



D1 Now: Modelling and Refining the Components of a Complex Intervention for Young Adults with T1Diabetes

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PhD, BSc Physiotherapy.

On behalf of the D1 Now team.

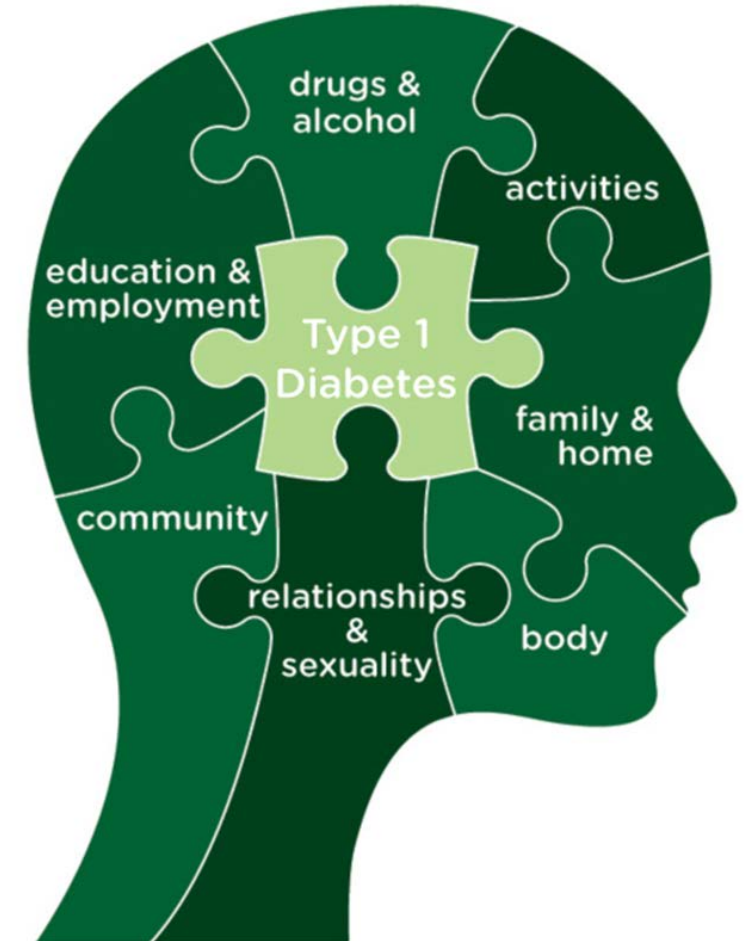
June 2018.

