

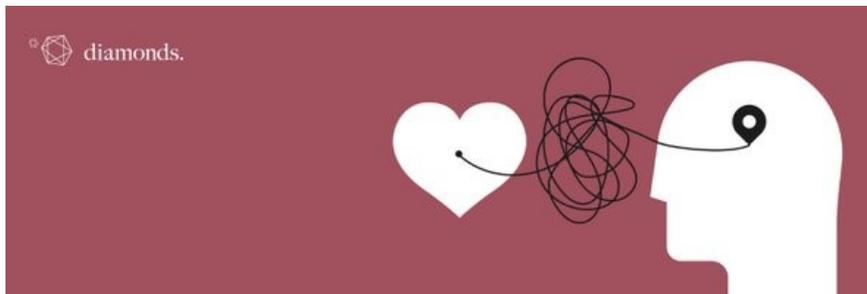
Newsletter

Issue 13: Summer 2021



diamonds.

Improving diabetes outcomes for people with severe mental illness.



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DIAMONDS Website goes live!

We are excited to announce that the new **DIAMONDS** website is now live! You can visit the new page at www.diamondscollaboration.org.uk. An excellent job was done by Nifty Fox Creative in collaboration with the research team and **DIAMONDS** Voice.

As ever, **DIAMONDS** Voice have been instrumental in making this happen and we are grateful for their input, which they continue to give so generously. The idea to include audio versions of the content came from them and we think this is absolutely inspired and a real step up in accessibility.

The website will be used to support the delivery of the **DIAMONDS** Feasibility Study where there is a password protected COACH Zone to provide further information and updates for our **DIAMONDS** coaches. The Blog section will serve as a platform to communicate and disseminate our work and findings outside of the 'academic bubble' and there is a standing invitation for anyone on the team to write a Guest Blog. Also, **DIAMONDS** Voice have their own section where they can share their experiences and information.

We expect the website will continue to grow over the next couple of weeks as the final tweaks are made and the information uploaded, so please visit the site if you have a moment.



For more information,
visit us online:

www.diamondscollaboration.org.uk



@Diamonds_NIHR

Introducing...

PRIMROSE-A: A tailored Cardio Vascular Disease (CVD) prevention intervention for people with Severe Mental Illnesses

This project will address physical health inequalities among people with serious mental illnesses (SMIs), including schizophrenia and bipolar disorder. The **PRIMROSE-A** intervention, led from University College London, is a Health Care Assistant (HCA)/nurse led intervention offering flexible appointments over six months, incorporating behaviour change techniques and collaborative work to address cholesterol, smoking, weight and blood pressure in patients with SMI. Previous work has shown that the intervention is deliverable with good adherence and fidelity and acceptable to patients. A cluster trial in 76 English general practices showed a decrease in admissions over 12 months for people who received the intervention, with reduced costs. As the **PRIMROSE-A** work has progressed, the intervention has been adapted, with a greater focus on medication management (especially statins). In the next phase of the work, the **PRIMROSE-A** intervention will be introduced to a new setting and population, in Bradford. This will be done as a collaboration between Bradford District Care NHS Foundation Trust (BDCT), the University of York, and the NHS Improvement Academy at Bradford Institute of Health Research, and will be part of the Yorkshire and Humber Applied Research Collaboration "Mental Health and Multimorbidity" programme. It will look at what further refinements will be needed to the intervention to optimise it for the highly diverse population served by BDCT, and to deliver it through an existing network of clinics supporting physical health in SMI. Recruitment is planned to begin in the autumn. This work, along with the **DIAMONDS** programme, is an example of translating research findings into service change, to address a key priority for NHS services and service users.



Gregor Russell

Consultant Psychiatrist

DIAMONDS Feasibility Study Update



Jen Brown

Things have been progressing at speed since our last newsletter: In April 2021, we received full approval from the Research Ethics Committee and the Health Research Authority to progress with our feasibility study. This means that we are working with local mental health trusts to carry out a first test of the **DIAMONDS** Intervention and of our study procedures. The following trusts are involved: Bradford District Care NHS Foundation Trust, South West Yorkshire Partnership NHS Foundation Trust, Leeds and York Partnership NHS Foundation Trust, Tees, Esk and Weir Valley NHS Foundation Trust, Sheffield Health and Social Care NHS Foundation Trust, Humber Teaching NHS Foundation Trust.

We have completed the development and production of our intervention materials. The **DIAMONDS** intervention will be delivered by trained **DIAMONDS** Coaches who will be using a paper-based workbook and/or a digital app to work with participants to set goals and make lifestyle changes. Huge thanks to Nifty Fox Creative (www.niftyfoxcreative.com) for developing the Participant Workbook and to Pipe & Piper (www.pipeandpiper.co.uk) for developing the app. Working with Leicester Diabetes Centre (www.leicesterdiabetescentre.org.uk), we are now ready to train two cohorts of **DIAMONDS** Coaches in the next couple of weeks to get them ready to deliver the **DIAMONDS** intervention once the study starts. Training will be delivered virtually to staff working at the participating trusts who have volunteered to take on this role. **DIAMONDS** Voice continues to play a fantastic role in everything we do by generously giving their time and experience to help our work progress in ways that are meaningful to service users and carers.

