



Research Bulletin from the Diabetes Translational Research Group

Issue 21 – January 2016

Welcome to the Winter edition of our bulletin.

TIPPING POINT: 4 million with diabetes

New figures released by Diabetes UK show that the number of people with diabetes in the UK has tipped over 4 million for the first time.

The numbers were extracted from GP records¹ and show that there are now 4.05 million people with diabetes. 3.5 million adults have been diagnosed, and a further 549,000 are thought to have undiagnosed diabetes.

Diabetes UK are calling for greater focus on the prevention of diabetes and access to education.

If you have diabetes, perhaps one of your new year resolutions was to improve your control. For more information visit www.diabetes.org.uk/taking-control



¹ Quality and Outcomes Framework, Health and Social Care Information Centre, Information Services Division Scotland. Statistics for Wales, Department of Health, Social Services and Public Safety, 2014 – 2015.

DIABETES WORLDWIDE

415 million adults have diabetes worldwide. This is predicted to rise to 642 million or one in every ten people by 2040².



²International Diabetes Federation Diabetes Atlas, 7th Edition, 2015.

TRG SCORES A HAT-TRICK!

We are pleased to announce that three of our studies completed recruitment since the last newsletter.



LIXISENATIDE STUDY

Aims to find out whether a daily injection of lixisenatide, alongside insulin treatment, can improve blood sugar control in people with type 1 diabetes.

The final patient was recruited in January; patients will continue to attend follow-up visits until the end of April. We expect the results to be available later this year.

HYPOGLYCAEMIA EARLY ALERT



An exploratory study testing a potential early alert system to detect low blood sugar levels.

The results of this study will determine whether larger studies of this system will be carried out.

REMOTE MOOD MONITORING

Looking at whether the mood of people with diabetes can be monitored using a simple website or text messaging system.

Follow-up visits will be completed in June 2016.

The results of all studies will be available via our website as soon as they are published:

www.dtu.ox.ac.uk/trg

GETTING INVOLVED IN RESEARCH: WHY, WHEN AND HOW?

PUBLIC & PATIENT INVOLVEMENT

What do we mean?

PPI is defined as research being carried out **‘with’** or **‘by’** members of the public, rather than **‘to’**, **‘about’** or **‘for’** them. As such, it does not include participation in research as a patient or as a healthy volunteer.

WHY do we need PPI?

Patient and public involvement in research:

Improves quality

For example, by making study documentation understandable or by ensuring research methods are acceptable to potential participants.

Ensures relevance

For example, by identifying research topics or by finding out which study outcomes are most important to participants.

“Involving people who have experienced a given condition in research design and planning helps keep research grounded in what matters to those who are unwell and ensures it is acceptable to them. Working with those outside the medical world, be they patients or members of the public, can also help ensure that medical jargon doesn’t creep in to research material that needs to be understood by everyone.” Dr Sophie Petit-Zeman, Director of Patient Involvement, NIHR Oxford Biomedical Research Centre & Unit

WHEN can you get involved?

PPI is relevant at all stages of research, from deciding what research matters to planning and carrying out projects, recruiting and retaining participants and sharing the results with the research and medical community, patients and the public.

HOW can you help?

There are a number of ways you can get involved in research. Some examples are:

- Help choose important and relevant research topics or questions – see here: www.ouh.nhs.uk/research/patients/priority-setting-partnerships/
- Contribute to the design of research projects.

- Join an ethics committee or research management group.
- Provide feedback on information sheets to make sure they are understandable to potential participants.
- Promote research and suggest methods to recruit and retain participants.
- Assist with interpreting study results.
- Ensure that research is reported in clear and accessible ways.

FIND OUT MORE

Patients Active in Research

Thames Valley

PAIR is a website designed to match members of the public interested in medical research with local hospital or university researchers.

www.patientsactiveinresearch.org.uk

“The PAIR website was set up in response to the wishes of patients and members of the public with whom we work and it is proving to be a useful resource for them, and for researchers seeking patient and public partners.” Dr Petit-Zeman

INVOLVE is a national advisory group, established to support public involvement in health and social care research. Their website www.invo.org.uk provides lots of information on how you can get involved.



Watch a new play about patient and public involvement in research. Performances are taking place on Wednesday 10 and Friday 12 February, 14.00 for 14.30 at Tingewick Hall, John Radcliffe Hospital.

Register at www.oxfordbrc.nihr.ac.uk/event/

TAKE PART IN A STUDY

If you are interested in taking part in a study, you can search for clinical trials by health condition and location at www.ukctg.nihr.ac.uk