

The DWELL (Diabetes and WELLbeing) Project

Julie Webster

DWELL Programme Lead
Medway Community Healthcare (CIC)

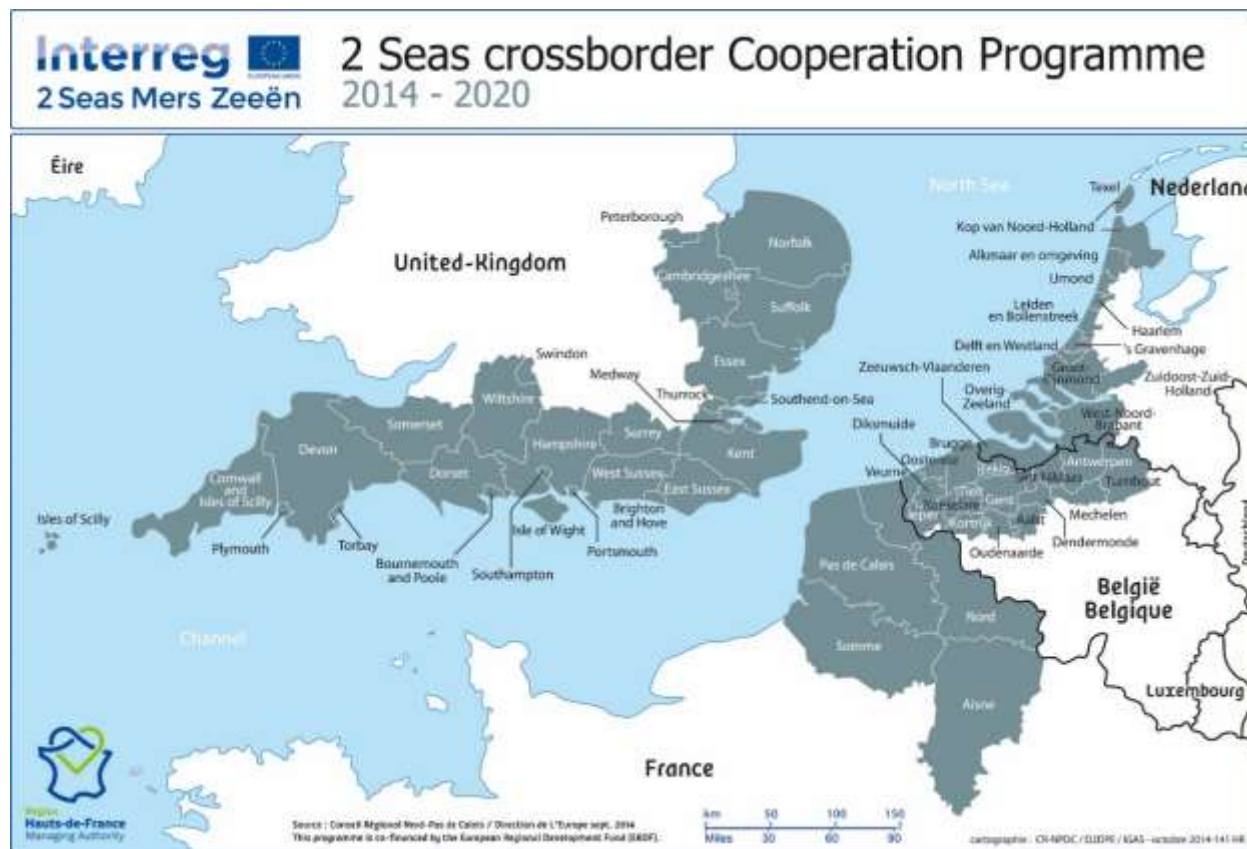


Diabetes and Wellbeing in Europe (DWELL) project

8 Partner
Organisations from:
UK, Belgium
The Netherlands,
France

EU-funded project:
more than €1.9
million (£1.6 million)
ERDF funding

Developing a cross-
border approach to
tackling type 2
diabetes



Project Partners



DWELL Project Aims

- To change the way people with type 2 diabetes are supported
- To improve their health and wellbeing
- To reduce economic costs of type 2 diabetes
- To empower patients to take control of their own lives
- To conduct evaluation of the intervention in 4 areas:
 - Patient Outcomes
 - Staff Training Evaluation
 - Cost Benefits Analysis
 - Process Evaluation

The DWELL Programme is delivering:

- A 12-week support programme for people with type 2 diabetes to 1,000 patients across 4 countries
- A training programme for staff to successfully deliver DWELL programme
- New tools to support patients during and post-intervention
- New multi-lingual online support tool for patients
- Comprehensive evaluation of the intervention

