PCT diabetes survey

This study has been commissioned by the Paula Carr Diabetes Trust to better understand the ways people living with diabetes in Kent and Medway can be supported to improve their health outcomes.  This survey should take around 10 minutes to complete and involves a number of multiple choice and the occassional open-ended questions. There are no right or wrong answers, we are only interested in your opinions.   Your responses to the survey will help in developing recommendations to the Paula Carr Trust regarding possible pathways for furthering their involvement in supporting people living with diabetes.

Please direct any queries regarding the research to:

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* I have read the above information and consent to participate in this study (1)

Q1 Please select your gender:

* Male (1)
* Female (2)

Q2 Please select your age range:

* 18-25 (1)
* 26-35 (2)
* 36-45 (3)
* 46-55 (4)
* 56-65 (5)
* 66-75 (6)
* 76+ (7)

Q3 Please select your ethnicity:

* White British (1)
* White Irish (2)
* White other (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Asian British (4)
* Asian Indian (5)
* East Asian (6)
* Asian other (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Black British (8)
* Black African (9)
* Black Carribean (10)
* Black other (11) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Arab (12)
* Mixed / multiple ethnic groups (13) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other (14) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q4 Do you have any health conditions (aside from diabetes)?

Q5 What type of diabetes do you have?

* Type 1 (1)
* Type 2 (2)

Q6 How do you currently manage your diabetes?

* Diet (1)
* Medication (please specify what type) (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q7 What year were you diagnosed?

Q8 What led to your diagnosis?

* Routine check-up / blood tests (1)
* Specific test for diabetes (2)
* As a result of testing having seen a doctor for other specific health need(s) (3)
* Other (please specify) (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q9 How well do you feel you are managing your diabetes?

* Very good (5)
* Good (4)
* Acceptable (3)
* Poor (2)
* Very poor (1)

Q10 How challenging do you find following aspects of living with diabetes (Please rank)

\_\_\_\_\_\_ Managing diet (1)

\_\_\_\_\_\_ Getting enough exercise (2)

\_\_\_\_\_\_ Tiredness (3)

\_\_\_\_\_\_ Managing stress effectively (4)

\_\_\_\_\_\_ Decreased socialising / not being able to drink (5)

\_\_\_\_\_\_ Finances (6)

\_\_\_\_\_\_ Other (please specify) (7)

Q11 Where do you currently go to seek help managing your diabetes? (select all that apply)

* Diabetic nurse (1)
* GP (2)
* Consultant (3)
* Paula Carr Trust (4)
* Other Diabetes Trust (5)
* Other (please specify) (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q12 Where do you currently go to seek information about diabetes? (select all that apply)

* Diabetic nurse (1)
* GP (2)
* Consultant (3)
* Diabetes Trust (4)
* Friends/ Family (5)
* Internet (6)
* Library (7)
* Other (please specify) (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q13 What would be the best way of receiving information about diabetes? Please drag and drop the following  items to rank these in order of most to least effective. (Please put your most effective at the top of the list).

\_\_\_\_\_\_ Leaflets from the doctors surgery (1)

\_\_\_\_\_\_ Monthly newsletters from a diabetes trust (2)

\_\_\_\_\_\_ Monthly emails from a diabetes trust (3)

\_\_\_\_\_\_ Face-to-face support groups (4)

\_\_\_\_\_\_ Face-to-face individual meetings (5)

\_\_\_\_\_\_ Telephone line (6)

\_\_\_\_\_\_ Internet forum (7)

Q14 Which of the following statements best reflects your current situation?

* I am very well supported in managing my diabetes (5)
* I am supported in managing my diabetes (4)
* I would like more support in managing my diabetes (3)
* I do not have any support in managing my diabetes (2)
* I do not want any support in managing my diabetes (1)

Q15 What aspects of diabetes management would like support with? Please drag and drop the following aspects to rank these in order of most to least important. (Please put your most important at the top of the list).

\_\_\_\_\_\_ Diet (1)

\_\_\_\_\_\_ Exercise (2)

\_\_\_\_\_\_ Medication (3)

\_\_\_\_\_\_ Physical health needs e.g. eyes/feet (4)

\_\_\_\_\_\_ Stress management (5)

\_\_\_\_\_\_ Emotional needs e.g. depression (6)

\_\_\_\_\_\_ Other (please specify) (7)

Q16 The Paula Carr Trust is looking to broaden the support offered to people living with diabetes. Please drag and drop the following service options to rank them from most to least desired. (Please put your most desired at the top of the list).

