

Exploring the value of peer support for people living with type 1 diabetes

DTN Conference - 4th September 2024

Welcome!



Shaun Carpenter

Co-Founder of the Derby T1 Diabetes
Facebook Group
Co-Producer of 'The Six Principles of
Good Peer Support For People Living
With Type 1 Diabetes'
Lives with Type 1 Diabetes



Hannah Sutton

DTN Expert with Experience,
National Diabetes Audit Expert by
Experience,
Lives with Type 1 Diabetes,
Medical Student



Geraldine Gallen

Type 1 Service Lead, Senior Diabetes
Specialist Nurse, Kings College
Hospital.
Vice Chair ABCD-DTN UK

Overview

Reflect on the challenges of living with Type 1 diabetes

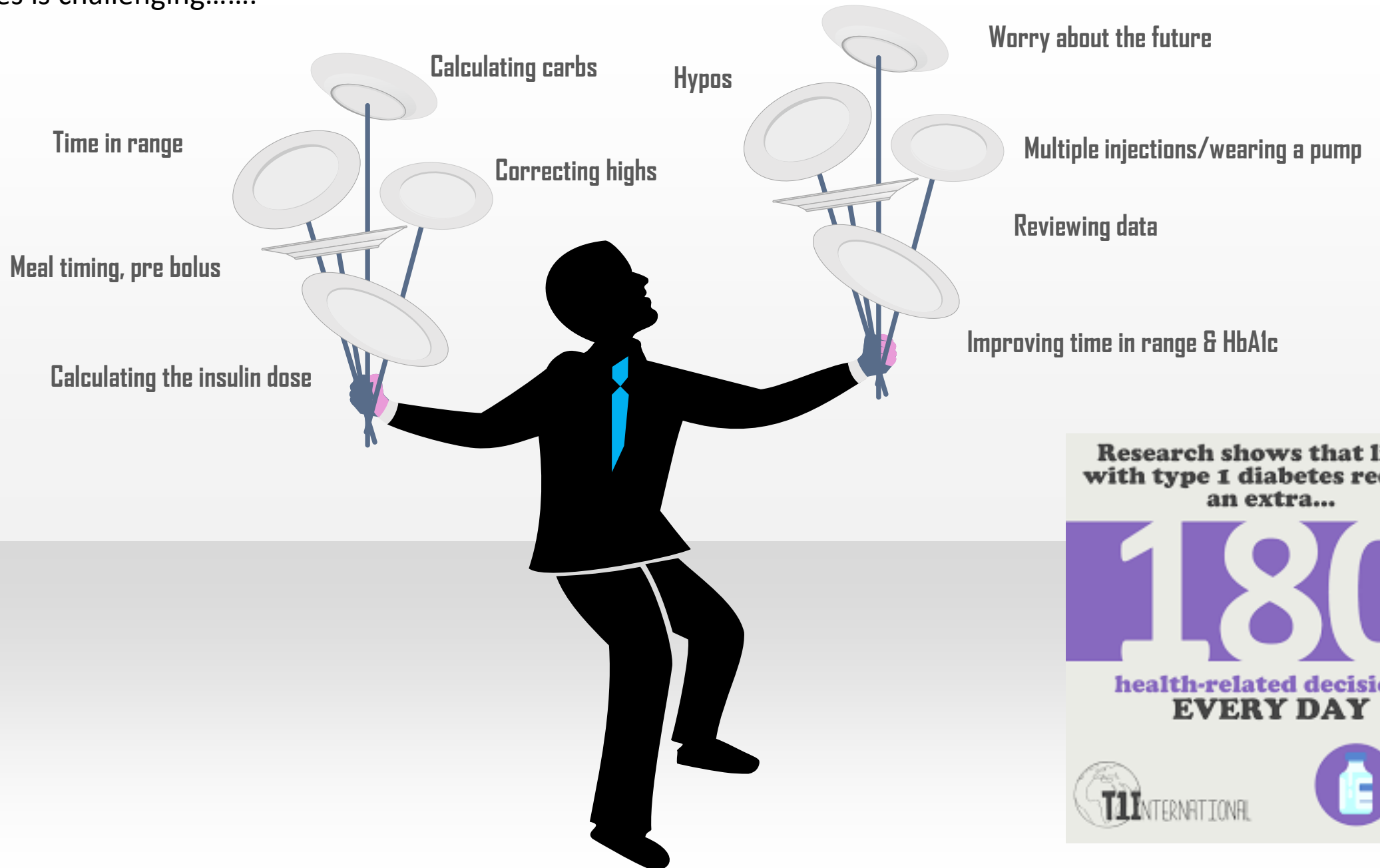
The six principles of good peer support

The role of peer support

Models of peer support

Q&A

Type 1 diabetes is challenging.....



Research shows that living with type 1 diabetes requires an extra...

180

health-related decisions EVERY DAY

T1I INTERNATIONAL



Achievement of glucose targets is tough

National UK Diabetes Audit HbA1c achievements:

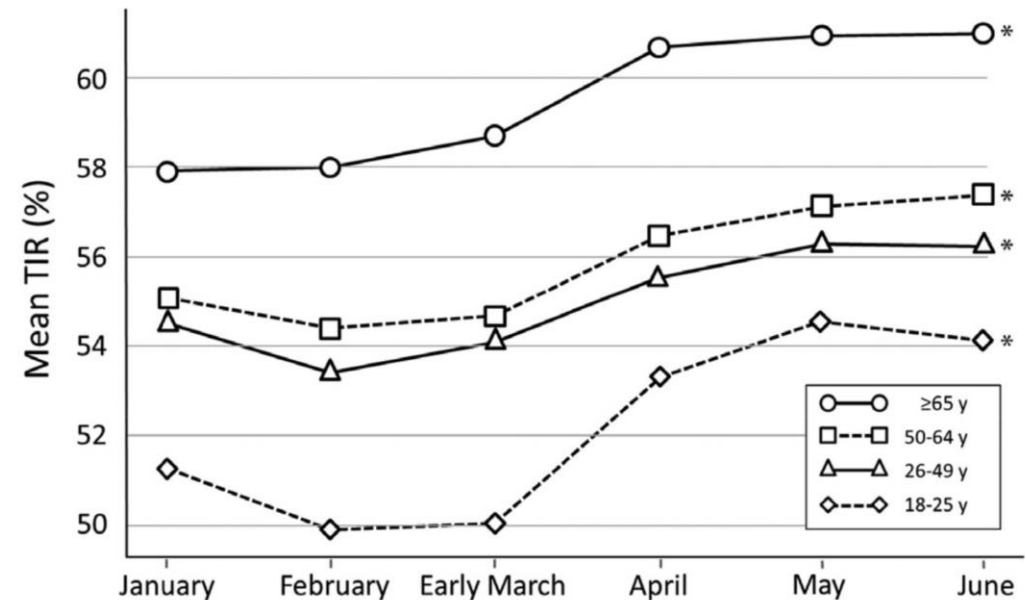
- 10% <48mmol/mol (6.5%)
- 32% <58mmol/mol (7.5%)

FreeStyle Libre Time in Range achievements:

- 15.9% achieved both >70% time in range and <4% time below range

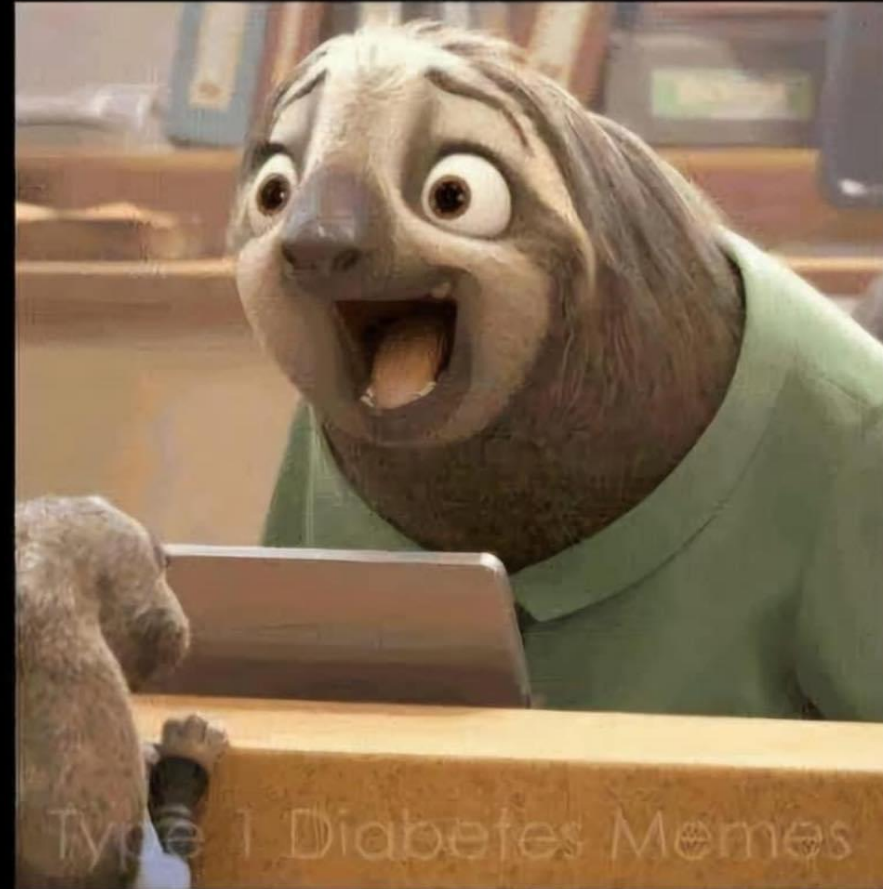
Glycaemic measures for 8914 adult FreeStyle Libre users during routine care, segmented by age group and observed changes during the COVID-19 pandemic

Pratik Choudhary MD¹ | Calvin Kao BS² | Timothy C. Dunn PhD² |
Laura Brandner BS² | Gerry Rayman MD³ | Emma G. Wilmot PhD^{4,5}



Why Peer Support?

The face you make...