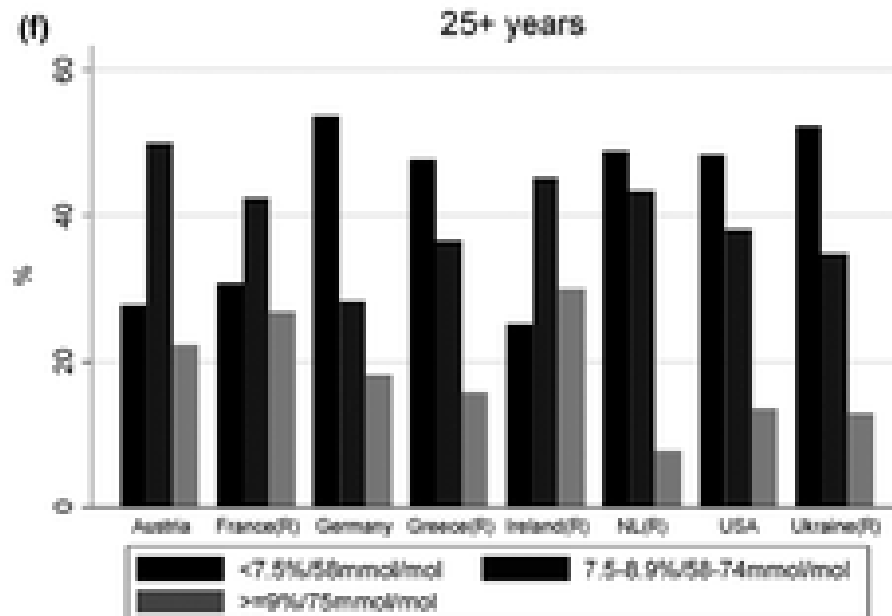
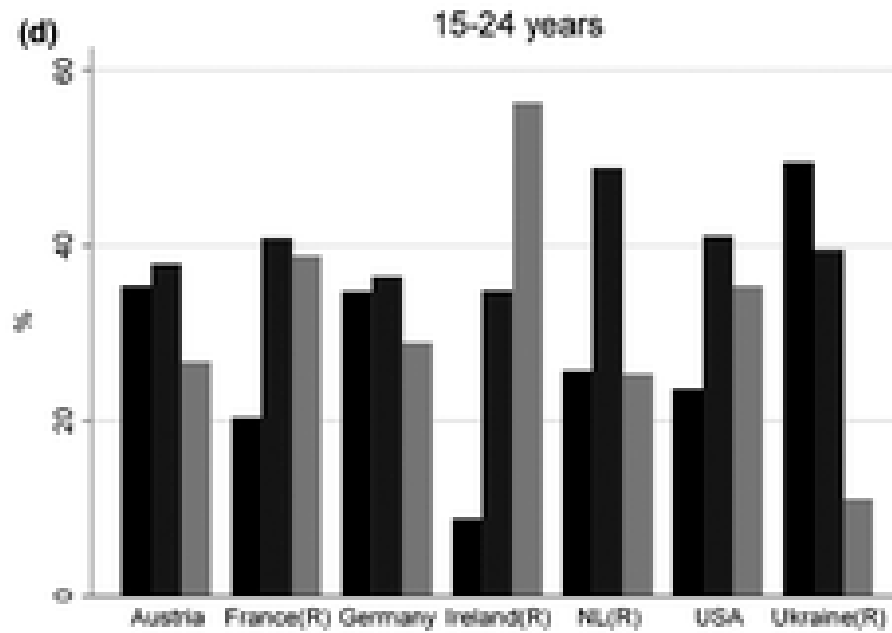


@d1nowIE

Type 1 Diabetes

- Autoimmune Disease characterised by insulin deficiency
- Requires intensive self-management
- Approx. 14,000-16,000 people in Ireland with T1D
- Males and females aged 15–34 years with T1D have a mortality rate 3.8 and 6.6 times greater than age/sex matched controls
- Young adults with T1D at risk of poor complications





Glycaemic control of young adults with T1D in the 21st century

McKnight et al 2014



Current Interventions Inconclusive

DIABETIC
Medicine

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

DIABETICMedicine

DOI: 10.1111/dme.13276

Systematic Review or Meta-analysis

A systematic review of interventions to improve outcomes for young adults with Type 1 diabetes

