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© Kate Gilbert – Presented at the Australian Diabetes Educators' Association Conference, Gold Coast Convention Centre, August 2006

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The benefits of collaboration as demonstrated through the development of a Starter Kit for adults with Type 1 diabetes.

- Kate Gilbert, Founder & President
- Rebecca Millard, Project Officer

Reality Check young adults with diabetes Inc.

Background

- Approx. 1,000 Australian adults diagnosed with Type 1 diabetes / year
- Information needs had not been specifically investigated
- No dedicated information resource

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Overview

- The benefits of collaboration:
 1. Development of content
 2. Process of producing resource

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Health care professional (HCP) consultation

- 33 of 76 NADC centres returned a written survey
- 16 telephone interviews
- Inventory of existing resources
- Factual and aspirational questions

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Themes identified by HCPs

1. Counselling/Mental Health advice	58%
2. Legal and employment issues	50%
3. Alcohol & Drugs	50%
4. Pregnancy	33%
5. Meet others same age	33%
6. Online/email-able	25%
7. Sex	25%
8. Travel	17%
9. Difference btw Type 1 & 2 Diabetes	17%
10. Complications	8%
11. Evaluating online health information	8%
12. Intro to a Diabetes Team	8%
13. Monthly hormonal changes	8%
14. Others are dx as adults	8%
15. Clarifying the cause of diabetes	8%
16. Sport and exercise	8%
17. Food	8%

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Consumer consultation

- Email survey: 70 people diagnosed as adults
- Inventory
- Factual and aspirational questions

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Themes identified by consumers

1. Food	26%
2. Online support and information	23%
3. Stories from others with diabetes	17%
4. Insulin adjustment	13%
5. Sport and exercise	11%
6. Alcohol & Drugs	6%
7. Meet others same age	6%
8. Clarifying the cause of diabetes	6%
9. Information for family and friends	4%
10. Research being done into cure etc	4%
11. Effects of stress	3%
12. Pregnancy	3%
13. Others are dx as adults	3%
14. Reaction times of insulin	3%
15. Sick days	3%
16. Difference btw Type 1 & Type 2 D	1%
17. Monthly hormonal changes	1%
18. BG metre	1%
19. Insulin delivery options	1%
20. Useful books and websites	1%



9 of 28 themes shared between HCPs and consumers

	Health Care Professionals	Consumers
Alcohol & Drugs	50%	6%
Pregnancy	33%	3%
Meet others same age	33%	6%
Difference between Type 1 & Type 2 Diabetes	17%	1%
Monthly hormonal changes	8%	1%
Others are diagnosed as adults	8%	3%
What causes Type 1 diabetes	8%	6%
Sport and exercise	8%	11%
Food	8%	26%



Variance in themes - HCPs

	HCPs	Consumers	Variance
Counselling/Mental Health advice	58%	0%	-58%
Legal and employment issues	50%	0%	-50%
Alcohol and Drugs	50%	6%	-44%
Pregnancy	33%	3%	-30%



Variance in themes - Consumers

	HCPs	Consumers	Variance
Referral to online support & information	0%	23%	+ 23%
Food / diet	8%	26%	+ 17%
Stories from others with diabetes	0%	17%	+ 17%
Insulin adjustment	0%	13%	+ 13%



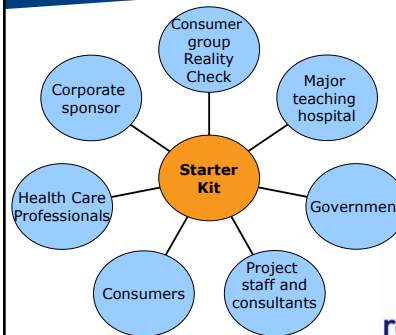
Collaboration on content

- All 28 themes covered in 23 chapters

- 10 things we wish ...
- Doctors & nurses
 - Checklist of "stuff to do"
 - What is diabetes?
- Insulin
- Hypo fixes
 - Food - the carb connection
 - Food and the GI factor
 - Managing blood glucose levels
- Alcohol
- Sick days
- Ketones & DKA
- Hormones and girl stuff
- Insulin delivery options
- Blood glucose meters
- Exercise
- Travel
- How much will it cost?
 - Surfing the net for health
- Head stuff
- Real stories
- Glossary
- More books & websites



2. Process of producing resource

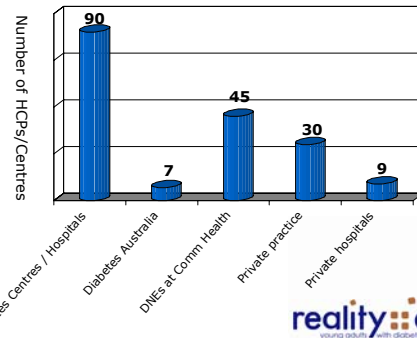


3. Adoption of resource

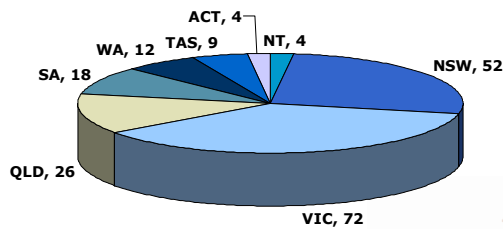
- 20 Diabetes Centres reviewed, endorsed and immediately adopted Starter Kit
- 1,796 Kits distributed (free of charge)
- 181 Diabetes Centres, etc.
- Also published online: www.realitycheck.org.au/starterkit/



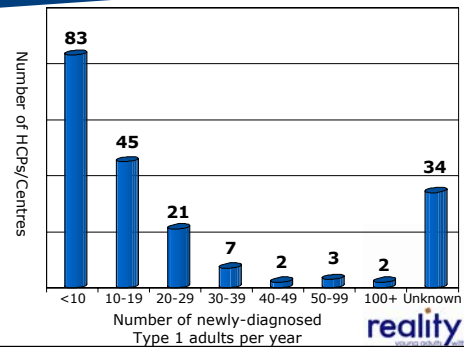
Distribution, by type



Distribution, by state



Distribution, by population



4. Conclusion

The project demonstrates the values of a collaborative approach to resource development with all of government, health professionals, patients and private companies contributing in different ways to fill a gap in information and resources for people with diabetes.



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