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

Submission date
24/12/2009

Recruitment status
No longer recruiting

Registration date
18/05/2010

Overall study status
Completed

Last Edited
27/10/2022

Condition category
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
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)

Primary study design
Interventional

Study design
Multicentre cluster randomised controlled trial with randomisation at practice level

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