

Pancreatic islet cell transplantation: what do recipients expect and experience?

Results of our qualitative study exploring the expectations of patients awaiting islet transplantation (IT) and the experiences of others who have undergone the procedure were presented at the Diabetes UK Annual Professional Conference in Glasgow last month¹.

For people with Type 1 diabetes who experience severe hypoglycaemic episodes as a result of impaired awareness of hypoglycaemia (IAH), IT offers the potential to improve glucose control and restore hypoglycaemic awareness, although ongoing immunosuppression therapy (anti-rejection medication) is needed.

Funded by Diabetes UK, this work is part of a 4.5 year research programme led by Dr James Shaw (Newcastle University), the aim of which is to establish optimised biomedical and psychosocial measures to determine holistic outcomes, ensuring evidence-based practice with IT provided equitably to all suitable recipients.

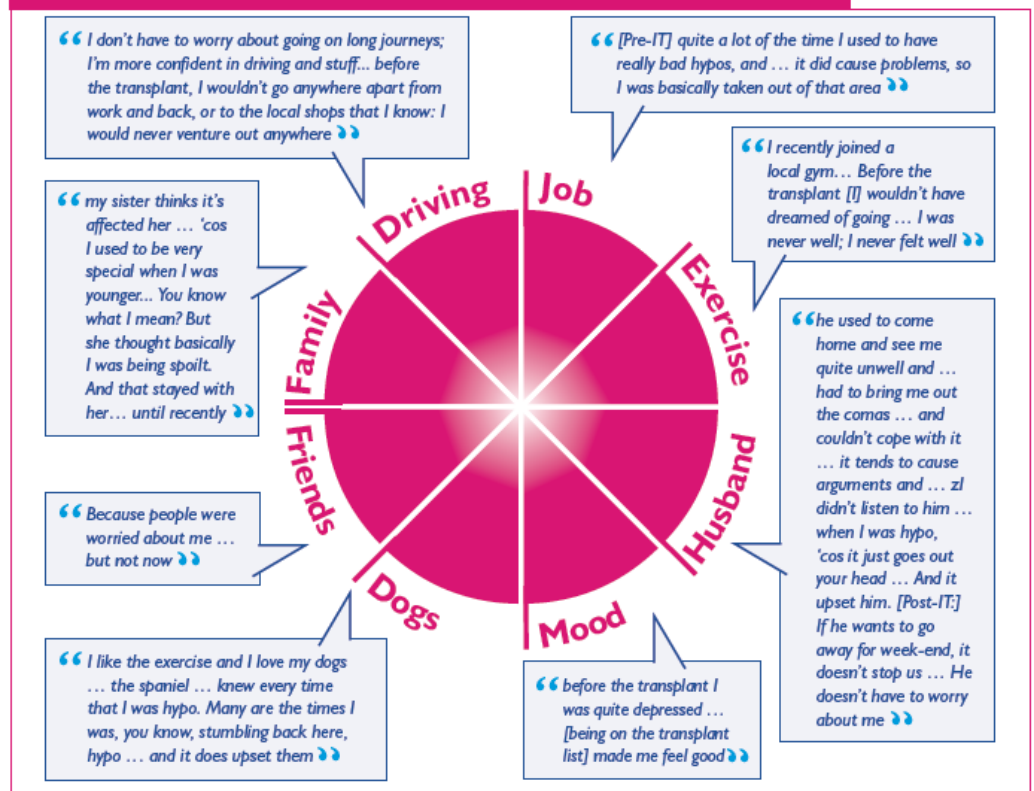
We conducted 19 semi-structured interviews at four centres in the UK (King's College London, Manchester Royal Infirmary, the University of Oxford and Newcastle University) and one in Canada (University of Alberta):

...continued on page 2

In this issue:

Pancreatic islet cell transplantation: what do recipients expect and experience?	1
Making the headlines	2
Health awareness – dates for your diary	2
In the journals	3
In the news	3
Making the most of patient consultations: how can health professionals overcome barriers to diabetes care?	4
Future issues – what would you like to read about?	4
Forthcoming events	4

Fig 1: Examples of how IT has affected QoL (wheel of life & comments from p301)



Pancreatic islet cell transplantation: what do recipients expect and experience?