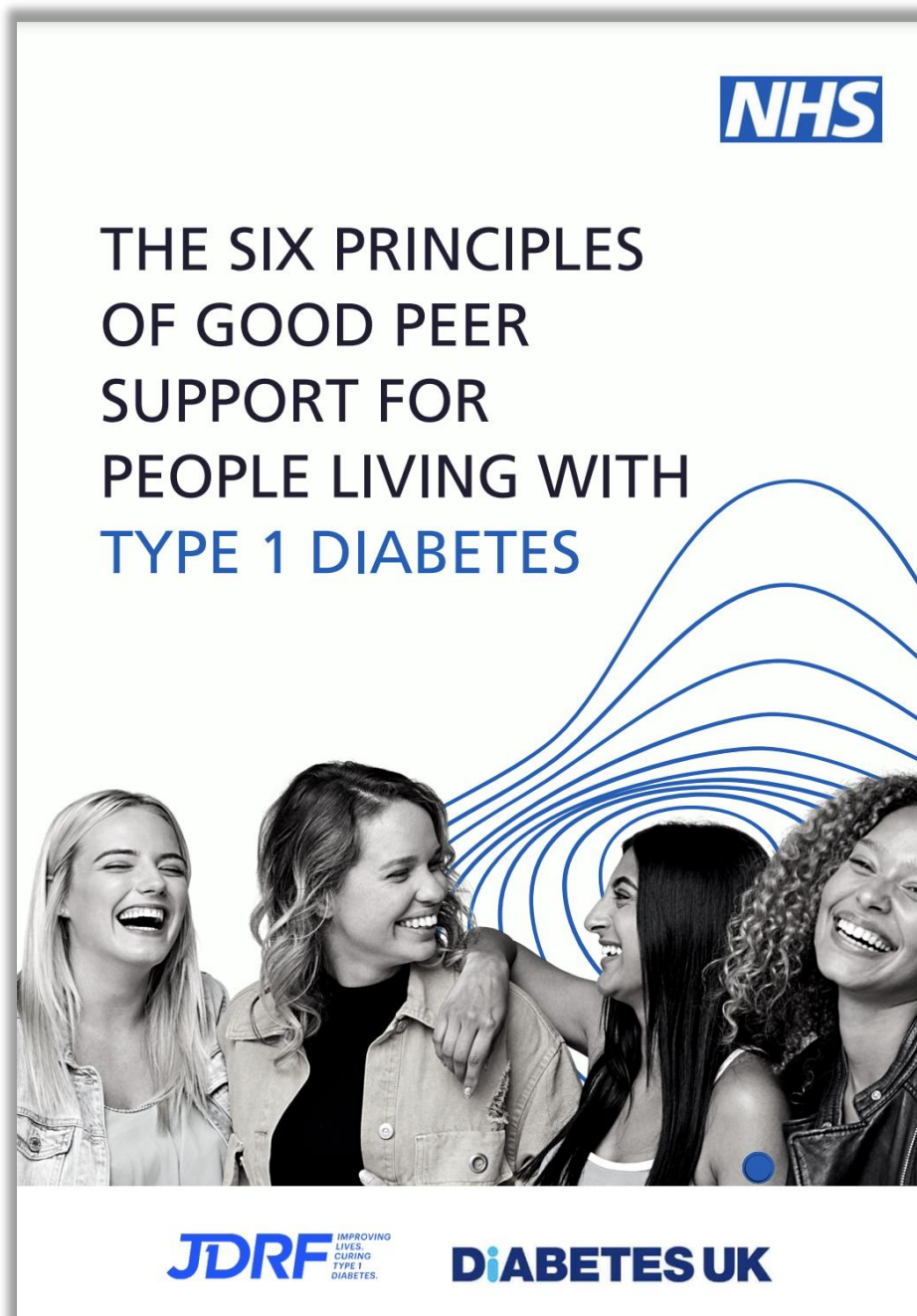


**when you see another insulin
pump wearer in the wild**

Benefits of Peer Support

- Embracing Diabetes Technology
 - Choosing systems
 - Personal preferences
 - Seeing technology in real life
- Everyday Questions
- Peer support for the wider network