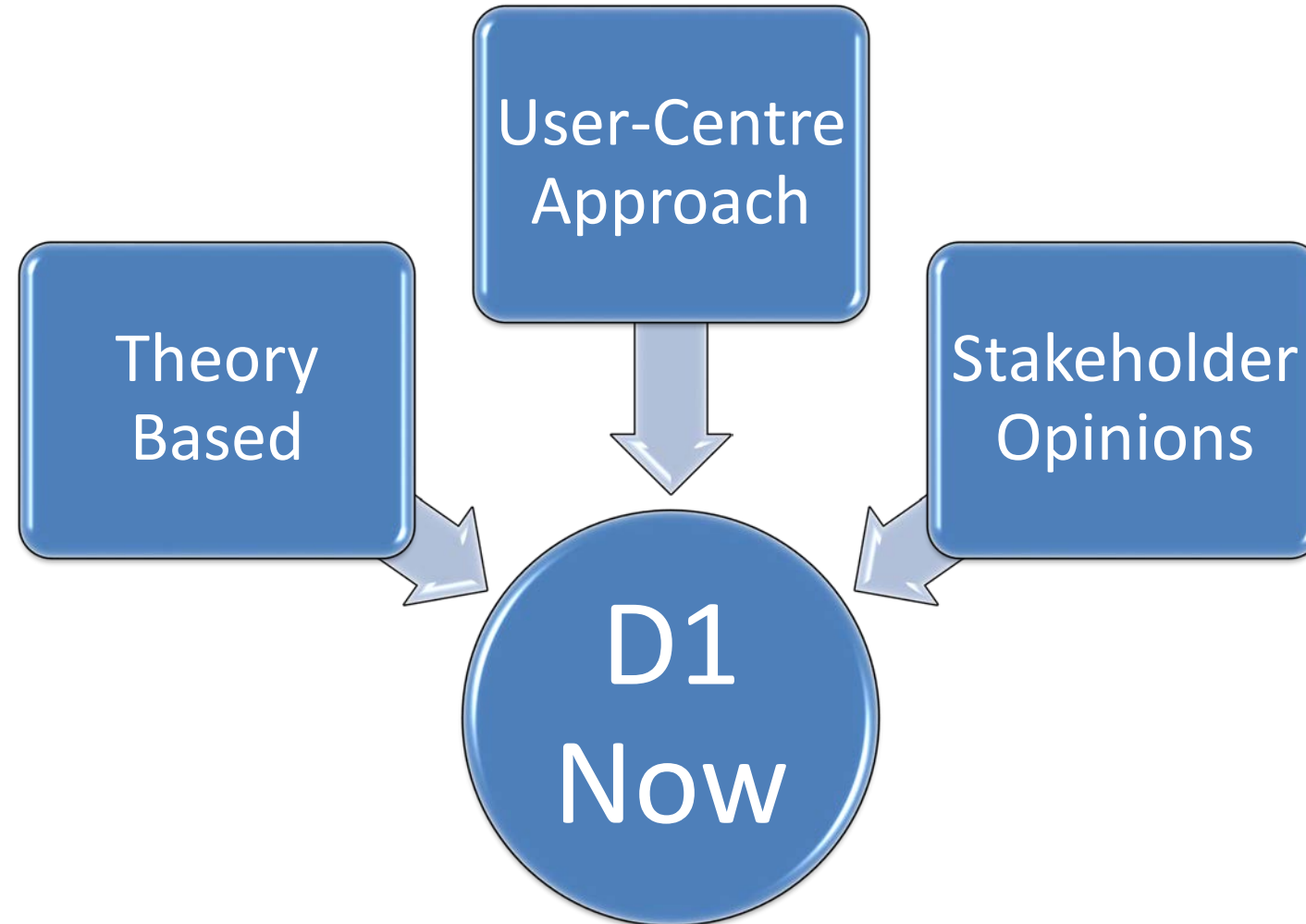
M. C. O'Hara^{1,2}, L. Hynes³, M. O'Donnell¹, N. Nery¹, M. Byrne³, S. R. Heller⁴ and S. F. Dinneen^{1,2} for the Irish Type 1 Diabetes Young Adult Study Group

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D1 Now Intervention



Young Adult Panel (YAP)



Dublin YAP and PPI Publications



RESEARCH ARTICLE

Embedding a user-centred approach in the development of complex behaviour change intervention to improve outcomes for young adults living with type 1 diabetes: The D1 Now Study [version 1; referees: awaiting peer review]

✉ Deirdre M.J. Walsh ^{1,2}, Lisa Hynes³, Mary Clare O'Hara ⁴, Jenny Mc Sharry¹, [D1 Now Young Adult Panel](#), Séan F. Dinneen^{2,5}, Molly Byrne ¹

 [Author details](#)

 [Grant information](#)

O'Hara et al. *Research Involvement and Engagement* (2017) 3:21
DOI 10.1186/s40900-017-0068-9