...continued from page 1

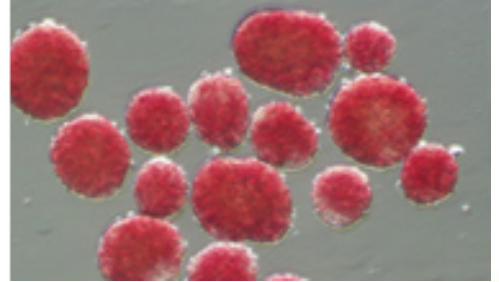
- 10 people waiting to undergo a transplant
- 9 post-transplant participants

During the interviews, we used a “wheel of life” (Fig 1) to ask participants about the elements of life important for their quality of life (QoL) and how diabetes and/or IT affected each element. We also asked about their expectations and/or experiences of islet cell transplantation.

Pre-transplant participants told us that diabetes had a negative impact on many elements of their lives, for example work, family and leisure activities, and that they expected transplantation would be of benefit to these. Similarly, all post-transplant participants perceived benefits from the procedure in terms of QoL, and generally viewed their treatment and care positively. They did, however, experience some concern over the availability of information about what to expect during and immediately following the transplant.

We have since used these results to

inform new measures assessing the impact of IT on QoL as well as perceptions of and satisfaction with IT. We believe these measures will enable a more robust and holistic evaluation of islet transplantation in the future.



Data collection using these and other standardised psychological measures begins in April 2009. For further information about this research, please [contact us](#).

Reference

1. Speight J, Woodcock AJ, Reaney MD, Amiel SA, Johnson P, Parrott N, Senior P, Shaw JAM (2009) Expectations and experiences of transplant: a qualitative study of people with Type 1 diabetes undergoing pancreatic islet transplantation. *Diabetic Medicine* 24 (Suppl. 1): 189.

“New measures of quality of life, perceptions of and satisfaction with islet transplantation will enable a more robust and holistic evaluation of islet transplantation in the future”

Making the headlines

- [Tinnitus cure a step closer](#)
- [Cash for healthy lifestyles](#)
- [Minimum prices to tackle teen drinking](#)
- [More help given to victims of sexual violence](#)
- [GSK steps up commitment to research transparency](#)
- [Hundreds of deaths linked to schizophrenia drug](#)
- [NICE U-turn on Kidney cancer drug](#)

Health Awareness - dates for your diary

[World Health Day](#) – 7 April

[World Voice Day](#) – 16 April

[PSP Awareness week](#) – 4-11 April

[Stop Snoring Week](#) – 20-25 April

[Bowel Cancer Awareness Month](#)

[Caesarean Awareness Month](#)





In the Journals

Psychological interventions: effectiveness in diabetes

1 To update a meta-analysis and determine the effectiveness of psychological interventions on glycaemic control & psychological status in Type 2 diabetes and to compare effects when interventions are delivered by generalists compared to psychological specialists.

2 The researchers used the original review protocol and searched the Cochrane central register of controlled trials, Medline, Embase, PsychLIT, and Google Scholar from Feb 2003 (end of previous review) to March 2007.

3 35 trials were reviewed. Meta-analysis of 19 trials (n=1432) reporting glycaemic control found a reduction in HbA1c by 0.54% (0.51% by generalists; 0.57% by psychological specialists).

4 Meta-analysis of 13 trials reporting psychological status found it to be improved in the intervention group (-0.56). Trial quality for the majority of studies was poor.

5 The authors conclude that their findings suggest that psychological and general clinicians are similarly effective in delivering psychological interventions. However, effect sizes for all clinicians had reduced since the earlier review.

6 The authors suggest that psychological training opportunities for generalist clinicians could lead to wider availability of effective psychological care.

Alam R et al (2009) An updated meta-analysis to assess the effectiveness of psychological interventions by psychological specialists and generalist clinicians on glycaemic control and on psychological status. *Patient Educ Couns* 75: 25-36.

