

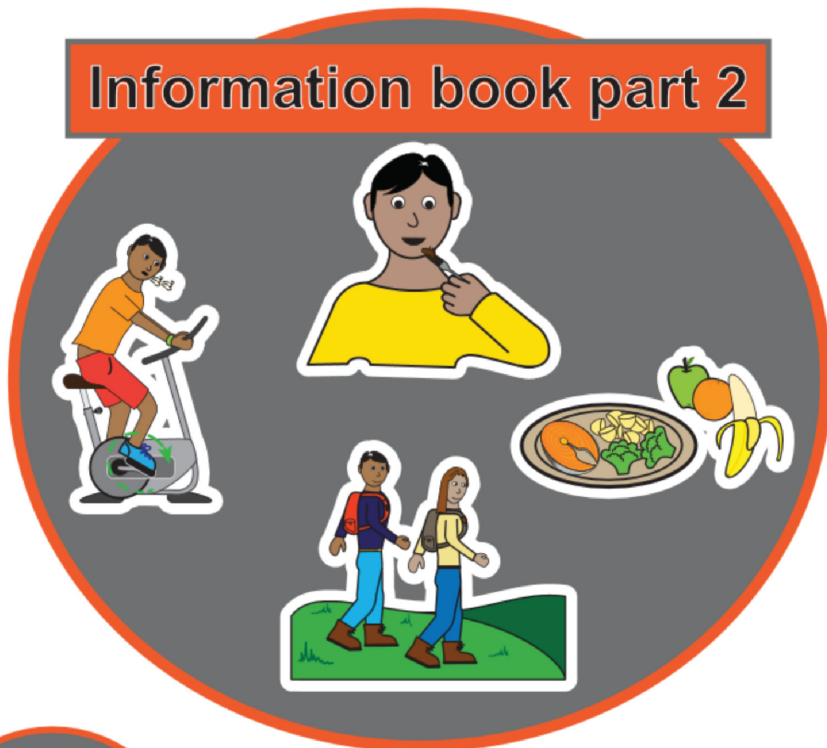


UNIVERSITY OF LEEDS

# OK - Diabetes

## Helping you with your diabetes

### Information book part 2



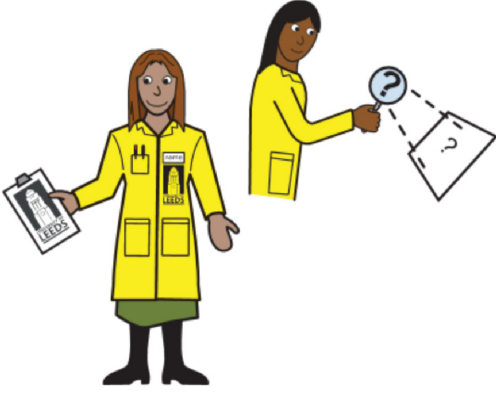
Information for a person with diabetes




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You spoke to Amy, Judy, Jakki or Louise about your diabetes. You said we could contact you again about our research.

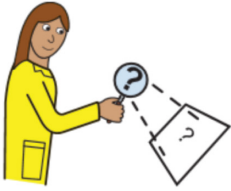


We would like your help with our research.



This short book tells you more about the research.

## What is research?



Research is when people find out about how something works or how it could work better.

Researchers are people who do research as their job.

## Why are we doing research?



Doctors, nurses and other people working in health services want people with diabetes to get the right care.

## What is our research about?

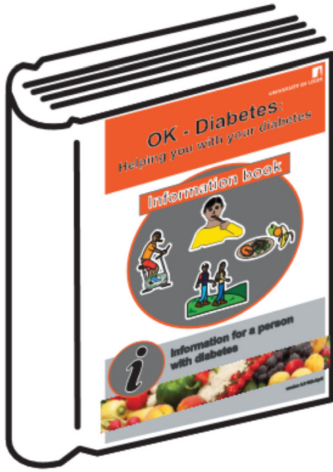
### **diabetes**



This research is about how to help people with their diabetes.

Diabetes is an illness that means people have high blood sugar.

We want to try out a way to help people stay well when they have diabetes.

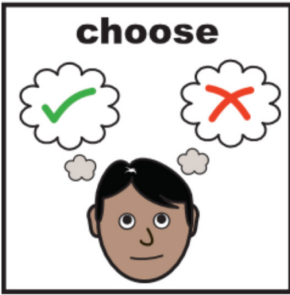


We have made a new booklet and health plan to help people look after their diabetes.