Research Involvement
and Engagement

RESEARCH ARTICLE

Open Access



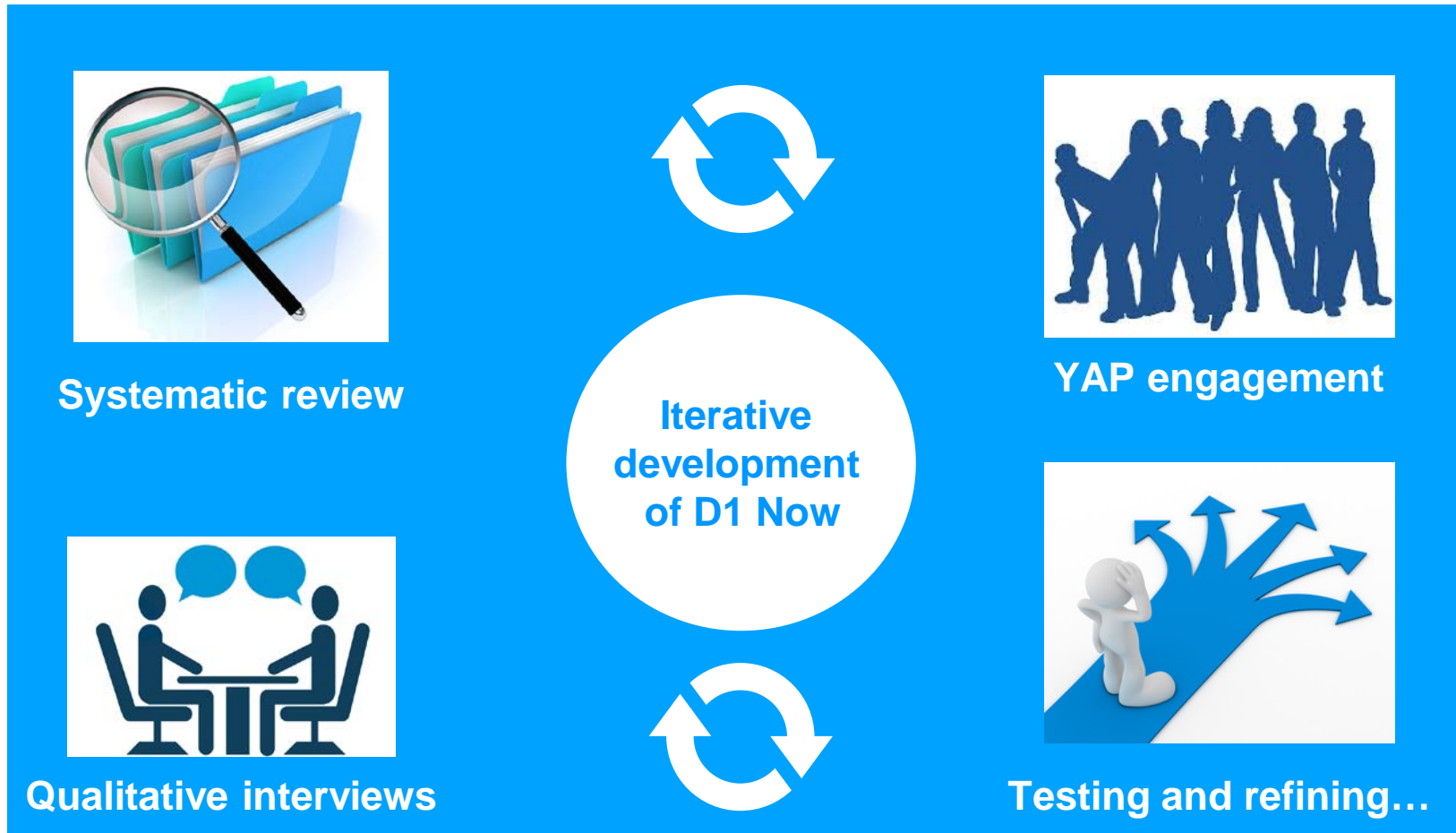
Formation of a type 1 diabetes young adult patient and public involvement panel to develop a health behaviour change intervention: the *D1 Now* study