In the news

■ Care Quality Commission

On 1st April 2009, the Care Quality Commission (CQC) will take over in England from the Healthcare Commission, the Commission for Social Care Inspection and the Mental Health Act Commission. The CQC was established by the Health and Social Care Act (2008). It will regulate the quality of health and social care and look after the interests of people detained under the Mental Health Act.

■ Rethink on cervical smear age

The UK Department of Health is to carry out an evidence review to determine whether women under the age of 25 should be routinely screened for cervical cancer. Screening currently starts at 25 years in England. The review will assess the impact of HPV vaccinations on future levels on cervical cancer in young women and will also assess the awareness among women of cervical cancer's symptoms and likely take-up rates of any new programme. This news comes in the month when TV personality Jade Goody (aged 27) died of cervical cancer.

■ Scottish NHS offers cash to get smokers to quit

In a 2-year pilot scheme to test whether or not financial incentives help, the NHS in Scotland is offering smokers £12.50 per week to quit smoking. The Quit4U project is being run in deprived areas of Dundee, where smoking rates are high and cessation levels are particularly low. The project expects 1800 smokers to take part and predicts that 50% will quit successfully. The pilot scheme will cost £0.5m and, if 900 people quit, the per person cost will be an average £600. The Scottish public health minister indicates that this will be money well spent if people are able to improve their health and reduce future costs to the health service.

Making the most of patient consultations: how can health professionals overcome barriers to diabetes care?

Raising and responding to patients' emotional and sensitive issues can be difficult. The Diabetes UK Careline Training Team has developed a two-day training course: "Overcoming Barriers to Diabetes Care". The course is open to all healthcare professionals and has been accredited by the Royal College of Nursing. Led by trained counsellors, the aim of the course is to improve and develop skills to increase healthcare professional confidence and comfort in communicating with patients.



In 2008, the Diabetes UK Careline Training Team ran a pilot of the training course, evaluated independently by a team at AHP Research. Our evaluation showed that every delegate intended to change aspects of his/her practice as a result of attending the course. It also showed that delegate confidence and comfort in responding to emotional and sensitive issues increased following the

course. One participant in the pilot scheme remarked that the course was "a marvellous day with varied sessions and approaches with plenty of scope for learning and putting things into practice".

In addition to the report submitted to the Diabetes UK Careline team, we have also written a manuscript describing the issues raised by delegates during interviews with the research team and/or in their qualitative comments on the baseline evaluation questionnaire. Whilst communication issues are not a new problem for healthcare professionals in diabetes, we hope that our manuscript will add to the literature in this field and raise awareness that there is still much work to be done to overcome barriers to diabetes care.

A further course will be run in 2009 and will be free of charge to all healthcare professionals. For information on the course and attendance, please contact: Ruth French, Head of Careline and Advocacy Services, Diabetes UK. Email: ruth.french@diabetes.org.uk

Acknowledgement

This article is based on one first published in *The Daily Wire*, the Diabetes UK Annual Professional Conference newspaper, Wed 11 March 2009. Reproduced with kind permission of James Pickett (Editor) and Ruth French (Head of Careline & Advocacy Services).

Future issues – what would you like to read about?

Every now and then, we like to invite contributions from researchers and clinicians who may have a different perspective or special interest to share. Next month, we will be featuring an article by Professor Robert West (pictured), Professor of Health Psychology and Director of Tobacco Studies at University College London, about his PRIME theory of motivation.

If you would like to contribute to a future issue, nominate someone to offer an article or simply suggest a topic for inclusion, please [contact us](#). We look forward to hearing from you.



Forthcoming events

22-25 April 2009

Society for Behavioural Medicine

Montréal, Canada

16-20 May 2009

ISPOR 14th Annual International Meeting

Orlando, Florida, USA

17-19 Aug 2009

Measurement, Design and Analysis Methods for Health Outcomes Research

Harvard School of Public Health, Boston, USA

9-11 Sept 2009

BPS Division of Health Psychology

Aston University, UK

23-26 Sept 2009

European Health Psychology Society

Pisa, Italy

AHP Research

Brunel Science Park
Kingston Lane
Uxbridge UB8 3PQ

T: +44 (0)1895 273599
E: info@ahpresearch.com
W: www.ahpresearch.com