\_\_\_\_\_\_ 24 hour telephone help/support line (1)

\_\_\_\_\_\_ Community support groups - open forums to talk about issues arising, connect with

 others (2)

\_\_\_\_\_\_ Community education groups - diet and exercise planning, lifestyle choices (3)

\_\_\_\_\_\_ Health navigator - someone who can attend your healthcare appointments to be of

 support and to facilitate the booking of surgery appointments (4)

\_\_\_\_\_\_ Media campaigns (television / newspapers) to increase awareness of diabetes (5)

\_\_\_\_\_\_ Provision of a monthly newsletter - up-to-date diabetes research, healthy eating tips

 etc... (6)

\_\_\_\_\_\_ Self-management coordinator - to oversee needs e.g. reminder when need to see a

 doctor, link to services such as dietitian (7)

Q17\_1 Please select your level of agreement with the following statements no the topic of self-management:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Somewhat disagree (2) | Neither agree nor disagree (3) | Somewhat agree (4) | Strongly agree (5) |
| I am confident in my ability to manage my illness by myself (Q17A) |  |  |  |  |  |
| I know when my condition can be dealt with by me (Q17B) |  |  |  |  |  |
| I know when to refer myself to the doctor (Q17C) |  |  |  |  |  |
| I know what my lifestyle and medical options are for managing my diabetes (Q17D) |  |  |  |  |  |

Q17\_2 Please select your level of agreement with the following statements on the topic of access to services:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Somewhat disagree (2) | Neither agree nor disagree (3) | Somewhat agree (4) | Strongly agree (5) |
| I am always able to get an appointment with the diabetic nurse (Q17E) |  |  |  |  |  |
| I am always able to get an appointment with my GP (Q17F) |  |  |  |  |  |
| I am always able to get an appointment with my consultant (Q17G) |  |  |  |  |  |
| I am always able to access other health services related to management of diabetes e.g. podiatrist, dietitian (Q17H) |  |  |  |  |  |

Q17\_3 Please select your level of agreement with the following statements no the topic of making decisions with healthcare professionals

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Somewhat disagree (2) | Neither agree nor disagree (3) | Somewhat agree (4) | Strongly agree (5) |
| I feel comfortable asking questions to my doctor/diabetic nurse regarding my diabetes management (Q17I) |  |  |  |  |  |
| My doctor/nurse provides information about my condition in easy terms that I can understand (Q17J) |  |  |  |  |  |
| I am able to discuss treatment options and decide on the best treatment in collaboration with my doctor/nurse (Q17K) |  |  |  |  |  |
| I have had the opportunity to take part in focus group/complete questionnaire on working with my surgery (Q17L) |  |  |  |  |  |

Q18 What do you feel are the main messages that need to be given to people living with diabetes (please rank your top three)

\_\_\_\_\_\_ Everything in moderation (1)

\_\_\_\_\_\_ Keep it under control (2)

\_\_\_\_\_\_ The more information and advice you can get the better off you'll be (3)

\_\_\_\_\_\_ It is something you can live with if it's managed (4)

\_\_\_\_\_\_ Do what you need to do and get your tests done (5)

\_\_\_\_\_\_ Be alert to the symptoms (6)

\_\_\_\_\_\_ Take personal responsibility for the information you receive (7)

\_\_\_\_\_\_ Take care of yourself and eat properly (8)

\_\_\_\_\_\_ Go armed with questions and don't get cross with the staff (9)

\_\_\_\_\_\_ Be sensible - don't drink, don't smoke, eat sensibly and exercise (10)

\_\_\_\_\_\_ Don't beat yourself up if you slip up (11)

\_\_\_\_\_\_ Get support (12)

\_\_\_\_\_\_ Keep up to date (13)

\_\_\_\_\_\_ Try and be positive (14)

\_\_\_\_\_\_ Make sure you've got a good health professional you can ask your queries (15)

Q19 From the following list please select the number 1 piece of advice to give to people to prevent them getting diabetes.

* Eat the right things, exercise and look after your body (1)
* At the first signs of any problems go to your GP (2)
* Understand what you are eating in terms of sugar and fat content (3)
* Watch your weight and exercise (4)
* Eat a good diet (5)
* It is a silent killer, unlikely to be reversed - make the right lifestyle choices (6)
* Access information and get informed about what diabetes is (7)
* Go for regular check-ups (8)
* Think of what you are putting in your mouth (9)
* Be alert and flag and issues immediately (10)

Thanks for your time and for taking part.