

# North East London Diabetes Research Network



## Newsletter

## Issue 5. April 2009

### Nursing student Training Programme

The North East London Diabetes Research Network welcomed the first of three student nurses to join us for two week placements from 16<sup>th</sup> February. During the placement we hope students will gain a clearer understanding of both diabetes and diabetes research, which is being undertaken, both in this locality, and throughout the UK. In addition, we expect that the placements will be valuable in terms of understanding the changing role of the nurse in research and how a career in nursing research has similar aims to mainstream nursing i.e. to improve and promote health and wellbeing and to provide the best possible care for those who are in ill-health.

Diabetes research nurses play an integral part in all aspects of our portfolio and we hope that students will understand some of the key skills required for this nursing specialism. We have devised a programme for their 2 weeks with us, which is a continually evolving document so that we can look for ways to improve the placement. We have designed a workbook to give them a basic understanding of diabetes, research governance and the diabetes research network through self-directed learning and in addition they are appointed a mentor on their arrival. They can use the workbook to study in office time and there is an opportunity to go through the questions with their mentor or DRN manager. They also have a short induction to the building in which our offices are located and the Blizzard building, which is one of the iconic buildings in London for scientific research. Their placement may also include clinical sessions with a GP in primary care and / or a diabetologist in secondary care and they may be invited to be an observer at various network meetings. Such visits naturally depend on the availability of members of the network but every effort will be made to make the placement diverse and interesting.

I would like to take this opportunity to thank all of our team for making this placement possible as well as various interested parties both at Barts and the London, City University and the UK Diabetes Research Network.

Best wishes

Dr Gillian Hood, PhD, MSc, BSc, RGN

NE London Diabetes Research Network Manager

## Students saying about DRN:



David said, 'I have been able to develop my knowledge and understanding of the important role that research plays with holistic health care delivery and I have gained insight into ethics, methodology, GCP, and data protection. The placement has helped me develop my understanding of diabetes and care'.

Andrew: "I have enjoyed my two weeks placement in DRN".

*Picture from the left: Zhi-xin Jiao, Jo Law, Andrew Travers, Zohra Rehman, Felicia*

## A visit to Thailand—Khon Kaen University



Louise in Khon Kaen University  
Thailand

Louise is a Senior Research Coordinator for a new study looking at vitamin D supplementation in people with metabolic syndrome. As part of the continuing collaboration between Queen Mary and Khon Kaen Universities, Louise was asked to go to Thailand to learn about pulse wave velocity (PWV), which is a well-established technique for obtaining a measure of arterial stiffness between two locations in the arterial tree.

The velocity of the pulse wave along an artery is dependent on the stiffness of that artery. Most commonly, pulse wave velocity is measured between the carotid and femoral peripheral artery sites in order to provide a measure of aortic stiffness.

## Study Portfolio update

### Diamyd study

Diamyd is being trialled as a therapeutic vaccine, which has in previous studies been shown to be effective in preserving beta cell function in people with newly diagnosed Type 1 diabetes. The DRN is therefore seeking children and adults between 10-20 years within 12 weeks of diagnosis for this important study. Clinical trials of Diamyd are currently running in the United States and Europe. Current studies have shown little side effects, and it is proposed to be safe & easy to use.

Study initiation visit took place on 20<sup>th</sup> February 2009. Zohra has already screened her first patient on 26<sup>th</sup> February 2009 recruited from the 'ADDRESS' data base. Zohra says: 'This would have not been possible without my colleagues and Manager's constant help, support and guidance.'

Study co-ordinator for this study is **Zohra Rehman**, research nurse on 0207 882 8612.

### Action LADA is about to recruit in the community

Despite the classification of diabetes into two major types, type 1 (insulin-dependent) diabetes and type 2 (non-insulin-dependent) diabetes, it is apparent that there are some forms of diabetes that do not fit comfortably into these categories. Indeed, there is one form of diabetes, which appears to straddle the two major types with many of the genetic, immune and metabolic features of type 1 diabetes with a high risk of progression to insulin dependency.

## Study Portfolio update

This form of latent autoimmune diabetes of adults (LADA) is found in about 10% of initially non-insulin requiring diabetes patients and is therefore probably far more prevalent than classic type 1 diabetes.

Due to the nature of the study design, we are approaching the local communities with local ethics committee's permission and local R&D's approval to deliver the study information to the GPs and patients and get the interested patients into this screening programme.

Study co-ordinator for this study is **Zhi-xin Jiao**, research nurse on 0207 882 8760.

### Liraglutide Trial

During the normal response to food passing through the gut, hormones are released which stimulate insulin production and slow gastric emptying. Over the past decade research has been carried out into these hormones including one called Glucagon-like peptide-1 (GLP-1). Liraglutide is an injectable GLP-1 analogue and is under development by Novo Nordisk for use in people with type 2 diabetes. In previous studies it has been shown to achieve better control of HbA1c and also causes weight loss in some people. The present study is being run to find out more about using liraglutide in combination with insulin and metformin.