We need to know if people like it and if it helps people with their diabetes.

## Do you have to take part?



You can choose 'Yes' or 'No'. It is up to you if you want to take part in the research, or not.



Amy or another researcher will contact you and ask you if you want to take part. If you asked us to contact a person who helps look after you instead, we will contact them first.



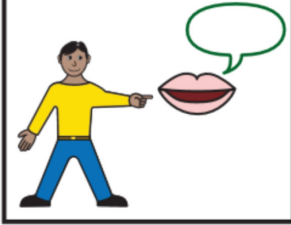
Before you choose you can ask any questions you want.



You will be given the name and phone number of an advocate who can talk about the research with you.

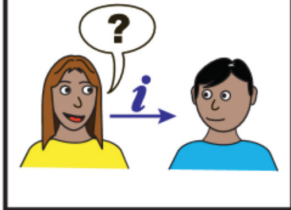
## Help deciding

### advocacy



An advocate is someone who will speak on your behalf if you want them to.

### share information

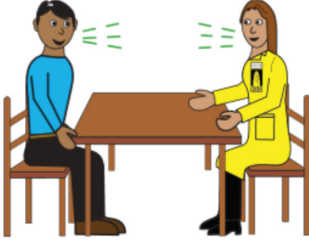


They can find out information for you and support you with making choices about being part of this research.

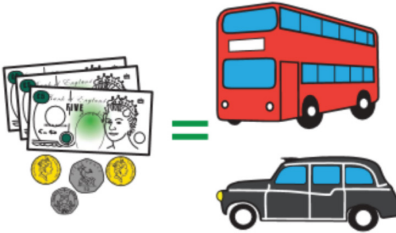
## Choosing 'YES'



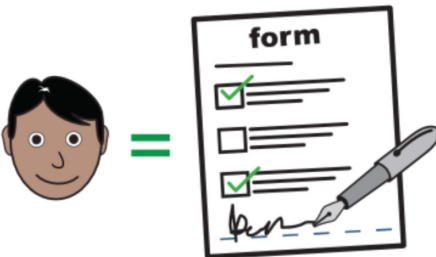
One of us will come and meet you and a supporter if you have one.



We will arrange to meet you at a place where you feel OK, at home or at a place that you like or your Doctor's surgery. You can choose where to meet us.



We can pay travel costs, like bus or taxi fares if you decide you want to meet us somewhere that is not your home. We will not be able to pay you for taking part.



We will ask you to sign a form to say you are happy to take part. A copy of this form will be kept by the research team, no one else will see it.



We will ask you some questions about you and your health:



We may want to ask your doctor for some information about you and your diabetes (like the results of your last blood test).

We will ask you if this is okay.

You can say 'No'

Amy, Jakki and Shaista are the researchers for this research.



Amy



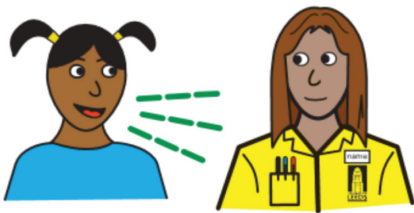
Jakki



Shaista



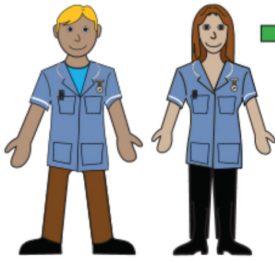
What happens first?



The researcher will come to visit you. She will ask you some questions like last time. She will explain what happens next.

If you don't want to do any more you can tell her.

## What happens next?



A nurse will come to visit you.

The nurse will talk to you about why they are there. They will explain to you about having a blood test.



We would like to do a blood test to check on your health and to see if taking part in our research lowers your blood sugar.

If you say ok to having a blood test the nurse will take some blood and measure your height, weight and waist.



The nurse will offer you special cream to put on your arm so you don't feel the blood test. If you don't want to have a blood test or you would rather have a test at your GPs please tell the nurse, she won't mind.

**Julie**



**Cherry**



The nurses on this project are Julie and Cherry.

## What happens next?



About a week after you see the nurse you will get a letter or a phone call to tell you whether you will be trying the new health plan or not.

## What happens if I am trying the new health plan?



If you are going to try the health plan, a nurse will visit you 3 or 4 times for about an hour each time. The nurse will talk to you about diabetes and make a health plan with you.