Mary Clare O'Hara^{1,2*} , Áine Cunningham³, Cameron Keighron⁴, Gary Allen⁴, Antony Caulfield⁴, Ciara Duffy⁴, Michelle Long⁴, Madeleine Mallon⁴, Monica Mullins⁴, Garret Tonra⁴, Sarah Simkin⁵, Lisa Hynes⁶, Máire O'Donnell², Molly Byrne⁷, Sean F Dinneen^{2,3} and the D1 Now Type 1 Diabetes Young Adult Study Group



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Up to this point...





Keyworker

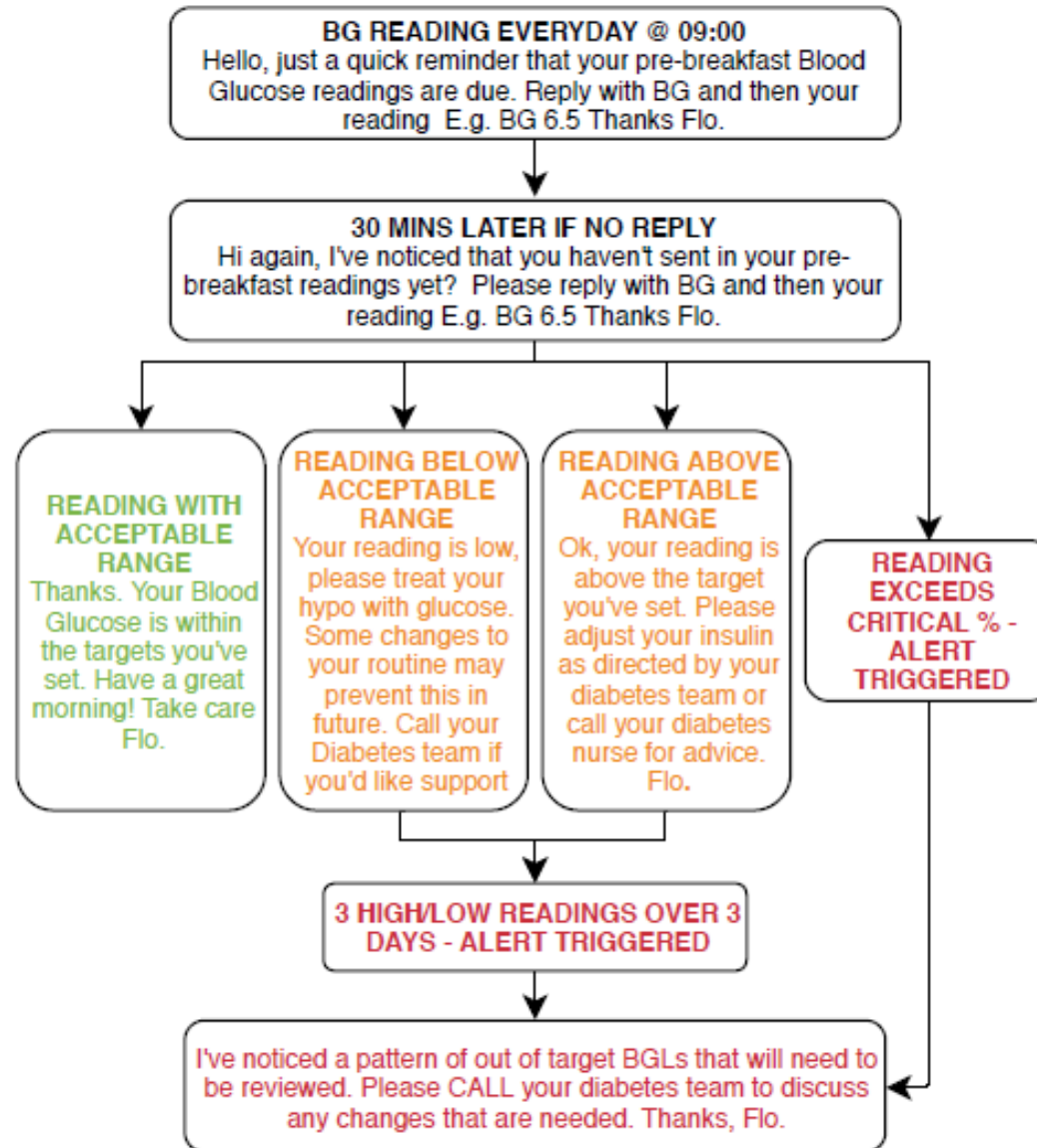
The
Intervention
Components

Florence-
SMS App



Agenda-
Setting Tool



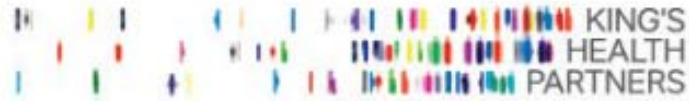


Florence- SMS App

Simple
.uk.net



Agenda Setting Tool



Name	NHS Number	Date
<input type="text"/>	<input type="text"/>	<input type="text"/>

Type 1 Diabetes Consultation Tool

This form will help you and your health care professional to plan your diabetes care. Please let us know if you would like any assistance to complete this form.

Part 1: Please fill this part out before you go into your consultation

Q1 Please tell us what would you like to discuss at your appointment today?



Keyworker

Someone in
the
community? A
Youth Worker?

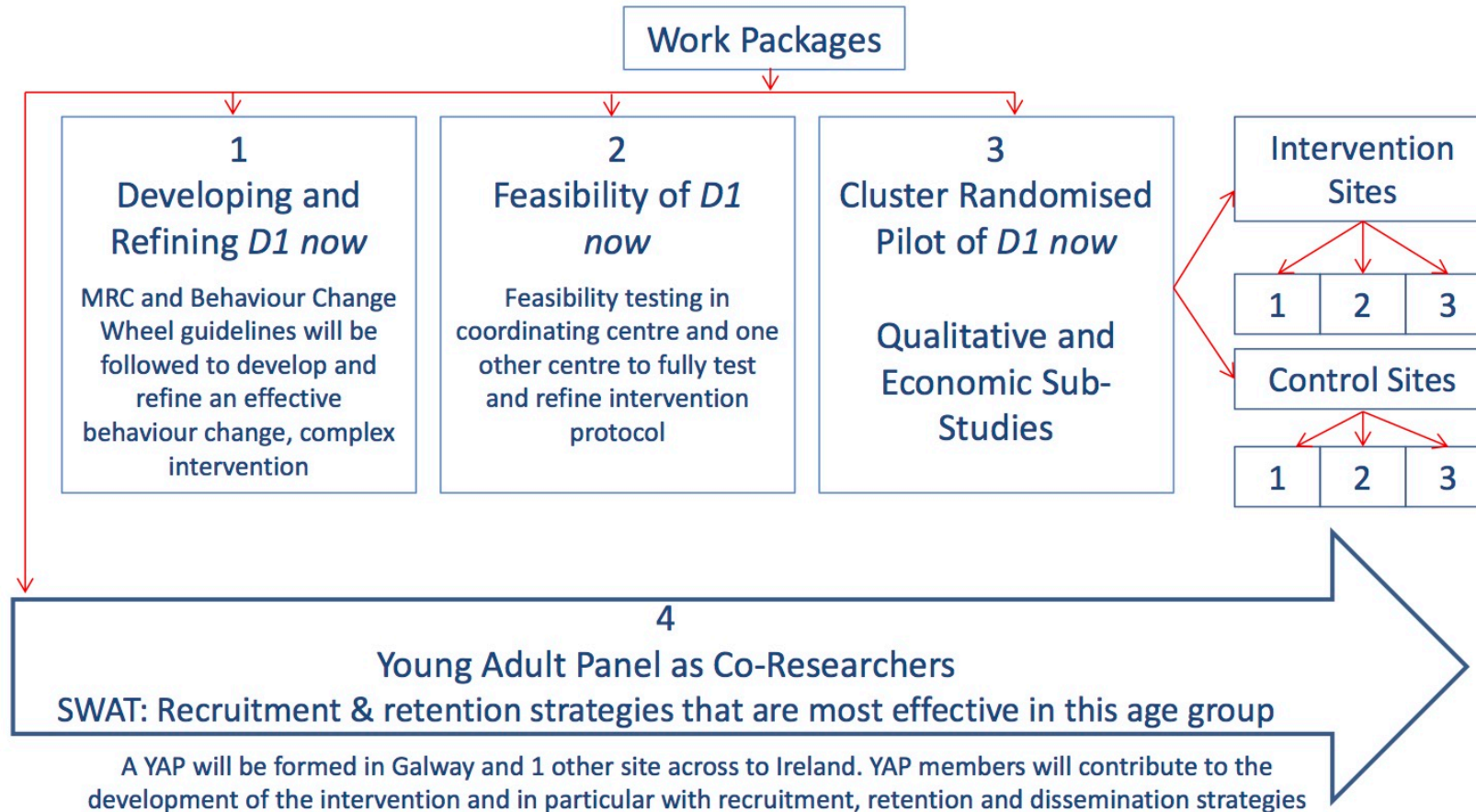
A Diabetes
Nurse with time
bought out for
this role?



