

## **Diabetes Risk Assessment and Medical Referral or Signposting (DRAMeRS)**

### **Participant Information Sheet: Practitioners**

We would like to invite you to be involved in a research project. This is in collaboration between NHS Education for Scotland and the University of Aberdeen. Before deciding to take part, the following information will help you understand why the research is being conducted and what it would involve. If there is anything that is unclear, or if you would like further information, please do not hesitate to contact the study team via the following email address: [sdpbrn@nes.scot.nhs.uk](mailto:sdpbrn@nes.scot.nhs.uk)

#### **Background**

Type 2 diabetes is a metabolic disorder characterised by high blood glucose levels, insulin resistance and a relative lack of insulin, potentially leading to serious health problems. Diabetes UK is the leading diabetes charity in the UK and available on their website is a risk assessment tool that can be used to determine an individual's risk of developing type 2 diabetes. The "Know Your Risk" assessment tool asks for the following information: gender, age, ethnic background, if you have a close relative with diabetes, waist measurement, height, weight and if you have high blood pressure. The result will categorise the individual's risk as either: low, increased, moderate or high risk. Diabetes UK recommends that you should visit your GP for a blood test to check for diabetes if you are at moderate or high risk. Some pharmacies also provide testing for diabetes.

Dentists working in NHS General Dental Practice are in a unique position, as often patients will be recalled at least twice yearly for routine dental examination. This presents an opportunity to not only consider the oral health of the patient, but also their general wellbeing by identifying those at moderate or high risk of developing type 2 diabetes.

#### **What is the aim of this study?**

The purpose of the study is to compare the effectiveness of two different strategies for referral at encouraging patients to contact a healthcare professional, if they have been assessed as being at a moderate or high risk of developing type 2 diabetes. It will also investigate how patients and dentists feel about the process of conducting general health checks in a dental setting.

This project also provides Vocational Dental Practitioners (VDPs) first-hand experience of research during their extended training year.

#### **Why have I been asked to take part?**

As part of the programme for the extended Vocational Training period, all VDPs and trainers are invited to take part. If you wish to participate, you must first read this information sheet and sign the consent form. If you do not want to participate, or wish to withdraw after consenting, please discuss with your VT advisor or Assistant Dean. If you choose to withdraw then any information gathered until that point will be retained and used in this research.

#### **What will happen if I take part?**

Following some training about what is required of you and your practice, you will recruit patients, and complete the Diabetes UK risk assessment tool with them. Your practice will be randomised to determine whether you signpost or directly refer patients whose risk was moderate or high to a healthcare professional. If your practice is randomised to signpost patients, you will receive a signposting leaflet to provide to patients. If your practice is randomised to directly refer patients you will

be provided with a template referral letter which can be personalised with patient and practice information. This should then be sent to the patient's GP. This may be hand delivered, posted or emailed, depending on the processes already in place within your practice.

You will be asked to complete a short online survey which will ask questions about your experiences of conducting the risk assessment, and your views on general health checks in dentistry. The survey will also collect some demographic information about you. The survey will be available online and a link sent via email. **Please do not share the survey link with anyone else – the survey should only be completed by you.**

A small group of participants will be randomly selected to also take part in one-to-one interviews with a member of the research team. This will be conducted online using Microsoft Teams, or via telephone. If via telephone, this interview will be audio-recorded. If via Microsoft Teams, this interview will be audio- and video-recorded. You will be contacted by the research team if you have been selected for this part of the study – you are not required to participate in this part of the study if you choose not to.

If any relevant new information becomes available during the course of the research then this will be conveyed to you by the research team.

#### **How much of my time will participation involve?**

You will be asked to recruit 20 patients to the study. It is anticipated that guiding the patient through the risk assessment result should take about 10 minutes per patient. Completing the online survey will take approximately 15 minutes. If you are chosen and agree to take part in an interview, this will take approximately 30 minutes.

#### **What about confidentiality?**

We will process any data in line with prescribed ethical and legal guidelines relevant to this form of research. Patient records will be held within the practice. Research data that you collect from patients (patient consent forms, eligibility checks and case report forms) and data you provide via the survey and interview will be shared with the relevant research team members. If you are selected to be interviewed, data recorded from the interview will be shared with the project administrators for the purposes of transcription.

#### **Data Protection**

All personal data will be managed in line with Article 6(e) of the General Data Protection Regulations (GDPR) 2018.

NHS Education for Scotland is the data controller for the personal data processed in this project. NHS Education for Scotland respects your rights and preferences in relation to your data and if you wish to update, access, erase, or limit the use of your information, please let us know by emailing [sdpbrn@nes.scot.nhs.uk](mailto:sdpbrn@nes.scot.nhs.uk)

Please note that some of your rights may be limited where personal data is processed for research, but we are happy to discuss that with you. If you wish to complain about the use of your information please contact NHS Education for Scotland's Data Protection Officer in the first instance (email: [foidp@nes.scot.nhs.uk](mailto:foidp@nes.scot.nhs.uk)). You may also wish to contact the Information Commissioner's Office (<https://ico.org.uk/>). You can find more information about the ways that personal data is used at NHS Education for Scotland at: <https://www.nes.scot.nhs.uk/legal-and-site-information/privacy/>

#### **What are the possible benefits and risks from taking part?**

This project aims to encourage patients at moderate or high risk of diabetes to speak to a healthcare professional about their risk level, potentially leading to a diagnosis and subsequent management. The findings of this study will also serve a wider purpose for public health, as we look to explore the possibility of introducing general health checks for adult patients whilst attending routine dental examinations.

There are no known risks to taking part in this project. If you would like to raise any issues or have any concerns then please contact the research team.

**What will happen to the findings from the study?**

A summary of findings will be made available to all participants. Findings will also be submitted for publication in a peer-reviewed scientific journal and will be disseminated by the project team to the NHS Education for Scotland Dental Executive and presented at regional, national or international conferences. Anonymous quotes from your questionnaire and/or interview responses may be used in these research outputs; it will not be possible to identify you from these quotes.

**Where can I find out more?**

If you would like to know more or if you have any questions, please contact Laura Beaton by emailing [sdpbrn@nes.scot.nhs.uk](mailto:sdpbrn@nes.scot.nhs.uk)

**Thank you for taking the time to read this information**