

Full Information Leaflet

STOP
diabetes

STOP Diabetes Research Study

information



Please read this information leaflet.



Talk to a relative, carer or someone that you trust about it.

What is a research study?



A research study is a way we try to find out the answers to questions.
This research study is about diabetes.



You are invited to take part in the STOP Diabetes research study.



You will be a volunteer.
A volunteer is someone who helps with some work but does not get paid.

Who is doing this research study?



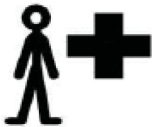
Professor Khunti



Professor Bhaumik



A research study team will help them:



- Nurse



- Secretary



- Academic

What is diabetes?



Diabetes is an illness.



People with diabetes have too much sugar (glucose) in their blood.

Their body cannot use sugar properly.



People with diabetes may feel



- Tired and ill



- Thirsty



- And need to go to the toilet a lot.



If you have diabetes you might get other health problems.

Why are we doing this research study?



We think some people with a learning disability might have diabetes.

We think some people with a learning disability could get diabetes in the future.

We want to find out if this is true.



We also want to find out the best way to stop (prevent) diabetes.

Why have you been invited?



It is important to keep people healthy.



Some people who have a learning disability find it hard to tell their doctor or nurse when they are poorly.



A Diabetes Health Check will help you find out if you have diabetes.



It is good to know if you have diabetes.



This means your doctor can give you the right treatment to make your health better.

Do I have to take part?



You can choose.



You can say yes



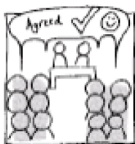
or no



If you say yes to take part in the research study



We will ask you to sign a piece of paper called a consent form.



This is a form that says you are happy to take part in the research study.



We will give you a copy of the consent form to keep.



It is okay to change your mind.



If you say no to taking part in the research study.



- Your rights will not change



- Your health care will not change



What will happen during the Diabetes Health Check?



If you say yes



You will be asked to come to 2 appointments.



At both appointments you will be in a small group.



You can bring a parent, carer or friend with you.
It is good to bring somebody who knows you well.

What will happen during appointment 1?



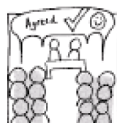
This appointment will be for about 2 hours.



First we will explain about the research study.



We will ask you to sign a piece of paper called a consent form.



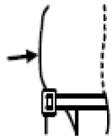
This is a form that says you are happy to take part in the research study



We will ask you questions about your family and your life and your health.



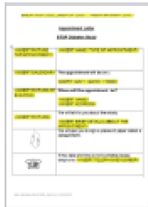
We will measure how tall you are and how much you weigh.



We will also measure around your middle and your hips.



We will measure your blood pressure to see how well your heart is working.



We will ask you to come again for appointment 2.

We might ask you to fast.



Fasting means you are not allowed to eat or drink.



You can still have water to drink.



We will also give you some forms with questions on to take away with you and fill in.



Ask a relative, carer or someone you trust to help you with the questions and fill in the forms.



Please bring the forms you have filled in back to appointment 2.

What will happen during appointment 2?



This appointment will last for about 1 hour.



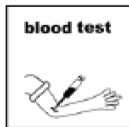
We will ask if you have fasted from 12.00 midnight before appointment 2



At the appointment



We will test your urine (wee).



We will ask you to have a blood test.
The blood will be collected into bottles.

The blood test might hurt a little.



The nurses who will take your blood test are friendly.
They will look after you.



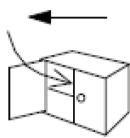
Some of the blood will be tested later that day.
This blood will be tested for diabetes and other health problems.



We will tell your GP what we find out.



If you agree.



1 bottle with your blood in will be kept (stored) before it is tested.

This blood will be tested for things called genetic markers. We want to see if some genetic markers make people have diabetes.



You can choose if you want to have this blood stored.



If you have any worries,



you can talk to the research study team.

After the Diabetes Health Check?



We will tell your GP what we find out.



We send you a letter to tell you what we have found out.



If we find out you have diabetes or think that you could get diabetes in the future.



We will ask you to go and see your GP.
Your GP can help you.

Other things you need to know



If your Diabetes Health Check shows that we think you could get diabetes in the future:



- We might invite you and a carer, friend or relative to talk to us.



- We might invite you to a small group. The group of people will learn how to stay healthy



If you say yes we can send you an invite.
We will choose some people to invite back.

After the STOP Diabetes research study

We would like to use information we have found out about you in the research study.



This could be in:

- Reports
- Presentations



We will not use your name.



If you say yes, we will send you a report about the STOP Diabetes research study when it is finished.



We would like to keep your contact details.



If you say yes, we might invite you to help with other research studies in the future.

Will I be paid for taking part?



You will not be paid for taking part in the research study.



We will pay for your travel.



If you do not get free travel or mobility allowance

Will my information be kept private?



We will keep your information safe.



We will not tell anyone it is about you.



We will tell you what we find out.



We will tell your doctor what we find out.



**We will ask you if you will let us look at your medical notes to help us with this research study.
We will also ask if you will let us look at this information in the future.**





Who is paying for this research study?

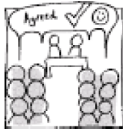
The government (the Department of Health) is paying the money to do this research study.



Who has checked this research study?

Before we do a research study, it is checked by a Research Ethics Committee.

A Research Ethics Committee is a group of people who make sure:



- It is ok to do the research study.
- The research study is being done in a good way

This research study has been checked by an ethics committee.

What should I do if I want to take part in the STOP Diabetes research study?



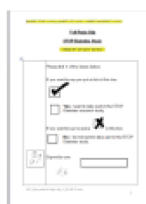
You can choose if you want to take part.



Please think about it.



It is a good idea to talk to a relative or someone that you trust.



Would you please fill out the reply form?



Please post it back to us in the envelope provided.



The envelope does not need a stamp.



Thank you



Who can I contact to find out more about the research study?



If you have any questions please contact:



**STOP Diabetes Research Team
Leicester Diabetes Centre
Leicester General Hospital**



**You can phone on
XXXX**



Symbols taken from Change and Somerset Total Communication Through the Maze, Widget & People First.