An OT?

A psychologist?

Improving outcomes for young adults with type 1 diabetes in Ireland: the *D1 now* feasibility and cluster randomised pilot study



Rounds	Round 1	Round 2	Round 3	Round 4
Keyworker	Town Hall Meeting with HCPs	Focus Group with patients (n=5)	Steering Group Decide Keyworker Role	Feasibility Trial in Independent Site
Florence	HCPs interviews (n=6)	Focus Group with patients pre use (n=5) Pilot use of Florence for 4 weeks followed by Focus Group (n=7)	Patient use of Florence for 4 week period followed by a consultation using the T1C tool.	
Agenda Setting Tool	HCPs interviews (n=6)	Focus Group with patients (n=5)		

YAP in Training- Roles in Data Collection

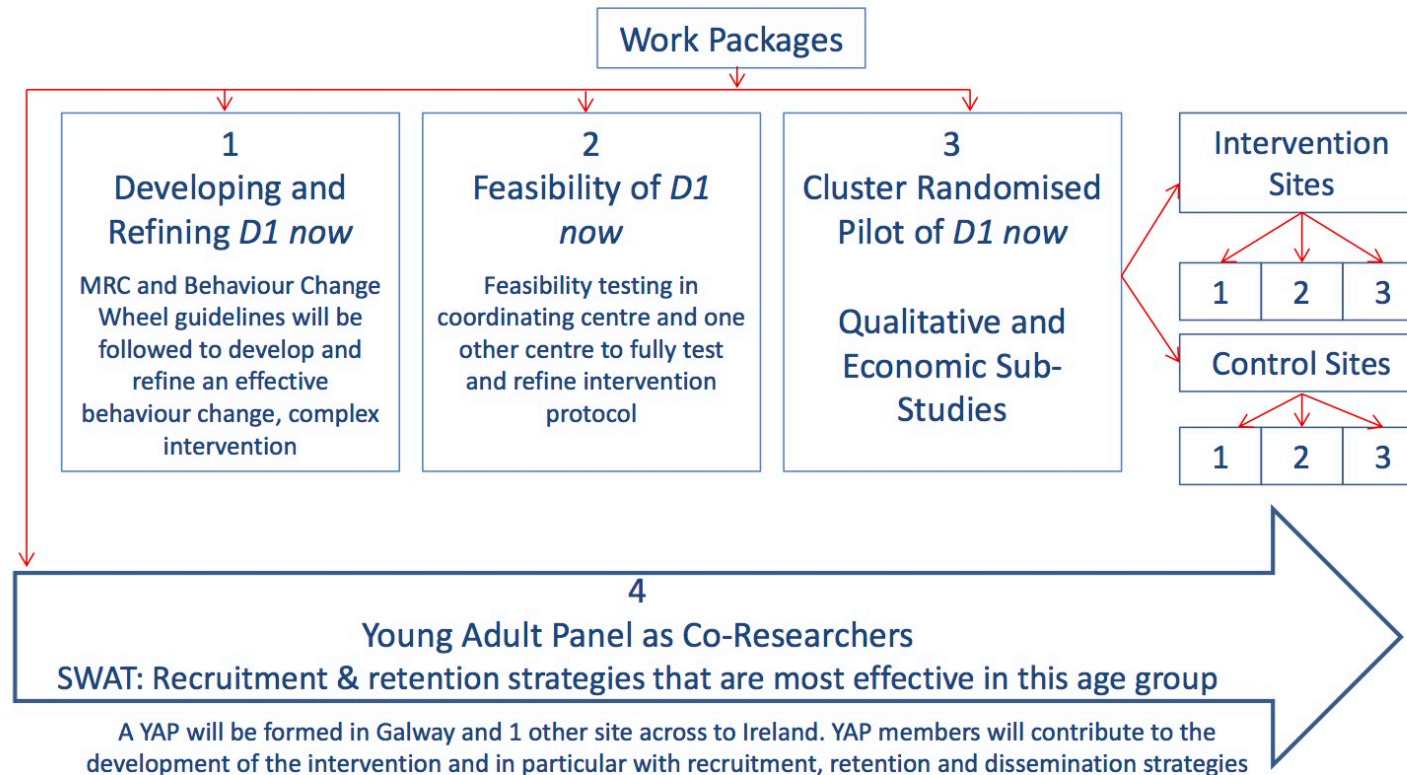
Roles:

- Level 1: Focus Group Logistics Coordinator
- Level 2: Field Note Coordinator
- Level 3: Debrief Facilitator
- Level 4: Co-Facilitator of Focus Group



Next Steps

Improving outcomes for young adults with type 1 diabetes in Ireland:
the *D1 now* feasibility and cluster randomised pilot study



