

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

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

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Prof Simon Heller

Contact details
Professor of Clinical Diabetes
AUDEM Room OU141
University of Sheffield Medical School
Beech Hill Road
Sheffield
United Kingdom
S10 2RX
-
s.heller@sheffield.ac.uk

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

Secondary study design

Randomised controlled trial

Study setting(s)

GP practice

Study type(s)

Other

Participant information sheet

Not available in web format. Please use contact details below to request a patient information sheet

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 measure

HbA1c measured at 18 month follow-up

Secondary outcome measures

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

Overall study start date

28/09/2008

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

Age group

Adult

Lower age limit

18 Years

Sex

Both

Target number of participants

400

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**

England

United Kingdom

Study participating centre

Professor of Clinical Diabetes

Sheffield

United Kingdom

S10 2RX

Sponsor information**Organisation**

University Hospitals of Leicester (UK)

Sponsor details

Gwendolen Road

Leicester

England
United Kingdom
LE5 4PW
-
carolyn.maloney@uhl-tr.nhs.uk

Sponsor type
University/education

Website
<http://www.uhl-tr.nhs.uk/>

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

Funder(s)

Funder type
Charity

Funder Name
Diabetes UK (UK)

Alternative Name(s)
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

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

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?
Protocol article	protocol	14/03/2012		Yes	No
Other publications	educators' views	09/01/2014		Yes	No
Results article		01/03/2015	27/10/2022	Yes	No