Role of Peer Support



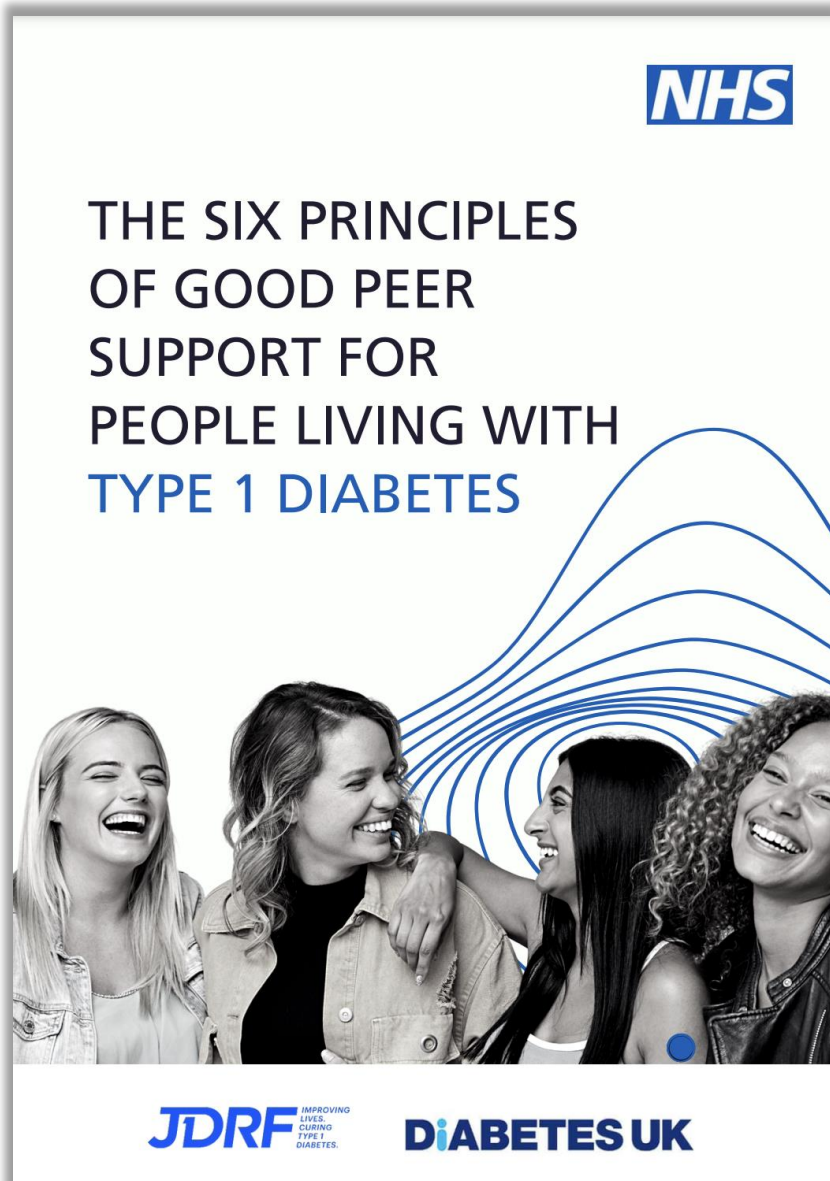
NHS

THE SIX PRINCIPLES OF GOOD PEER SUPPORT FOR PEOPLE LIVING WITH TYPE 1 DIABETES



JDRF IMPROVING
LIVES.
CURING
TYPE 1
DIABETES.

DIABETES UK



“Type 1 Diabetes is challenging - full stop. And make no mistake, those who don’t go through the daily incessant nature of it, the unforgiving permanence of it all- perhaps will never quite appreciate how tough it is.....”

