

The DWELL PROJECT

Abstract

Self-management education programmes are viewed as a critical component in diabetes care, yet most are only targeted to 'at risk' groups, focus on aspects of education and are not comprehensively evaluated for their added value to routine care. There also exists a lack of cross-national understanding regarding how such programmes can tackle common public health challenges and improve quality of life of people with Type 2 Diabetes Mellitus ('T2DM').

The presentation introduces the Diabetes and WELLbeing ('DWELL') project, which aimed to co-design and co-produce a 12-week psychoeducational programme in collaboration with people with T2DM, focussing on empowerment of participants to access tailored support and better self-manage their condition. The programme shifts the focus from medical condition to holistic care with emphasis on wellbeing and peer support, and a motivational interviewing approach to identify long-term lifestyle changes, focussing on the person as a whole and not as a patient with T2DM.

Evaluation was embedded alongside the 12-week programme, which captured metabolic measures (including HbA1c, BMI and waist circumference) and demographic, psychosocial and process evaluation data. This presentation shares key preliminary results relating to participant outcomes and experiences.

DWELL is funded by EU INTERREG 2Seas Mers Zeeën and runs from 2016-2022. Delivery took place across five sites in four countries - Belgium, France, Netherlands and the UK. The cross-border collaboration aimed to assist in developing a strategic approach and promote good practice and shared learning across the regions.

Biographies

Julie Webster, ASPIRE & DWELL Programme Lead, Medway Community Healthcare CIC

Julie Webster is a registered dietitian, who has specialised in diabetes for the majority of her career. Julie has worked for the same organisation since qualifying as a mature student back in 1999. Medway Community Healthcare (MCH) is a social enterprise. A social enterprise is a business with a social purpose that reinvests any surplus it makes back into delivering patient services and into the local community. Medway is a collection of small towns on the River Medway in Kent, England.

Very early on in her career Julie developed group education sessions for people with Type 2 diabetes because of her belief in the power of the group approach. Julie became a DAFNE educator and later lead on the development of a diabetes

education programme for people with Type 1 living in Medway, based on the Bournemouth model, called MINT1E (Medway Intensive Type 1 Education), taking this programme through the process to become accredited with QISMET (Quality Institute for Self-Management, Education & Training).

It is because of this background in diabetes education that Julie and MCH were invited in 2015 to be part of the DWELL (Diabetes and WELLbeing) European research project. DWELL is a 4 year project funded by the EU Interreg 2 Seas programme 2014-2020 and co-funded by the European Regional Development Fund.

Since then Julie has also taken on the lead for MCH of another Interreg funded project called ASPIRE and started her MSc in Global Public Health.

Prof Eleni Hatzidimitriadou, CPsychol, FHEA, is a clinical and community psychologist. Eleni has held several clinical and academic appointments in Greece and UK. Currently, she is Head of Research and Enterprise in the Faculty of Medicine, Health and Social Care, Canterbury Christ Church University. She is leading a number of large scale national and international studies and published over 100 academic papers and reports to date on co-production and peer-support in health/mental health care, welfare and social care in old age, and access of migrants and ethnic minorities to health care systems. She has a strong record of international research collaborations and networks in the field of community psychology and public mental health.