

January 2019

SuMMiT-D PPI Update

SuMMiT-D

Support through mobile messaging
and digital health technology for diabetes

Happy new year from the SuMMiT-D team!

- **Feasibility study**

Recruitment for the feasibility trial began in late 2018. We have received 22 expressions of interest in participating from general practices and to date, we have 14 practices open to recruitment across a wide range of geographical areas. As mentioned in the December newsletter, we have amended our inclusion criteria so as to be able to recruit a more broad range of participants. As a result, the first two, larger mailouts were sent out by practices this week, with more mailouts to follow in the coming weeks. A total of 1,209 patients have been invited to take part in this current study to date. Seven participants have been randomised, with more to follow.

- **Pilot study**

The formative work is continuing in parallel, with the majority of participants scheduled to complete the study by the end of January 2019. The qualitative research team are now starting to work closely with the engineers, identifying ways in which the system might be optimised prior to the main trial. The findings from these meetings are due to be presented and discussed at a meeting in Birmingham in February, where team members will come together from Manchester and Oxford to discuss next steps as we move towards the main trial.



Your PPI contacts



Nikki Newhouse
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Outputs

We have submitted an abstract for consideration at the 16th Annual Psychology, Health and Medicine Conference on 22nd March at Maynooth University. The abstract is led by Dr Jenny McSharry and is based on work undertaken earlier in the project, with healthcare professionals: *Exploring the implementation of a mobile-device based system to support type 2 diabetes medication adherence in primary care: a qualitative study with healthcare staff.*

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