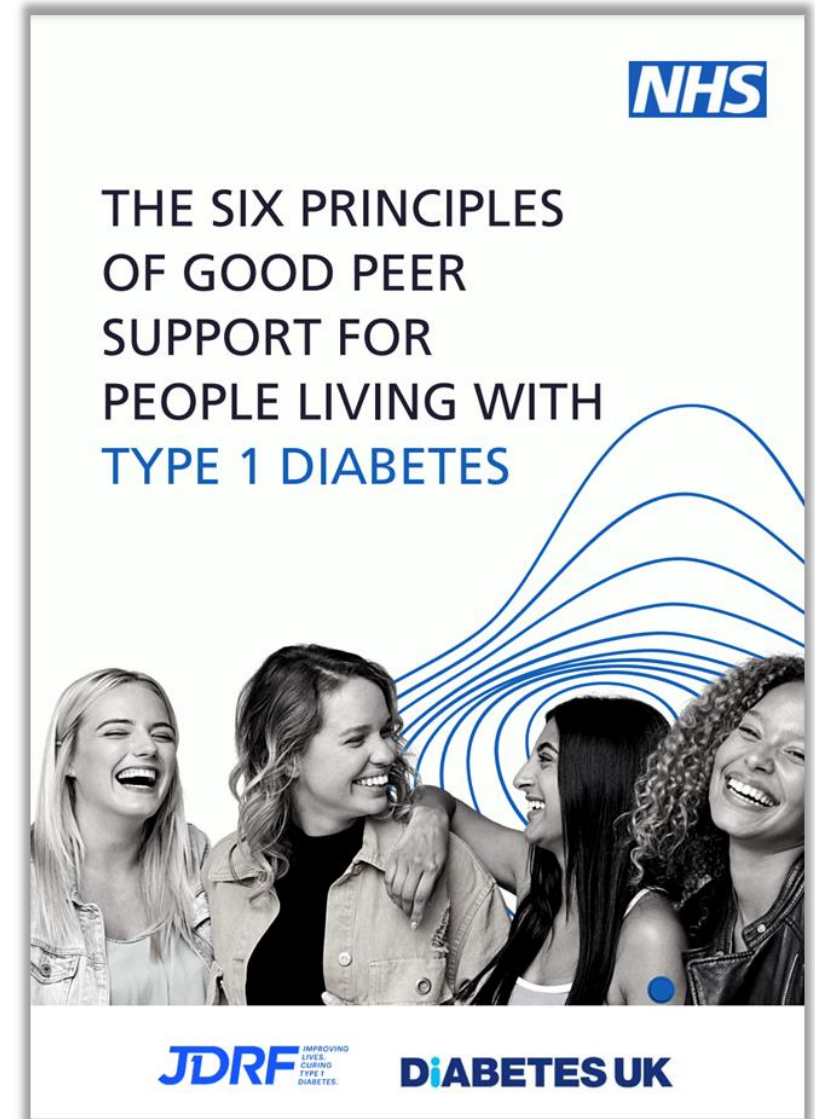
This piece of work, led by six amazing individuals living with Type 1 Diabetes with support from Juvenile Diabetes Research Foundation and Diabetes UK, is a welcome step forward and hopefully sets the template for peer support being as much a fundamental part of Type 1 Diabetes care as education and technology.....

