

December 2018

SuMMiT-D PPI Update

SuMMiT-D

Support through mobile messaging
and digital health technology for diabetes



It has been a busy month for the SuMMiT-D team!

- **Feasibility study:** Recruitment has begun for the feasibility trial. We have received 19 expressions of interest in participating from general practices representing a wide range of geographical areas and we are being supported by 4 clinical research networks. Our first general practice began recruiting on 02 November 2018 and our first participant was randomised on 26.11.2018. Six participant expressions of interest have been received so far.
- Based on preliminary data from the formative work, we have decided to broaden our recruitment criteria to include a wider group of people who we think could benefit from the intervention.
- **Pilot study:** The formative work is continuing in parallel, with 29 participants continuing to receive messages, due to finish in early 2019. Preliminary data analysis will be used in the new year to begin planning the next cycle of iterative system development.
- **Work with the South Asian community:** Eight focus groups were conducted with a range of South Asian communities (total 67 participants). Participants were recruited with the support of the Centre for BME Health, University of Leicester. Study findings were disseminated via a stakeholder workshop co-hosted with the Centre for BME Health and funded by the University of Oxford KE seed Fund. A blog post about the workshop can be found at: <https://bit.ly/2QAbv3r>
- Two academic papers are in progress as a result of this important work:

Including 'seldom heard' views in research: challenges, opportunities and recommendations from focus groups with British South Asians with type 2 diabetes.

"It is our habit that we don't avoid sugar": British South Asian narratives of food, diet and managing type 2 diabetes.

Your PPI contacts



Nikki Newhouse
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World Diabetes Day

World Diabetes Day is the primary global awareness campaign focusing on diabetes and is held on 14 November each year. Led by the International Diabetes Federation, each WDD focuses on a theme related to diabetes, and 2018 is "The Family and Diabetes". Members of the SuMMiT-D team joined together with local school children, people with diabetes, other university staff and members of the public to make a blue circle around the University's Triton Fountain. The event was featured across local press.



Photo: Lynne Maddocks

Comments and feedback to nicola.newhouse@phc.ox.ac.uk