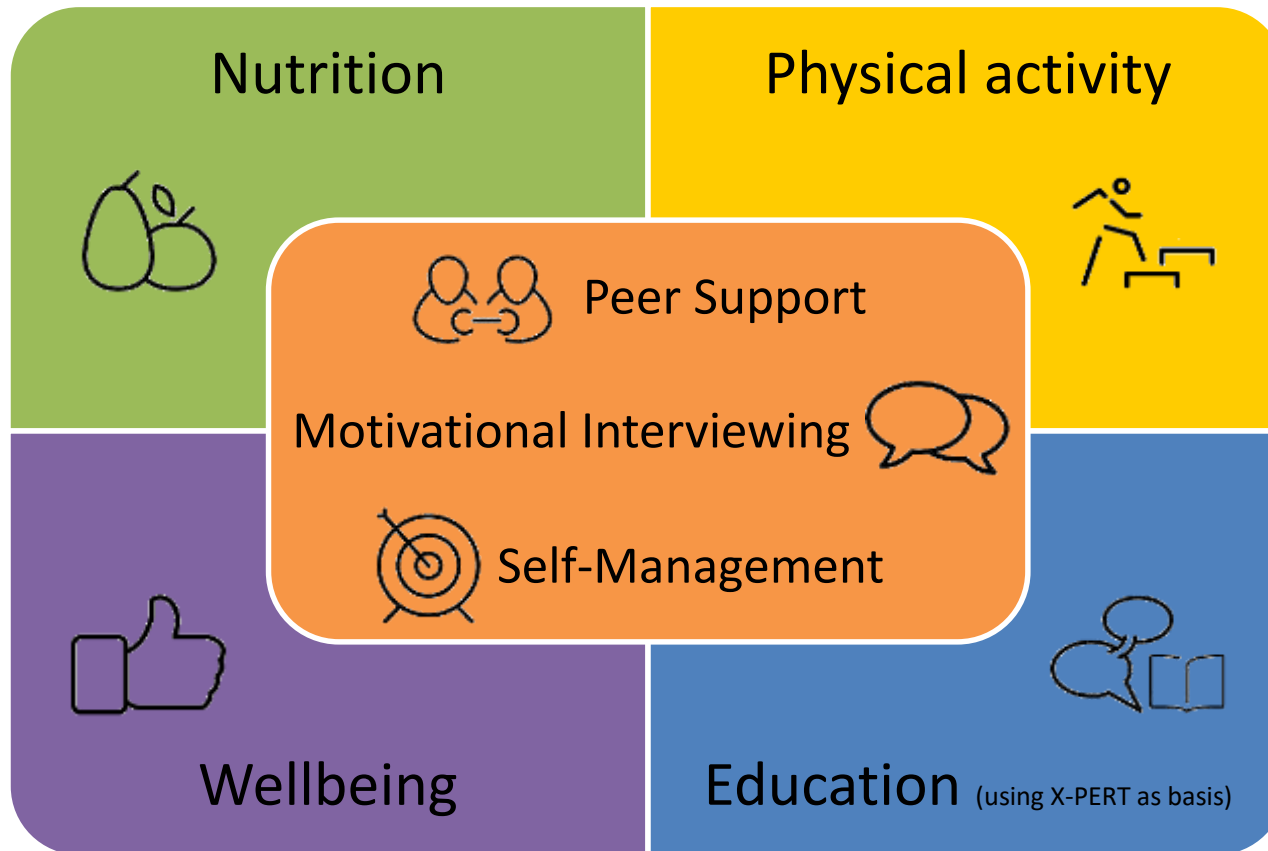
DWELL Programme

A holistic 12-week programme

- Physical activity
- Nutrition
- Wellbeing
- Education
- Motivational Interviews
- Empowerment
- Individual, tailored support
- Putting patients in the driving seat
- Improving the lives of people with type 2 diabetes
- Motivating them to make long-term lifestyle changes to manage their diabetes successfully
- Dramatically reducing their risk of developing long-term complications
- Peer support – Patient Ambassadors



DWELL Programme Components



'Pick & Mix' Option Examples

NUTRITION

Cooking sessions
Shopping trips

PHYSICAL ACTIVITY

Walking group
Gym access

WELLBEING

Craft group
Community choir
Music group
Alternative therapies

EDUCATION

Programme referrals
Foot care

DWELL Staff Training

Staff delivering DWELL is assessed against core competencies to identify training needs:

- Understanding the philosophy of the programme (change from medical to holistic approach - 'The DWELL Approach')
- Good understanding of diabetes
- Group facilitation skills
- Motivational interviewing techniques
- Effective use of DWELL Evaluation Tool

Patient Ambassadors

- Patient Ambassador recruitment criteria:
 - Completion of DWELL programme
 - Competencies & Skills

- Roles of Patient Ambassadors:
 - Co-design and piloting of 12-week programme
 - App testing for online support tools
 - Promotion of DWELL programme in community
 - Support of programme and participants
 - Participation in cross-border network meetings
 - Training new staff to deliver programme
 - Sustaining DWELL programme beyond end of project

Ongoing Patient Support

❖ DWELL Website

- Information on a range of subjects including apps and support tools

❖ DWELL Directory of Services (statutory/voluntary)

- For patients to choose from for their care

❖ DWELL Community

- Supported by DWELL Patient Ambassadors

➤ The ongoing support will continue over the life of the project

DWELL Programme Delivery in the UK

- Programme to run until March/April 2020
- Delivered in small groups of approx. 8 people; parallel cohorts running
- Morning, afternoon and evening sessions available:
 - At Medway - ourZone (Pattens Lane, Rochester)
 - At Maidstone - Blackthorn Trust (St Andrew's Road)

Evaluation of Intervention

- Mixed methods approach
- Repeated measures design:



- Pre-post and post-follow up comparisons
- Comparison within and between 5 delivery sites
- Process evaluation of intervention
- Cost effectiveness analysis of patient outcomes

Data Collection

QUANTITATIVE DATA

- Collection of physiological measurements: BMI, waist circumference, HbA1c
- Completion of the 'DWELL Tool' (compilation of demographic + validated questionnaires) to assess: background, attitudes and behaviours, physical health, self-care, health status
- Participant activities
- Attendance

QUALITATIVE DATA

- End of programme feedback from participants (focus groups)
- Motivational interview techniques
- Goal setting
- Feedback from DWELL partners/facilitators, patient ambassadors
- Monitoring changes in delivery during site visits (researcher field notes)

Thank you

For further information:
www.dwelldiabetes.eu

MCH

Email: julie.webster1@nhs.net