If you have a supporter she will ask them to support you using your new health plan. The nurse will visit you to see how you are getting on with the plan. The nurse may phone you as well to see how you are doing.

## What happens if I am not trying the new health plan?"



You will get a booklet about helping you with your diabetes. You will continue to get the same care you normally do from your doctor and nurse.

A researcher will come back to see you after 6 months to see how you are. The nurse will visit you again and ask if she can do another blood test.

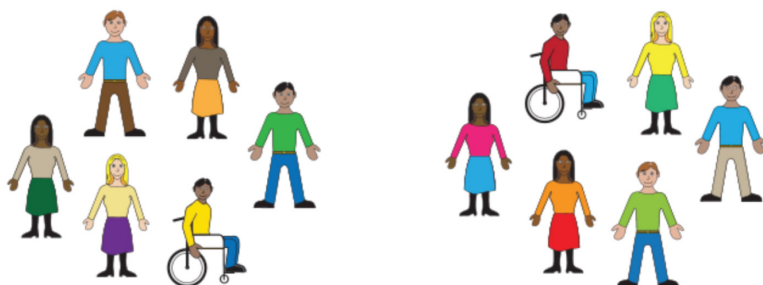
## Afterwards



Amy and the nurse will come back to see everyone after 6 months.

They may also come back again at 12 months.

## Can I choose if I try the new health plan or not?



No, to make it fair you can't choose. We need the same number of people to try the plan and to have the booklet.

Everyone will still get visited by the researcher and the nurse. So you will get an extra check on your health and diabetes even if you are not trying the new plan.

The nurse can't choose whether you try the new plan or get the booklet.

## What if I want more information?

You can talk with your advocate at any time to help answer any questions.

You can also ask Amy, Julie or Cherry.



Amy



Julie



Cherry



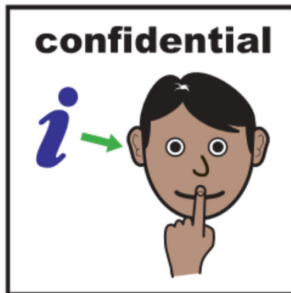
## What happens after the research finishes?



After people have tried out the new health plan and the booklet we will write about what we've learnt.

We will tell people about what we've found including Doctors and Nurses.

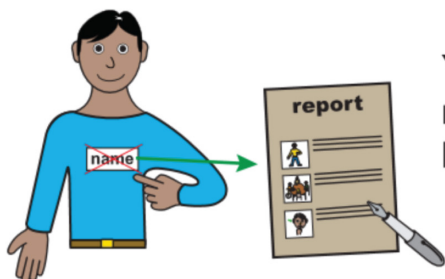
## Keeping things private



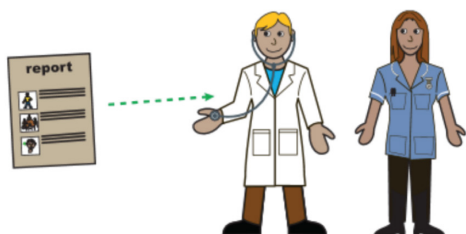
We will write down some things that you tell us and your test results. If we show this to other people it will not have your name on it.

We will not tell other people your name.

## Keeping things private (confidential)



Your name will not be in the report. Only the researchers will know what you said.



The report will be for doctors, nurses, people who work with people with diabetes and for the people who paid for the research.

## Changing your mind



Even if you say yes to taking part in this research, you can change your mind at any time. You will still get the same care for your diabetes that you usually do. You have the right to stop being in the research at any point.



## Choosing 'No'



You can decide no.

If you think "No, I don't want to take part" that's ok. You don't need to do anything else. Just tell us 'no' when we contact you.

You will still get the same care for your diabetes you usually do.

## What might be some good things about taking part?



Some people like taking part in research.



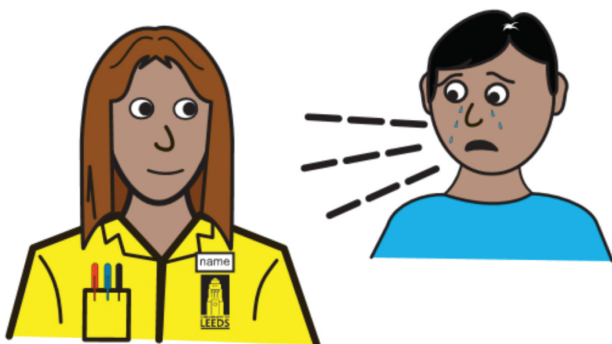
Some people like talking about things and find it helps them.

