

CHRD 2024: Abstract Submission Form

Presenter Name
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Presenter Status
Non-Trainee

Role in the project
Design
Write Abstract

Research Category
Clinical

Title

A patient-centred approach to designing a randomized controlled trial of a novel peer-led intervention for adolescents with type 1 diabetes (T1D). A descriptive case study.

Background

The interest in designing and piloting lay-person led interventions is growing with medical communities acceptance of the importance of lived experience.

Objective

The aim of this study is to describe the patient-led approach to designing a behavioural intervention to support adolescents living with T1D and describe the process of training young adult peers to deliver the intervention.

Methods

We followed CIHR's framework for patient engagement, integrating patient co-researchers throughout all aspects of the project with a focus on CIHR's core principles for engagement: Inclusiveness; Support, Mutual Respect and Co-Building the trial. Patient partners were involved as co-PI's on the funded grant, the studies conducted that informed the trial and were included in the governance and decision making for the trial. A virtual Hackathon and planning meetings were conducted to co-design elements of the intervention and the peer mentor training.

Results

After securing a four-year operating grant (CIHR-JDRF) to pilot the trial, we spent 4 months planning and designing a training program for young adult peer mentors. Mentors aged 21-30 years living with T1D who reported meeting physical activity guidelines were recruited to work as mentors in Winnipeg and Mississauga. Patient partners were involved in interviewing, hiring and training 3 mentors per site. Over a period of 8 months, two in-person gatherings with patient partners and mentors fostered skills in motivational interviewing (MI), validation talk, safe PA and strategies for behavioural change. Mentors completed additional virtual training in MI, and mental health first aid and are now actively recruiting families into the trial. The model of patient-led training was well received by all members of the team.

Conclusion

Using CIHR's model for respectful patient engagement, we successfully designed, planned and delivered training for young adults living with T1D to confidently deliver a novel behavioural intervention for youth living with T1D.

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