

Diabetes Risk Assessment and Medical Referral or Signposting (DRAMeRS)

Participant Information Sheet: Patients

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

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.

NHS dental practices 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 the 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.

Why have I been asked to take part?

All Dental Vocational Training practices in Scotland are invited to take part, and as a registered patient of this type of practice, your participation would help to obtain meaningful results from the research, which could inform whether these checks are carried out in dental practices more generally. All patients who meet the eligibility criteria and attend the practice during the study period are being invited to participate.

Do I have to take part?

No, there is no requirement for you to participate in the study. The decision to participate is entirely voluntary and will require your informed consent. You may withdraw your consent at any time, without giving a reason. If you choose to withdraw then any information gathered until that point will be retained and used in this research. If you decide not to participate, or choose to withdraw, this will have no impact on the care you receive from your dental practice.

What will happen if I take part?

If you consent to take part, you and your dentist will complete the Diabetes UK risk assessment tool during your dental appointment. The tool will ask a series of questions relating to your general

health and relevant lifestyle factors which will produce a result of your potential risk of type 2 diabetes. To complete the questions, you will need to know your waist measurement, height and weight. Imperial (lbs, inches) and metric (kgs, cms) measurements will both be accepted. You will need a measuring tape or a piece of string and a ruler to take your measurements. More information on how to take your measurements is available on the Diabetes UK website:

<https://www.diabetes.org.uk/preventing-type-2-diabetes/waist-measurement>

If you would like to see the full assessment, as hosted by Diabetes UK, in advance of agreeing to take part, it can be accessed at the link below:

<https://riskscore.diabetes.org.uk/start>

If the risk assessment reveals that you are at a moderate or high risk of developing type 2 diabetes, your dentist will use one of two possible referral strategies for encouraging patients to contact a healthcare professional – your dentist will either contact your GP practice to inform them of the results of the risk assessment, or you will receive a leaflet which contains additional information and advice about what to do next.

One month following the risk assessment, you will be asked to complete a short online survey which will ask questions about your experiences of being risk assessed, and your views on general health checks in dentistry. The survey will also collect some demographic information about you. **This survey will be online and sent via email. Please do not share the survey link with anyone else – the survey should only be completed by you. If requested, or if you do not have an email address or internet access, a paper copy of the questionnaire can be sent to your address.**

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 take approximately 30 minutes and 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 take part in the interview 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 via your preferred method of communication from the research team.

How much of my time will participation involve?

It is anticipated that completing the risk assessment with your dentist will take about 5-10 minutes. Completing the online survey will take approximately 15 minutes. If you are chosen 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. Some information will be held within your dental practice, such as your records, and some will be shared, where required for the study, 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) and Article 9(a) 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

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). 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 is a chance that the risk assessment tool may report that you are at a low risk of developing type 2 diabetes when you may actually be at high risk. However, the risk assessment is based on the Leicester Risk Assessment tool, a valid measurement tool, and your dentist has received training to allow them to provide you with the appropriate information and support. Your risk level does not constitute a diagnosis of type 2 diabetes. You may also be concerned or anxious about receiving your risk level. If this is the case, please speak to your dentist. If you would like to raise any issues or have any concerns about the study then please contact the research team.

What will happen to the findings of the research study?

The results will be used to evaluate if incorporating a diabetes risk assessment tool across all dental practices in Scotland is beneficial and worthwhile. 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

Thank you for taking the time to read this information