They like having visits from the researcher and the nurse.



You may be helping other people with diabetes by sharing your ideas with us.

## What might be some bad things about taking part?



Some people find talking about things a bit upsetting. If you are upset let one of us know.

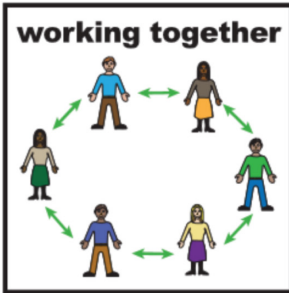
Some people don't like blood tests or having their weight and height measured. If you don't like these things please tell the researcher.

Talking to us will take up some of your time so make sure you are ok with this. (If you meet the nurse this will take more time)



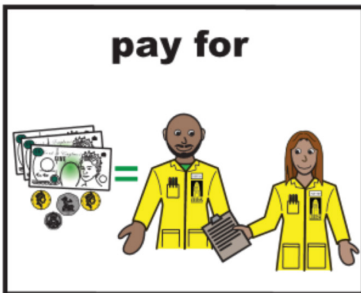
You might not get to work with the nurse on a new plan for your diabetes. Your care will stay the same as it is now.

## Who is doing this research?



The people doing this research (Amy, Jakki and Shaista) are working at the University of Leeds. They are working with staff from the Airedale Bradford and Leeds Wakefield NHS Trusts.

## Who is paying for this research?



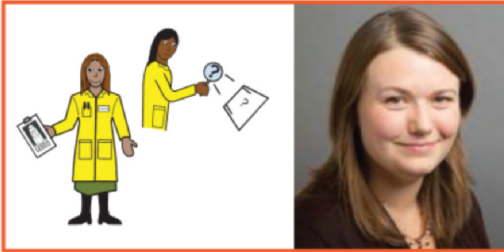
This research is being paid for by The National Institute for Health Research. The Government gives them money and they have given the money to the University of Leeds to do the research.

**any  
questions**



**Any questions please contact  
Amy**

**Amy M. Russell**



Tel: [REDACTED]

Mobile: [REDACTED]



Email: [REDACTED]



**Leeds Institute of Health Sciences  
University of Leeds**





This space is for any notes you want to make or questions you would like to ask

**consent**



**Consent for person with diabetes**

Person ID.....

Please circle Yes if you agree with what it says:

I have read this information book

**yes**

**no**



I have had the information book explained to me

**yes**

**no**



I have been able to ask any questions I want

**yes**

**no**



I understand what this information book says

**yes**

**no**





**consent**



**Consent for person with diabetes**

Person ID.....

Please circle Yes if you agree with what it says:

I have been given the phone number  
for an advocate

**yes**



**no**



I am happy to take part in this research

**yes**



**no**



Please write your name: \_\_\_\_\_

Please write the date: \_\_\_\_\_

Verbal consent obtained Yes [ ]

Researcher signs \_\_\_\_\_ Date \_\_\_\_\_

**consent**



**Consent for a supporter**

Person ID.....

Please circle Yes if you agree with what it says:

I have read this information book

**yes**

**no**



I have had the information book explained to me

**yes**

**no**



I have been able to ask any questions I want

**yes**

**no**



I understand what this information book says

**yes**

**no**



**consent**



**Consent for a supporter**

Person ID.....

Please circle Yes if you agree with what it says:

I have been given the phone number  
for an advocate

**yes**



**no**



I am happy to take part in this research

**yes**



**no**



Please write your name: \_\_\_\_\_

Please write the date: \_\_\_\_\_

Verbal consent obtained Yes [ ]

Researcher signs \_\_\_\_\_ Date \_\_\_\_\_

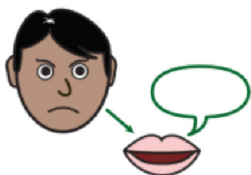
## contact



## Contacting us.

If you want more information before you choose or you want to complain please get in touch with **Allan House** who works at the University. Allan is in charge of the research.

## complain



## Allan House



Phone number



Email



Address

**Allan House**

**Charles Thackrah Building,**



**NHS**  
*National Institute for  
Health Research*

Leeds and York Partnership **NHS**  
NHS Foundation Trust

