hull Royal Infirmary

**6<sup>th</sup> June:** Next PPI meeting, Canalside Health Centre, Bingley. If you wish to join the group as a new member please contact **Angela Ross** in advance on [ppihealthresearch@gmail.com](mailto:ppihealthresearch@gmail.com)

**11<sup>th</sup> June:** Presentation to national mental health charity RETHINK, Harrogate

### Public Involvement in Research: Forthcoming Training Dates

**Spaces are still available on our two-day training programme which offers members of the public an opportunity to build an understanding of public involvement in health research and develop their own involvement skills.**

The training programme is being run in Leeds on **5<sup>th</sup> and 26<sup>th</sup> September 2018**. Each day starts at 10am and finishes at 2:30pm.

For more information please contact **Jo Taylor** at [jo.taylor@york.ac.uk](mailto:jo.taylor@york.ac.uk) or on **01904 328083**.