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The POSEIDON trial: Promoting cOllaborative Support and Education in Diabetes for minOrity ethNic groups

Submission date	Recruitment status
03/07/2006	No longer recruiting
Registration date	**Overall study status**
17/01/2007	Completed
Last Edited	**Condition category**
05/07/2018	Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
SDO/111/2005

Study information

Scientific Title

The POSEIDON trial: Promoting cOllaborative Support and Education in Diabetes for minOrity ethNic groups

Acronym
POSEIDON

Study objectives
Informal story-sharing groups led by bilingual health advocates in the patient's own language will be no less effective than standard nurse led diabetes education through an interpreter, on clinical, biochemical and psychometric outcomes in minority ethnic groups with diabetes.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Local Research Ethics Committee (LREC) approval from East London and City on the 9th Nov 2005 (ref: LREC 05/Q0604/142).

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Other

Health condition(s) or problem(s) studied
Diabetes mellitus

Interventions
The intervention will have three components:
1. Professional development groups for Bilingual Health Advocates (BHAs) using a validated learning set model (in which stories about clients with diabetes form the basis of facilitated group discussion).
2. Story-sharing groups led by a BHA with support from a Diabetes Specialist Nurse (DSN). Stories about living with diabetes will form the basis of group discussions.
3. Organisational support for establishing these groups, including development and mainstreaming of patient pathways, data management, and information systems.

The comparison will be referral to traditional NHS education sessions (e.g. routine nurse led education groups in either primary or secondary care, or one to one education via General Practitioner [GP] or in hospital clinic) with an interpreter if needed.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)

United Kingdom Prospective Diabetes Study (UKPDS-2) cardiovascular risk score (a composite of blood pressure, smoking status, lipid ratio, presence of atrial fibrillation, and HbA1c)

Key secondary outcome(s))
1. HbA1c
2. Well-being
3. Self-management skills
4. Diabetes-related actions
5. Cardiovascular events

Completion date
31/01/2007

Eligibility

Key inclusion criteria
1. 240 people with diabetes mellitus (either form) aged over 18
2. Referred (or self-referred) for diabetes education
3. Speak one of the languages in which story-sharing groups are offered that is, Urdu, Sylheti, Tamil, Somali, or English (for African-Caribbeans)

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
Not Specified

Key exclusion criteria
1. Inability to give informed consent
2. Inability of unwillingness to do group work

Date of first enrolment
01/09/2006

Date of final enrolment
31/01/2007

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
University College London
London
United Kingdom
N19 5LW

Sponsor information

Organisation
NHS Service Delivery and Organisation (NHS SDO) Programme (UK)

ROR
https://ror.org/02wnqcb97

Funder(s)

Funder type
Government

Funder Name
NHS Service Delivery and Organisation (NHS SDO) Programme (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/01/2011		Yes	No
Protocol article	protocol	19/03/2005		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes

Study website	Study website	11/11/2025	11/11/2025	No	Yes