

CASCADE

Children and Adolescent Structured Competencies Approach to Diabetes Education

Issue 18 August 2010

Thank you for your support and commitment to the CASCADE trial

Update on the study team

Ben Weiner from the intervention team started clinical training so will no longer be working on the project. We are sorry to lose him and wish him lots of luck. We are pleased to welcome Hasina Khatun who has replaced Ben on the study. Hasina is a psychology graduate who has been working part time on CASCADE over the last year as well as working on a research project looking at the long term cognitive outcomes of meningitis in children.

In September our Project Manager, Vicki Strange, is leaving the CASCADE study. Vicki has done a brilliant job co-ordinating the research team from the start of the study; she is moving on to train as a teacher. Vicki's role will be carried out, from mid September, by Mary Sawtell. Mary has been working on CASCADE since September 2009. Last but not least, Meena Khatwa who has worked with the research team on a sessional basis is now being employed on the study as a research officer. This is great news for the project!

Recruitment

The recruitment phase of the study for 27 of the 28 sites is now

complete. We have exceeded our target of 350 recruits and now have 364, the previous total in June was 344, so that's another 20 recruits. This total is likely to creep up by one or two more once the final site closes for recruitment. Well done everybody!

CASCADE end of recruitment packs will be sent to all sites for placing in the patient's clinical notes. These include:

- copies of consent/assent forms
- information about the study
- GP letter informing them that their patient is taking part in the trial.

The research team is also emailing each clinic with detailed instructions of procedures for end of recruitment and one year follow-up.

First Follow-up Data Collection

The first follow-up appointments have begun at West Middlesex and Kings Mill Hospitals. Members of the research team are liaising with clinic staff to make suitable arrangements to schedule first follow-up appointments. First follow-up questionnaires and blood samples are due 1 year after the

date that the baseline blood sample was collected. The data can be collected between 9 and 15 months after the date of the baseline blood collection (i.e. 3 months either side of the due date). The team have produced follow-up versions of: questionnaires, log sheets, blood sample labels and forms.

Young people will be given gift vouchers of £10 (Boots/ W H Smiths) at their first follow up appointment to thank them and compensate them for their time. In-depth interviews with some of the young people/parent will also take place over the next few months.

MCRN and DRN staff are providing valuable support with follow-up at some sites.

Staff Training and Delivery of the Education Sessions

Staff from all of the intervention clinics have attended the two day training workshops. A one day workshop was also offered for clinic staff who were interested in learning about the approaches used on CASCADE but who were not able to run the group sessions.

We also ran a one day workshop for staff from the control clinics. Staff were offered a chance to complete their good clinical practice training in the morning and then heard about how clinical research informs clinical practice as well as hearing an update on CASCADE so far.

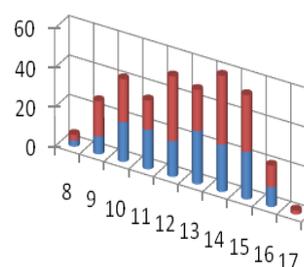
Twelve of the fourteen sites in the intervention group have started delivering the education sessions to young people and their families.

Newsletter to young people in the study

The team have produced a newsletter for young people describing progress on CASCADE. The newsletter includes maps, graphs (see example below) and diagrams showing where all the clinics are and details on who has been recruited. It also explains the next steps on the study.

The newsletters will be posted out to young people during August.

Recruits by age and gender



Process Evaluation

This is the part of the research that looks at what happens during the course of the implementation of CASCADE. It will provide information on how CASCADE might be delivered in the future if it is shown to be effective. The research team are currently collecting information from the training workshops, observing a sample of the education sessions for families and interviewing staff, young people and parents in intervention and control sites.

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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