

## James Lind Alliance Type 1 diabetes Priority Setting Partnership

### *Identifying Research Priorities about Treatments for Type 1 Diabetes*

This project has been developed so that funders and researchers can see which treatment research questions are important to people with type 1 diabetes, their family carers and healthcare professionals. Once completed, we will have ten priority research questions that will become the focus of work to establish future funding for research in treating type 1 diabetes.

A survey last year was completed by 583 people, resulting in 1,047 suggested research questions. An independent information specialist has been checking these for uncertainty, and combining questions that were similar enough to group together. The Steering Group of the Priority Setting Partnership used pre-agreed criteria to reduce this large dataset to 47 unique research questions. The James Lind Alliance has been supporting this process and ensuring that the decisions made, have been fair and transparent. We now need to assess which 47 research questions should be given priority. In order to do this we are asking you (or your organisation/group) to choose ten that you would most like to see answered by research.

By voting for your TOP 10 research priorities you will be helping the Steering Group to establish a shortlist (of 25) of the most important topics for future treatment research in type 1 diabetes. This shortlist will be discussed at a Workshop in May 2011. Participants will be a mix of people with type 1 diabetes, family carers, health professionals that treat and care for people with type 1 diabetes, and representatives from diabetes charities. Workshop participants will agree a final top 10 from the shortlist of 25, and these will become the focus of work to establish future funding for research in treating type 1 diabetes.

#### Information about you

Which of the following best describes you (tick all that apply):

Someone with type 1 diabetes	
Family carer or parent or someone with type 1 diabetes	
Clinician e.g. GP, paediatrician, specialist	
Nurse	
Professional allied to medicine e.g. physiotherapist, dietician	
Other (please describe)	

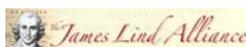
Information about your organisation (where applicable, and please give details)

Diabetes Charity	
Diabetes Professional Group	
Patient Support Group	
Diabetes Research Group	
Other (please describe)	



Please choose TEN research questions from the list below. Make your mark in the VOTE HERE column on the LEFT HAND SIDE of the research questions that are most important to you, or your group.

Vote here ↓		Question
<b>Managing type 1 diabetes - insulin</b>		
001		Insulin delivery methods, other than injection.
002		Which method of insulin delivery is most effective?
003		Which insulins (including Lantus) are safest and have the fewest adverse effects (for example weight gain)?
004		Which type of insulin is most effective?
005		Is metformin, when added to insulin to reduce insulin resistance, effective for the treatment of type 1 diabetes?
006		Which insulin regime, 1, 2, 3 or 4 times daily is most effective?
007		What is the best way to prevent and treat lipotrophy?
008		How can insulin dosage best be adjusted around exercise and/or stress?
<b>Managing type 1 diabetes – Stem/Islet cell transplantation and closed loop system</b>		



	Vote here ↓	Question
009		Is stem cell therapy effective?
010		Is a closed loop system effective?
011		Is insulin pump therapy effective?
012		Is an artificial pancreas possible/effective?
013		Is a pancreas transplant effective?
<b>Managing type 1 diabetes – drugs</b>		
014		What is the benefit of incretin therapy for the treatment of type 1 diabetes? <i>(Drugs that increase the action of GLP-1, a hormone secreted by the intestine that lowers blood glucose)</i>
<b>Managing type 1 diabetes – complementary and alternative</b>		
015		Does Benfotiamine (form of vitamin B1) prevent diabetes complications?
<b>Managing type 1 diabetes – monitoring and self monitoring</b>		
016		How can non-invasive real-time Continuous Glucose Monitoring be achieved?
017		Is it possible to constantly and accurately monitor blood sugar levels, in people with type 1 diabetes, with a discrete device (microchip, implant for example)

	Vote here ↓	Question
018		What techniques could be developed to check blood sugar levels other than finger prick testing?
<b>Managing type 1 diabetes – lifestyle</b>		
019		What effect do carbohydrates have on blood glucose levels?
020		What is the effect of different types of exercise on blood sugar levels?
<b>Managing type 1 diabetes – Monitoring and prevention of complications</b>		
021		Does reducing glucose variability reduce long term complications of type 1 diabetes even when average levels are not reduced?
022		How tightly controlled do fluctuations in blood glucose levels need to be to reduce the risk of developing complications in people with type 1 diabetes?
<b>Acute complications – hypoglycaemia, ketoacidosis, hyperglycaemia, self management</b>		
023		How effective is DAFNE?
024		Do educational programmes / training packages, for people with diabetes and their carers, help control the condition, reduce anxiety and provide greater awareness of the complications of the condition?
025		What makes self management successful for some people with type 1 diabetes and not others?

	Vote here ↓	Question
026		What are the long & short term effects of hypoglycaemia?
027		How can awareness of and prevention of hypoglycaemia be improved?
28		What is the best method to prevent hyperglycaemia and reduce incidence of ketoacidosis?
<b>Chronic Complications – psychological, eye disease, heart disease, sexual dysfunction and feet</b>		
029		What treatments, including psychological support services, are effective to manage the psychological effects of type 1 diabetes?
030		What are the cognitive and psychological effects of living with type 1 diabetes? <i>Cognitive means thoughts of reasoning, judgement, memory etc</i>
031		Which treatments are beneficial in managing retinopathy?
032		Which treatments are effective in managing neuropathy?
033		What are the benefits and adverse effects of statins?
034		What are the benefits of ACEI or AIIRA (ARBs) in managing type 1 diabetes? <i>Angiotensin Receptor Blockers (ARBs) are a group of treatments which modulate the renin-angiotensin-aldosterone system. They are used for hypertension (high blood pressure), diabetic nephropathy (kidney damage due to diabetes) and heart failure.</i>
035		What is the role of phosphodiesterase inhibitors in erectile dysfunction in type 1 diabetes?

	Vote here ↓	Question
036		What are the best treatments and prevention strategies for foot ulcers in people with type 1 diabetes?
<b>Pregnancy</b>		
037		Is it safe to continue insulin analogues in pre conception and pregnancy in type 1 diabetes?
<b>Delivery of care</b>		
038		Why is the better (but more expensive) insulin pumps and continuous glucose monitoring systems not more available for the treatment of type 1 diabetes, even though they would save the NHS money in the long term due to lower incidence of related conditions/complications?
039		Does treatment of type 1 diabetics by specialists (e.g. doctors, nurses, dieticians, podiatrists, ophthalmologists and psychologists) trained in person-centred skills provide better blood glucose control, patient satisfaction and self-confidence in management of type 1 diabetes, compared to treatment by non specialists with standard skills?
040		What is the best support for family carers of people with type 1 diabetes?
041		Does communication training (for example motivational interviewing techniques) for diabetes specialists improve type 1 diabetes control?
042		How do we achieve social and geographical equality of care in type 1 diabetes?
043		What are the characteristics of the best type 1 diabetes patient education programmes (from diagnosis to long term care) and do they improve outcomes?

	Vote here ↓	Question
044		What are the specifics of a diabetes care setting, that make it successful?
<b>Living with type 1 diabetes – stress, weight, female hormones</b>		
045		What are the effects of stress on glucose levels in people with type 1 diabetes?
046		What is the best way, for people with type 1 diabetes, to manage their weight?
047		What impact do changing hormones, for example during menstruation, pregnancy and menopause, have on blood glucose levels in women with type 1 diabetes?

**Please return by Friday 6<sup>th</sup> May 2011 to:**

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