

# INFORMATION FOR PARTICIPANTS

## Introduction

You are invited to take part in a program for people with diabetes. The aim is to ensure all people with diabetes have access to the best care available with their own general practitioner (GP) and practice nurse (PN).

We know it can be hard to get access to diabetes specialist care so we have developed a program where your GP can invite the diabetes specialist team to come to you.

## What is the program about?

The program gives GPs and PNs the ability to provide their patients who have been diagnosed with diabetes with the best available treatment options.

## Where is the program conducted?

The program is conducted within GP surgeries. Diabetes specialist teams visit surgeries for 3 days. During these days the diabetes specialist team meets patients with their normal GP and Practice Nurse.

## Who can participate in the program?

We are seeking all people over 18 years old who have been diagnosed with diabetes and who don't have a private endocrinologist managing their care. All patients who fit these criteria within the enrolled general practices will be eligible to participate.

GPs select patients within their practice based on the results of tests performed by the GP in the past.

## What choice do you have?

Participation in this program is entirely voluntary. You do not have to take part in it. If you do take part, you can withdraw at any time without having to give a reason. Whatever your decision, please be assured that it will not affect your medical treatment or your relationship with the staff who are caring for you.

## What would you be asked to do if you agree to participate?

If you agree to participate, you will be asked to

1. Sign the Participant Consent Form.
2. Attend an appointment with your practice nurse who will make sure all test results needed by the specialist team and your GP are available at the time of the appointment with them. If not, these tests are arranged by the PN to complete before the appointment with your GP, PN and specialist team.

3. Complete a questionnaire. This seeks information on how well you feel you are able to manage your own diabetes care needs and should take you about 5 minutes to do.
4. Complete a food diary and blood sugar level diary. Your nurse will provide you with a food diary and blood sugar level documentation form. This form will be collected by the team on the day of your appointment with the team for further analysis.
5. Attend one 45 minute appointment at your usual GP surgery. In the room during your appointment will be your usual GP, a diabetes specialist, a training endocrinologist, the practice nurse and a diabetes educator and any other member of your health care team that you request. During the appointment the team will review your medical history and prepare a management plan, with your input, with the aim of ensuring the best control of your diabetes.
6. Attend another appointment six months later to see the endocrinology trainee. A number of the tests conducted before your first appointment will be repeated for this meeting.
7. The nurse will also ask if you would like to be contacted in the future to be involved in an interview to describe your experience. Patients who would like to be involved will then be randomly selected and asked if they would like to attend the interview.

### **What are the risks and benefits of participating?**

#### **Risks**

There are no known risks of participating in this program.

#### **Benefits**

All participants benefit by having their current treatment reviewed and adjusted as necessary by their GP in consultation with the specialist team. Participants will receive specialised diabetes education from their practice nurse in conjunction with a credentialed diabetes educator.

#### **Will the program cost you anything?**

Participation in this study will not cost you anything, nor will you be paid.

#### **How will your privacy be protected?**

All the information collected from you for the program will be treated confidentially, and only the doctors and nurses caring for you will have access to it. All data is stored on your GP's software in the same way as it is usually stored. The specialist documents the consultation in a hospital system used for all appointments to specialist clinics.

De-identified data results will be logged into a Select Survey portal within the Hunter New England Local Health District information system.

We are requesting to store the de-identified information collected about you for this project to be used in future diabetes research. This research will only be done after it has been approved by a Human Research Ethics Committee and there will be no information that identifies you that will be used

Information will be looked at regularly to make sure that this program is achieving the benefits it has been designed to. Improvements achieved from the program may be presented at conferences or in scientific publications, but individual participants will not be identifiable in such a presentation.

Participant's personal information will be accessed, used and stored for the purpose of improving diabetes care and in accordance with Commonwealth Privacy Laws and the NSW Health Records and Information Privacy Act 2002.

### **Further Information**

When you have read this information, a nurse from your practice will discuss it with you further and answer any questions you may. If you would like to know more at any stage, please feel free to contact him/her at the surgery

Thank you for considering this invitation

Dr Acharya- Endocrinologist

Dr Philcox- Endocrinologist

### **Complaints about this research**

This program of clinical practice improvement has been approved by the Hunter New England Human Research Ethics Committee of Hunter New England Local Health District, Reference 2019/ETH00854.

Should you have concerns about your rights as a participant in this program, or you have a complaint about the manner in which the program is conducted, it may be given to your GP. If an independent person is preferred, please send your concerns to Dr Nicole Gerrand, Research Ethics Manager, Research Office, Hunter New England Human Research Ethics Committee, Hunter New England Local Health District, Level 3, POD, HMRI, Lot 1 Kookaburra Circuit, New Lambton Heights NSW 2305, telephone (02) 49214950, email HNELHD-HREC@health.nsw.gov.au and quote reference number 2019/ETH00854.

The involvement of John Hunter Hospital staff in this program within the Hunter New England Local Health District has been authorised by the Chief Executive.