

# Adapting a bespoke digital diabetes self-management education programme for people with early-onset type 2 diabetes (16-45 years)



Leicester Diabetes Centre  
Committed to Growing International Research, Education & Innovation



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## Background:

Adults with early-onset type 2 diabetes (EOT2D; 16-45years) have high burden of disease and poorer long-term outcomes. However, evidence reports low engagement with healthcare services, possibly due to services not being tailored towards their specific needs.



## Aims:

To adapt and tailor an existing digital self-management education programme (myDESMOND) specifically for adults with EOT2D. This formed part of a wider NIHR-funded research programme, "M3" (NIHR201165).

## Results:

A tailored digital self-management programme was adapted, including lived experience media files with adults with EOT2D. These included conversations around important topics raised, such as diabetes-related stigma, men's and women's health and information about sleep and type 2 diabetes. A private chat forum was also developed to allow discussion of topics relevant to their lives, meeting a desire to engage and share experiences with other adults with EOT2D.



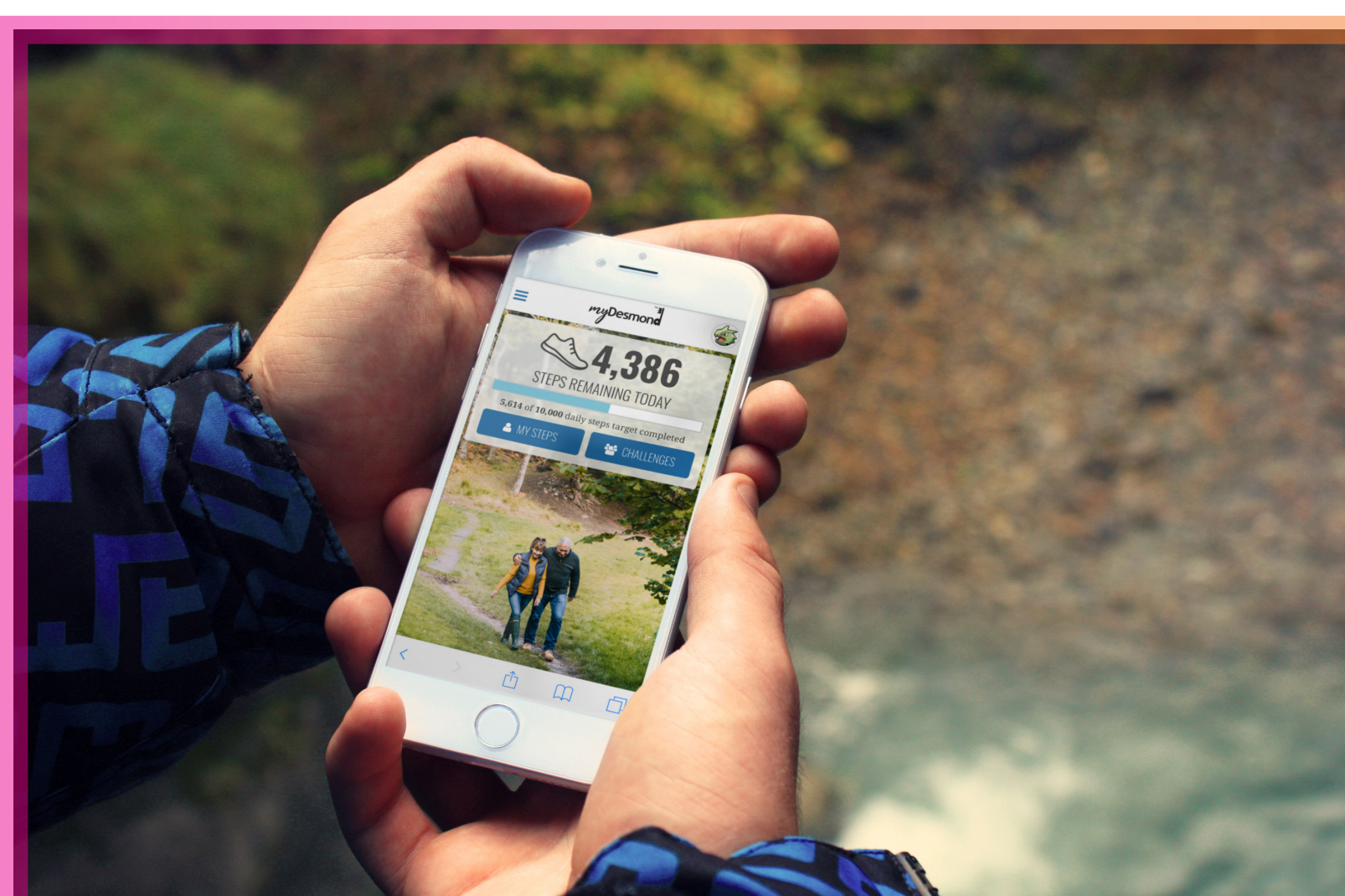
## Methods:

We performed literature scoping and diverse patient and public involvement activities (PPI) with adults living with EOT2D to understand the landscape of existing support, with further PPI and a qualitative research study to better understand their needs and preferences. PPI group members were invited to take part in developing and reviewing new material for the adapted MyDESMOND digital programme.



## Next Steps:

Our new digital programme has been included within the innovative holistic intervention developed in the M3 programme, which will be tested through a multi-site randomised controlled trial. The usability and accessibility of our digital programme for adults with EOT2D will be evaluated as part of a process evaluation embedded within this trial.



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