

Prof Angus Forbes

BIOG

Professor Angus Forbes holds the FEND Chair of Clinical Diabetes Nursing at King's College London and has an honorary post as a specialist diabetes nurse at King's College Hospital. Prof Forbes is an active researcher with multiple publications in diabetes, some current and previous projects include: developing anti-stigma interventions for women with GDM; diabetes prevention in women with GDM; preconception care in women with Type 2 diabetes; evaluating a psychologically modelled education intervention for young people with Type 1 diabetes; developing supportive interventions for adults with new-onset Type 1 diabetes; the relationship between cognitive impairment and diabetic retinopathy; glycaemic variability and mortality and older people with diabetes; and the impact of lipohypertrophy on glucose variation in people with Type 1 diabetes.

Clinically Angus runs a motivational enhancement clinic for people with Type 1 diabetes. He has been involved in designing and running the diabetes MSc programme and has a number of funded PhD students. He has contributed to national and international guidelines for: older people; dementia care for people with diabetes; and integrated care. Angus is a past vice-president of the International Diabetes Federation, and his previous positions include: senior lecturer in diabetes at King's College London; a lecturer in health services research at University College London Medical School; and a health visitor and district nurse in East London.

A Feasibility Study and Process Evaluation of a Psychosocial Education Model for Young People with Type 1 Diabetes- the Youth Empowerment Skills (YES) programme.

ABSTRACT

In this session I will present the findings of a study designed to assess the feasibility of a psychoeducational programme for young people with type 1 diabetes (aged 14-19 years). Adolescence is a challenging period for young people with type 1 diabetes, associated with worsening glycaemia and care disengagement. Educational interventions in this period tend to focus on diabetes-specific skills, with less emphasis on the psychosocial challenges associated with diabetes experienced by young people. To address this limitation, we co-designed with young people a psychosocially modelled programme of diabetes education, named 'Youth Empowerment Skills' (YES). The programme aims to facilitate a positive adaptation to life with diabetes and engagement with diabetes care through peer-based learning, immersive simulations, and support from an outreach youth worker. To assess the YES programme we conducted a feasibility trial, which was designed following the Medical Research Council Complex Intervention Evaluation Framework to: test the feasibility (acceptance, implementability, recruitment and completion) of the YES programme; and to estimate its efficacy in relation to metabolic and psychosocial outcomes. The study took place in diabetes centres serving socio-culturally diverse populations. I will share with you the findings of this study as well as introduce another study we have started to co-design a similar intervention for young people with type 2 diabetes.