We as health care professionals and commissioners need to understand and appreciate how much those living with Type 1 Diabetes can help us achieve our common goal of better care. In the words of T’Challa “In times of crisis, the wise build bridges; the foolish build barriers”. This is our moment in the NHS to build bridges and help the Type 1 Diabetes community come together.

Professor Partha Kar, NHS England

Six principles of good peer support.....

- Driven by the shared experiences of people living with Type 1 diabetes
- Reciprocal, with opportunities for people to 'give and get' as well as to learn from one another
- Safe and encouraging, allowing people to share their experiences free from any judgement
- Accessible and inclusive, available to everybody with Type 1 diabetes
- Person-centred, taking account of each person strengths, values, needs and feelings
- Complementary, working hand in hand with health and social care providers.



Shaun-Derby Experience

- Group formed in 2016
- 952 members today
- PWD, partners, carers, parents
- Activity – see picture
- Topics of conversation
- Good news stories
- Difficulties
- HCP interactions

Insights

Insights summary

Last 28 days

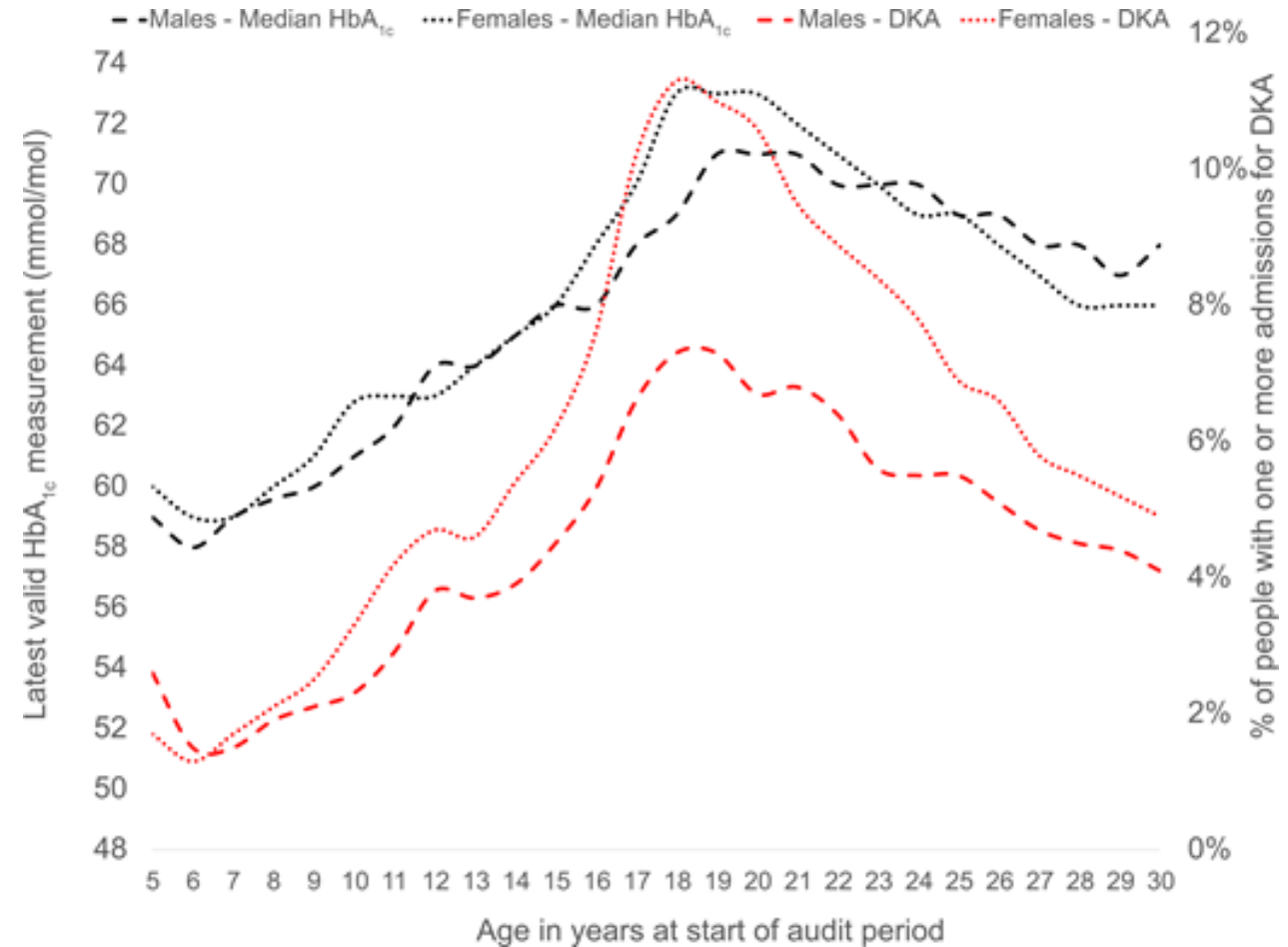
	Posts	83	↘ 3%
	Comments	609	↗ 6%
	Reactions	812	↗ 31%

Social Group for Type 1 Diabetes In & Around Derby



- How did the idea for the group come about?
- What were you hoping to achieve?
- How did the group start?
- Tell us more about the group
- What topics tend to be discussed?

Engaging Young People in Peer Support



Holman et al 2023

Peer Support Resources For Young Adults

In person events:

- JDRF Events
- Diabetes UK Events (*Together Type 1- specifically for young adults*)
- Diabetes Together Conference, T1 Today UK
- United Through Diabetes, DRWF
- Specialist Sports Groups (*e.g., EXTOD Adult Conference, The Diabetes Football Community*)
- Local Groups and Meetups

Virtual Communities:

- GBDoc
- DiabetesChat
- Dedoc
- Local and informal Facebook and WhatsApp groups

Other resources:

- DigiBete
- Podcasts (*e.g., Diabetes Connections*)

Kings Experience

T1D peer support group @ KCH Est. Jan 2024

- Admins
- Launch event
- Email and closed Facebook group
 - Instagram
 - WhatsApp
- Annual F2F event
- Splinter groups

Clinical support

- Facilitators
- Resources

Benefits to Kings T1D service

- Safe and inclusive support group
- Technology experience
- Service development and study days





Question and Answer

Conclusion

- Peer support has an important role to play
- NHS England have published Six Principles Guide
- Consider what options you have for supporting access to peer support in your locality