

CASCADE

Children and Adolescent Structured Competencies Approach to Diabetes Education

Issue 2, May 2009

Thank you for your support and commitment to the CASCADE trial

Meet The Team: Chief Investigator.

***Dr Deborah Christie,
Consultant Clinical
Psychologist, Department of
Child and Adolescent
Psychological Services,
University College London
Hospitals NHS Trust and
Honorary Senior Lecturer at the
Royal Free and University
College Hospitals***



Dr Deborah Christie works with young people who are searching for ways to live with chronic illness including Diabetes, Obesity, Arthritis, Chronic Fatigue and Chronic Pain Syndromes. It is this experience and genuine interest in young people that has led to Dr Christie devising the CASCADE programme.

Eligibility criteria and Recruitment

Six of the 26 clinics involved in the study have obtained local ethics and R&D approval and started recruitment of young people. The procedure for identifying young people who are eligible to participate in the study and for recruiting these young people and their families is outlined in the guidelines which are soon to be available on our website. This study includes:

- Young people aged 8-16
- With type 1 diabetes
- $HbA1c \geq 8.5$ (defined as mean 12 month $HbA1c \geq 8.5\%$)
- Cared for in participating paediatric and adolescent diabetes clinics
- Diagnosis ≥ 12 months duration

It does NOT include:

- Participants with significant mental health problems unrelated to diabetes that require specific mental health treatment
- Participants with significant other chronic illness in addition to diabetes that may confound the results of the intervention
- Participants with significant learning disability or lack of command of English sufficient to render them unable to participate effectively in the planned intervention.
- Young people who have participated in diabetes treatment trials in the 12 months prior to collection of baseline data.

Research officers (Carol Vigurs and Claire Planner) are available to assist with sending out age appropriate information sheets and invitation letters to all eligible patients. Two weeks later, research officers start attending clinic sessions to discuss the project further and recruit patients and their carers to the project. So far the response from young people and their families has been positive with young people and their families keen to be involved in ways to improve diabetes care and education.

Recruitment DVD

We now have a DVD uploaded onto the website where visitors to the web are free to stream the video and hear more about the project. It lasts for approximately 8 minutes and features the Chief Investigator, Dr Deborah Christie, introducing the project. If necessary, the DVD will be available for participating clinics who may wish to use this as a way of recruiting young people and their families.

Contact details:

For queries relating to ethics and R&D, recruitment of young people and their families and data collection please contact either Claire Planner at the School of Pharmacy or Carol Vigurs at the Social Science Research Unit:
Claire Planner can be contacted on claire.planner@pharmacy.ac.uk tel: 020 7874 1539

Carol Vigurs can be contacted on c.vigurs@ioe.ac.uk tel: 0207 612 6613

For queries relating to training and the delivery of the intervention please contact Rebecca Thompson, Lead Diabetes Nurse at the UCLH
rebecca.thompson@uclh.nhs.uk

"The DRN intends to provide a world-class health service infrastructure to support clinical research in diabetes."

Network Support for participating clinics

The CASCADE study is supported by the Diabetes Research Network and the Medicines for Children Research Network – both are part of the National Institute for Health Research Clinical Research Network and form part of the UK Clinical Research Network. The Networks provide infrastructure support within the NHS to ensure that studies are conducted efficiently and to a high standard..

Find out more at
<http://www.ukdrn.org/>
and
<http://www.mcrn.org.uk/>

The MCRN facilitates "the conduct of randomised prospective trials and other well-designed studies of medicines for children, including those for prevention, diagnosis and treatment"