

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.

Summary

Group Psychosocial Support for Younger People with Type 2 Diabetes- Co-design and Pilot Evaluation: Type 2 Take 2

The number of people being diagnosed with type 2 diabetes in their youth is rising. There is also recognition that this population are at greater risk of developing diabetes complications. Furthermore, many young people with type 2 diabetes do not receive core diabetes care process and are more likely to have suboptimal glucose control. In the case of those aged less than 25 years, these risks are particularly heightened. Developing diabetes at a younger age is associated with deprivation, Black or Asian ethnicity and obesity. Living with diabetes at

this young age can be very challenging and is associated with multiple psychological and social impacts. To address this problem, we have been working with young people with young onset type 2 diabetes, to develop a psychosocial intervention to provide support tailored to their needs. In this talk, I present some preliminary data from our evaluation of this programme. The programme is based in South East London and is called Take 2 Type 2.