

# DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) Monitoring Study

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
24/12/2009	No longer recruiting	<input checked="" type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
18/05/2010	Completed	<input checked="" type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
27/10/2022	Nutritional, Metabolic, Endocrine	

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Prof Simon Heller

### Contact details

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## Additional identifiers

### Protocol serial number

1

## Study information

## **Scientific Title**

Does self-monitoring of blood glucose as opposed to urinalysis provide additional benefit to newly diagnosed individuals with Type 2 diabetes receiving structured education?

## **Study objectives**

To compare the effectiveness of urine and blood glucose monitoring strategies, when taught as part of a structured education programme, on glycaemic control in patients newly diagnosed with Type 2 diabetes. The measure of glycaemic control will be level of HbA1c in the blood 18 months after attending the programme.

Please note, as of 03/11/2011 the anticipated start and end dates have been updated. The previous dates were as follows:

Original start date: 01/12/2009

Original end date: 01/03/2010

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Cambridgeshire 1 Research Ethics Committee approved on the 6th February 2008 (ref: 07/H0304/129)

## **Study design**

Multicentre cluster randomised controlled trial with randomisation at practice level

## **Primary study design**

Interventional

## **Study type(s)**

Other

## **Health condition(s) or problem(s) studied**

Type 2 diabetes (newly diagnosed)

## **Interventions**

DESMOND structured group education programme. This is a 7 hour programme (two sessions of 3.5 hours each) which includes a session on self monitoring (blood or urine depending on randomisation of people attending)

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

HbA1c measured at 18 month follow-up

## **Key secondary outcome(s)**

1. Blood cholesterol

2. Body weight

3. Blood pressure
4. Waist circumference
5. Lifestyle (smoking and physical activity)
6. Questionnaire tools listed below
  - 6.1. Diabetes Treatment Satisfaction Questionnaire
  - 6.2. Well Being Questionnaire - 28
  - 6.3. EQ-5D
  - 6.4. Confidence in Self Care (CIDS)
  - 6.5. Brief Diabetes Perceptions Questionnaire
  - 6.6. Short Form 36 questionnaire
  - 6.7. Summary of Diabetes Self Care Activities

**Completion date**

21/12/2011

## Eligibility

**Key inclusion criteria**

1. Age over 18 years
2. Newly diagnosed and able to attend a DESMOND course within 12 weeks of diagnosis
3. Capable of giving informed consent
4. Primarily responsible for their own care
5. Able to participate in a group programme
6. Can understand both written and spoken English

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Total final enrolment**

292

**Key exclusion criteria**

1. Severe medical problems (eg severe heart failure, advanced cancer) that would result in the patient gaining no benefit from attending an education programme. This will be at the discretion of the general practitioner.
2. Taking part in another research study

**Date of first enrolment**

28/09/2008

**Date of final enrolment**

21/12/2011

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Professor of Clinical Diabetes**

Sheffield

United Kingdom

S10 2RX

## Sponsor information

**Organisation**

University Hospitals of Leicester (UK)

**ROR**

<https://ror.org/02fha3693>

## Funder(s)

**Funder type**

Charity

**Funder Name**

Diabetes UK (UK)

**Alternative Name(s)**

The British Diabetic Association, DIABETES UK LIMITED, British Diabetic Association

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

**Location**  
United Kingdom

## Results and Publications

**Individual participant data (IPD) sharing plan**  
Not provided at time of registration

**IPD sharing plan summary**  
Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		01/03/2015	27/10/2022	Yes	No
<a href="#">Protocol article</a>	protocol	14/03/2012		Yes	No
<a href="#">Other publications</a>	educators' views	09/01/2014		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes