

# DEC STUDY



*Diabetes Education Centres in Ontario (DEC): Impact on diabetes self-management and behavioural change*

## Welcome!

Welcome to the first issue of the DEC study Newsletter. It is exciting to share with you that the DEC study has made significant progress in the past few months. Twelve sites are participating in this study and 3 of them are actively screening and recruiting patients. We have already enrolled 28 patients last month

and the number is growing! All this would not be possible without the hard work of the staff from the participating DEC's, and the great support from the Regional Care Coordinators Debbie Hollahan of Waterloo Wellington, Carol Beauvais of Northern Health Diabetes Network, and Patricia

Knapp of Mississauga/Halton. I would like to take this opportunity to thank you all for your contribution to this important project. I am looking forward to sharing more updates with you in the months to come.

With much appreciation,  
Feng Xie  
*Principal Investigator*

## Collaborating sites

Let's meet our collaborating sites

Site name	Location	Lead name(s)
The Trillium Health Centre	Mississauga	Stacey Horodezny, Hema Bhaskaran
Two Rivers Family Health Team	Cambridge	Jackie Smith, Ken Callaghan
The Credit Valley Hospital	Mississauga	Kim Bloomfield, Grace Kiers, Rhonda Warrian,
Langs Community Health Centre	Cambridge	Anka Brozic, Connie Tanner
VON Diabetes Centre	Timmins	Joe-Anne Chaput
Nord-Aski Diabetes Centre	Hearst	Christiane Groleau, Mélanie D'Amours
Dryden Regional Health Centre	Dryden	Suzanne Wice, Deha Reimer
St. Joseph's Diabetes Health	Thunder Bay	Nicola Novak, Susan Franchi
East-Algonia Diabetes Program	Elliot Lake	Doris Janveaux
Joseph Brant Community Health Centre	Burlington	Cathy Jager, Jean Samson
Halton Healthcare Services	Oakville	Jean Samson, Jane Harper, Barb Ross
Grand River Hospital	Kitchener	Heather Camrass

### In This Issue:

Welcome	1
Collaborating sites	1
Actively recruiting	2
Screening and enrollment	2
Reasons for exclusion	2
Experience and advice	3
Study materials	4
Data management	4
Contacts	4

## Actively recruiting sites

As mentioned by Feng Xie, the progress over the past few months has been exceptional.

Currently we have 3 actively recruiting sites, they are Two Rivers Family Health Team, The Credit Valley Hospital, and Nord-Aski Diabetes Centre. The first patient enrolled into the study was on January 30<sup>th</sup> at Two Rivers Family

Health Team. Two Rivers Health Team is getting close to creating their cohort of 20 patients. Also moving at a steady pace is The Credit Valley Hospital and Nord-Aski Diabetes Centre. The Credit Valley Hospital enrolled their first patient on February 2<sup>nd</sup> while Nord-Aski Diabetes Centre enrolled their first patient on February

9<sup>th</sup>. Thanks to these sites for their patience as we learned about minor process oversights and case report form discrepancies – in other words – thank you for being our guinea pigs!

As we move forward we request that everyone bring forth any recommendations or advice you have and/or concerns that you come across.

*Two Rivers Family Health Team enrolls the first patient into the study!*

## Screening and enrollment status

Site name	# Screened	# Enrolled
Two Rivers Family Health Team	113	12
The Credit Valley Hospital	30	8
Nord-Aski Diabetes Centre	11	9

## Reasons for exclusion

As we approach the study’s first month of screening, there have been a variety of reasons for potential clients not being enrolled.

The reason for the majority of these clients not being enrolled is due to the clients receiving previous education in the last 2 years.

