

**ABSTRACT: Diabetes UK APC, Glasgow
20-22 April 2005**

The DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) programme: from pilot phase to randomised control trial in a study of structured group education for people newly diagnosed with Type 2 diabetes mellitus

***Davies MJ¹, Heller S², Khunti K³, Skinner, TC⁴
on behalf of the DESMOND Collaborative***

¹ University Hospitals of Leicester NHS Trust, Leicester, UK; ² Department of Medicine, University of Sheffield, UK; ³ Department of Health Sciences, University of Leicester, UK; ⁴ Department of Psychology, University of Southampton, UK

NICE recommend that structured education is made available to all people with diabetes. No model has been described or evaluated in newly diagnosed Type 2 DM. The DESMOND collaborative has developed a structured group education programme involving 6 hours contact time, based on adult learning principles, with a clear theoretical basis, utilising best practice. Patients are referred within 6 weeks of diagnosis.

A pilot phase ran between January and April 2004, involving 15 English PCTs with 45 DESMOND courses, 251 patients and 37 trained educators.

In April-May 2004 feedback from educators and patients improved the process and training programme, refined the intervention and developed supporting materials.

A large cluster RCT, to measure the effect and duration of the intervention, involving 12 English PCTs and 2 Scottish LHCCs started in October 2004 with 170 subjects already referred. Primary outcome is HbA1c at 12 months. Secondary outcomes include: BP; Lipids; BMI; and waist circumference at 4, 8 and 12 months. Questionnaires comprising EuroQOL; WHOQOL; IPAQ; HADS at the same time intervals; PAIDS at 8 and 12 months and a health economic questionnaire at 12 months. The study has 90% power, requires 1000 patients (500 in each arm) and results are expected in 2006.