Study co-ordinator for this study is **Jo Law**, research nurse on 0207 882 8760.

## Local News

**Two of our staff went for UKCRN course in Birmingham in the month of February and March 2009** Communication and Consent in Paediatric Research Part 1 and Part 2 respectively. To gain better understanding about obtaining informed consent in Paediatric research, this course will help them in both the Diamyd and ADDRESS studies while dealing with children.

### 9th Annual Abracadabra Diabetes Nursing Conference

Diabetes care in general, and diabetes nursing in particular, is undergoing rapid change. The priorities for primary and secondary care are shifting, nurses are being asked to take on new roles, and there are a plethora of new diabetes therapies and management approaches. The evidence base underpinning our practice also continues to grow at a startling rate. The Annual Abracadabra Diabetes Nursing Conference aims to keep nurses up to date with these changes. The conference has been setup and run in three different locations around the UK in 2009: Newcastle, Birmingham and London. On 20th, March, the North East London Diabetes Network manager took her team to join the annual conference held in The Royal Geographical Society, London.

## Do you know that?

### Hope for diabetes vaccine



Dr Alan Foulis, a pathologist at the Royal Infirmary in Glasgow, says new research holds promise for one day developing a vaccine to protect against diabetes. Two teams of British scientists have found evidence that a common family of viruses may trigger the immune reaction that leads to insulin-dependent diabetes. The disease occurs when beta cells in the pancreas are destroyed by the body's immune system.

Source: Article date:06/03/09,retrieval date:06/03/09 from  
[Url:http://article.wn.com/view/WNAT0FF2AF617DBBB421DAAD018E0D670B19/](http://article.wn.com/view/WNAT0FF2AF617DBBB421DAAD018E0D670B19/)

## Nurse shortages endanger children with diabetes

Children with diabetes are at increased risk of severe hypoglycaemic episodes and long-term complications such as blindness, kidney failure or amputations because paediatric diabetes specialist nurses (PDSNs) are severely overstretched, according to a report released by Diabetes UK.



Source: Article date: 16/02/09; Retrieval date: 16/02/09 from  
[Url:http://www.diabetes.org.uk/About\\_us/News\\_Landing\\_Page/Nurse-shortages-endanger-children-with-diabetes/](http://www.diabetes.org.uk/About_us/News_Landing_Page/Nurse-shortages-endanger-children-with-diabetes/)

## Are diabetes drugs prescribed too easily?

A Diabetes UK-funded study of 652 people newly diagnosed with Type 2 diabetes showed that 36 per cent were prescribed diabetes tablets within a month of diagnosis. NICE guidelines recommend lifestyle management only for all people with Type 2 diabetes for a period before commencing medication. Half of the 2.25 million people with Type 2 diabetes treat their condition with tablets, which work in different ways to help lower blood glucose levels. Only 20 per cent of people treat their diabetes with diet and physical activity and 30 per cent require insulin injections.



Source: Article date: 07/03/09; Retrieval date: 12/03/09  
from [http://www.diabetes.org.uk/About\\_us/News\\_Landing\\_Page/Are-diabetes-drugs-prescribed-too-easily/](http://www.diabetes.org.uk/About_us/News_Landing_Page/Are-diabetes-drugs-prescribed-too-easily/)

## 100,000 people with diabetes call '999' a year



People with diabetes made more than 100,000 emergency calls in the UK last year, according to Diabetes UK. The charity warns that although the ambulance service has recently experienced an unprecedented volume of calls with many for non-emergency situations, most calls from people with diabetes are for severe hypoglycaemia (hypo).

Source: article date: 06 Jan 2009; Retrieval date: 24/02/09 from  
[http://www.diabetes.org.uk/About\\_us/News\\_Landing\\_Page/100000-people-with-diabetes-call-999-a-year/](http://www.diabetes.org.uk/About_us/News_Landing_Page/100000-people-with-diabetes-call-999-a-year/)

## Consumer watchdog launches fake medicine websites ----Fake diabetes products

Internet banner advertising, sponsored links on search engine sites, and keyword techniques that push the sites higher up in online searches, will be used to drive consumers looking for health or slimming treatments to the fake websites.

Every year an estimated 200,000 UK consumers waste money on 'miracle' cures for everything including baldness, obesity, impotence and old age.

Source: Article date: 24/02/09; Retrieval date: 24/02/09 from  
[Url:http://www.diabetes.org.uk/About\\_us/News\\_Landing\\_Page/Consumer-watchdog-launches-fake-medicine-websites/](http://www.diabetes.org.uk/About_us/News_Landing_Page/Consumer-watchdog-launches-fake-medicine-websites/)

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