Other reasons for not being enrolled are:

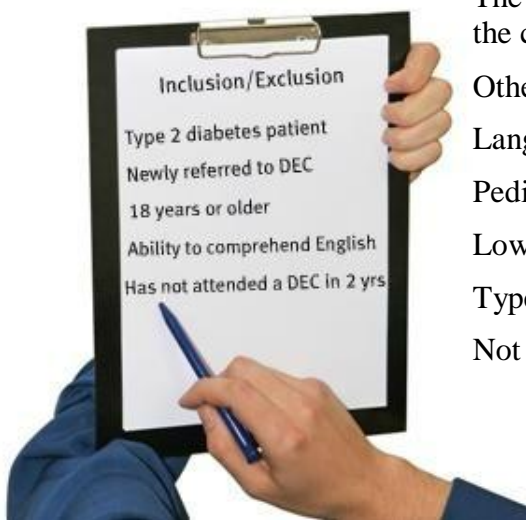
Language barrier,

Pediatrics,

Low literacy,

Type 1, and

Not interested.



## Experience and advice from recruiting sites

We are reviewing all Type 2 client charts days before they are scheduled to be seen to assess for eligibility. If they appear to be eligible the chart is flagged and a blank consent is placed in the chart. Initially we called to ask if eligible people might be interested but this didn't prove to be helpful.

We've had a challenge with recruitment due to the acute care of the Type 2 Diabetes population that we now care for. The first visit with our clients is often stressful for them because they're coming with high

A1C's and multiple issues that are their first priority at the initial appointment. We're finding that it will take approximately 45 minutes for patients to read the consent and complete the questionnaires.

We are offering to cover parking expenses which has been a bonus in recruitment.

*Grace Kiers,*  
*The Credit Valley Hospital*



*Review Type 2 charts well in advance*

*Implement a 'flagging' system to identify clients*

*About 45 minutes for the patient to read consent and complete the questionnaire*

*Approximately 1.5 hours to complete the entire visit and complete study forms*

*To increase support, introduce the study to other members of your centre*

*Let your patients know their involvement is valuable to your region's diabetes education programs*

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## Experience and advice from recruiting sites

We are very proud to be part of DEC study. At first we were thinking at the extra work we had to do. After looking at all aspect of this study we realized that we do not have that much extra work, only for the beginning once we got used to the questionnaire. Teaching is done the same way, only put on paper.

To start we needed clients and since we are in a small community and our DEC is recognized as a specialty team for diabetes education and treatment. We had good collaboration to get new clients supported by all doctors. Our sponsoring agency, Notre-Dame Hospital, was also very supportive when they saw how well organized the study was with ethics, confidentiality and scientific aspects. Having access to EMR, it is much easier for us to get recent lab results.

Client reactions for this study have been very good: they were eager and ready to help make this study a success for our region. The initial visit takes about 1-1.5 hours but since the clients have been advised and they do not seem to mind. We think the questions for healthy behavior really target the effectiveness of the study; it gives a start off point for clients to see certain aspects which could help to manage their diabetes. It also gives them a preview of future follow ups appointments.

*Christiane Groleau & Mélanie D'Amours,*  
*Nord-Aski Diabetes Education Resource Centre*

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## Data management

The DEC study case report forms may not be designed to capture everything you feel is necessary to share – In this case, feel free to record additional data to help better explain or categorize the information you want to share.

Remember it is always best to provide more information than little or no information.

- ✓ *Only choose one response unless otherwise indicated*
- ✓ *Clearly print response*
- X *No blank fields*
- X *No White-out*
- ✓ *More information is always better than less or no information*



## Study materials

### Study Management Binder

- PATH Contact Information
- Manual of Operations
- Screening Logs and Enrolment Log
- Site Profile CRFs
- Study Discontinuation CRFs
- Data Management section

### Regulatory Binder

- Protocol
- Copies of Consent Forms
- Storage for completed Consent Forms
- Study Contract
- Study Approvals
- Delegation of Authority Form and storage for CVs/resumes
- Site Activation Letter
- Site Closure Letter

### Subjects Binder

*10 subjects per binder and is divided into 4 parts per subject*

- Subject ID
- Enrolment/baseline
- 6 Month
- 12 Month

## DEC Coordinating and data management site



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