Thank you to all of you!

IMPACT UPDATE



The **IMPACT** South Asia programme is a NIHR funded Global Health Research project, fostering collaborations between the University of York and several renowned academic and research based non-governmental organizations situated in Bangladesh, India, Pakistan and the UK. The programme focuses on generation of state-of-the art evidence on Physical and Mental Comorbidity. Launched in April 2018, we have made considerable progress across its multiple research strands including:

a) **Adapting and pilot testing a smoking cessation intervention for people with severe mental illness (SMI)**, b) **A survey to determine prevalence of physical disorders and health risk behaviours (such as smoking, poor diet) in people with SMI**, c) **Adapting and testing Behavioural Activation- a short talking therapy- for people with both depression and chronic physical illnesses and**, d) **Developing and testing feasibility of integrating depression care in Tuberculosis and Hepatitis services in South Asia (India, Bangladesh and Pakistan).**

Following the ongoing surge of the Covid pandemic, the team is hopeful to test if these adapted intervention packages could be delivered over the telephone. If found feasible, the telephone delivery of interventions may mean that many logistical barriers related to service access in the study countries can be overcome. Under the Tuberculosis and Hepatitis research strand, **IMPACT** researchers have sought online consultations with important in-country stakeholders to assess potential facilitators and the barriers to integration of depression care in TB and hepatitis services. The study will go into the next step of developing depression care intervention with the engagement of country-based representatives from patients and other identified stakeholder groups. The **IMPACT** survey conducted among people with severe mental illnesses has successfully brought out significant challenges faced by this special group of the population during the Covid-19 pandemic. Findings from this survey are being disseminated among policy makers and other interested groups to help advise appropriate strategies.



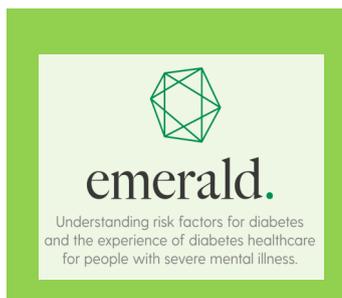
Papiya Mazumdar



Gerardo Zavala

Latest publication:

‘Living with diabetes alongside a severe mental illness’



We are pleased to announce that findings from the **EMERALD** qualitative study have recently been published in *Diabetic Medicine*, a journal that shares research evidence with diabetes clinicians and researchers. This part of the **EMERALD** study aimed to gain insights into how severe mental illness and

diabetes are experienced by interviewing three groups of people: those living with both conditions, family members and healthcare professionals.

We found that diabetes and severe mental illness overlap in ways that make it difficult to manage diabetes. Medications for mental illness, low mood, limited support from others, other health conditions and difficulties differentiating between symptoms can all impact on diabetes management. The **EMERALD** qualitative study was supported by members of **DIAMONDS** Voice who advised on topic guides, recruitment and dissemination. To read the paper in full visit:

<https://onlinelibrary.wiley.com/doi/10.1111/dme.14562>



diamonds voice.

Putting the public voice at the heart of DIAMONDS research



Angie Ross

CHANGE ONE THING

Over the past year, **DIAMONDS** Voice members have remained very busy, meeting on a monthly basis via zoom, to guide and help develop the newly launched **DIAMONDS** Website and the **DIAMONDS** workbook. The workbook will be a paper alternative to the 'App' - CHANGE ONE THING, as part of the self-management intervention for the

DIAMONDS Feasibility study. Thank you to all those who have contributed to these projects. We are excited by what has been achieved so far and we look forward to the launch of the study in early summer this year.

In addition, for the last three months our members have taken part in presentations, sharing their personal experiences at training sessions, NHS Trust Research involvement groups, as well as at a lunchtime research seminar at the Leeds Institute of Health Research. Our involvement stories have been very well received by all and so we have added these to the **DIAMONDS** website.

Please visit : www.diamondscollaboration.org.uk/diamonds-voice

Ways to get Involved..

DIAMONDS Voice Meetings: We meet 3-4 times a year. We provide input into all aspects of the research programme. During the meetings researchers give us an update of the progress of research and we undertake various research activities. All out of pocket expenses are reimbursed. Our members advise, co-design projects, and sit on the Research Steering Groups and Committees. Also, we network with other service user groups, and contribute to workshops, research training and conferences.



Interested? We are always looking for new members, who have lived experience of severe mental illness and diabetes, or other long term health conditions. No previous research experience is required.

Please contact Angie Ross by mobile: 07588329185 or email ppihealthresearch@gmail.com



We bid farewell and all the best to Dr Jo Taylor

Jo has been with us since the early days of **DIAMONDS**, project managing Dawn-SMI, and played a significant role in developing the **DIAMONDS** Voice group and the Public Patient Involvement training. We thank her for the outstanding work and contributions to many parts of the **DIAMONDS** programme over the years.

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