Acknowledgments



Prof Sean Dinneen



Prof Molly Byrne



Dr Deirdre Walsh



Study team and stakeholders

Principal Investigator

- Prof Séan F. Dinneen

Core study team

- Dr Molly Byrne
- Dr. Deirdre Walsh
- Dr. Bláthín Casey

Young Adult Panel [Galway and Dublin]

- Ciara Duffy
- Aoife Gannon
- Michelle Long
- Cameron Keighron
- Antony Caulfield
- Monica Mullins
- Jimmy Hannon
- Rosah McDaid-Mangan
- Louis Walsh
- Sile Somers
- Hannah McGowan
- Sinead Gately

Collaborators

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- Dr Hamish Courtney
- Prof Donal O'Shea
- Dr. Lisa Hynes
- Sarah Simkin
- Gary Mullin
- Áine Cunningham
- Helen Burke
- Mary O' Scannáil
- Dr. Cathy Breen
- Dr Diarmuid Smith
- Mary Clare O'Hara
- Prof Simon Heller
- Dr John Newell
- Vincent Jordan
- Prof. Elizabeth Dymond
- Dr. Debbie Cooke



**HEALTH BEHAVIOUR CHANGE
RESEARCH GROUP**



**Galway
University
Hospitals**

Ospidéal na h-Ollscoile Gaillimh
UNIVERSITY HOSPITAL GALWAY
MERLIN PARK UNIVERSITY HOSPITAL



**NUI Galway
OÉ Gaillimh**

