

CASCADE

Children and Adolescent Structured Competencies Approach to Diabetes Education

Issue 4 May 2010

Thank you for your support and commitment to the CASCADE trial

Recruitment

Recruitment is now underway at all 28 sites and complete in nearly half (13) of these. By the end of May the sites that have closed since our last Newsletter are: Royal London Hospital (Dr. Allgrove/ Claire Wyatt); Worcestershire Royal/ Alexandra Hospital, Redditch (Dr. Scanlon/ Dr. Ahmad/ Di Cluley/ Esther Harrison); Pilgrim Hospital/ Grantham (Dr. Ahmed, Elizabeth Thomas, Bev Simmons, Katie Butler, Emma Boole; Medway Maritime Hosp (Dr. Williams); and Wexham Park Hospital (Dr. Huma, Diana Yardley). Congratulations to those sites that have completed recruitment!

We currently have 329 recruited to the study – this exceeds the previous recruitment target of 308 patients – this is fantastic news and the result of hard work and dedication by many people. Many thanks to everyone involved!

Recruitment will continue until the end of June 2010 in sites that have not yet reached their target number. We anticipate that the final number of young people in the study will now be about 341.

The final 3 sites to join CASCADE have been randomised – they are Gloucestershire Royal (control),

Royal Free and Whipps Cross (intervention). The PIs at these sites are Dr Susan Matthai at Gloucester, Dr Victoria Dublon at Royal Free and Dr Paramita Cifelli at Whipps Cross – welcome to all those in the teams at these sites!

By the end of recruitment each recruited patient should have a CASCADE pack in their clinical notes. This contains copies of the completed consent form and GP letter, a serious adverse events form and a CASCADE information leaflet.

First Follow-up Data Collection

With recruitment almost complete we are starting to make plans for the first follow-up data collection. As with baseline data this consists of a blood test for Hba1c and a questionnaire for the child and parent. Follow-up data is due 1 year after the date that the baseline blood sample was collected and every child who completes a questionnaire and blood sample will be given a £10 voucher for a high street store!



The follow-up data will be collected in the outpatient clinics, as with the baseline data. It will start in August this year and continue until June next year, depending on the timing of recruitment in the different clinics. Researchers will liaise with clinic staff to make arrangements for this that best suit all those involved.

In the intervention sites, wherever possible a young person should have completed their education sessions before these follow-ups.

Staff Training and Delivery of the Education Sessions

The final 2 training days have taken place in May. This completes the staff training and represents a major milestone in the study. Education sessions are underway at 9 of the 14 intervention sites.

A CASCADE training day for control sites is being run by research team on June 23rd and for intervention sites on June 25th.

Organising the Education Sessions: Your Questions Answered

The frequently asked questions section of the CASCADE website has been updated to reflect the main issues that we are getting asked about at this stage in the study.



This includes for example issues around size of groups and what to do if a young person misses a module. Please do contact Deborah Christie or Rebecca Thompson if you require any help or support with organising education sessions.

Process Evaluation

This is the part of the research that looks at what happens during the course of the implementation of CASCADE. It aims to monitor how the programme is implemented and identify any barriers or facilitators to carrying out the programme in clinics. The process data the research team are collecting includes: observation of the training for trainers sessions and observation of a sample of the education sessions for patients. We will also be interviewing staff, young people and parents in intervention and control sites over the coming months.

For queries relating to ethics and R&D, recruitment of young people and their families and data collection please contact either Liz Jamieson at the School of Pharmacy or Mary Sawtell at the Social Science Research Unit:
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For queries relating to training and the delivery of the intervention please contact Deborah Christie (deborah.christie@uclh.nhs.uk) or Rebecca Thompson (rebecca.thompson@uclh.nhs.uk) at UCLH