



## Engaged Research Case Study Template

### Health and Well Being

<b>Project Title (8 words max)</b>	<b>Formation of a Type 1 diabetes Young Adult Panel (YAP) to develop a health behaviour change intervention to improve health service engagement: A patient centred approach to improving care.</b>
<b>Project synopsis (100 words max)</b> Please give a very short description of the societal challenge, the action taken, and the intended/ achieved result.	<p>A Young Adult Panel (YAP) of service users with Type 1 Diabetes (T1D) was formed to contribute to the development of an effective intervention called D1 Now. It centres on patient-centred care for young people with diabetes.</p>
<b>Higher Education Institution :</b>	<p>NUI Galway</p>
<b>Engaged Research Partners</b> (civic, civil society organisations, Social enterprises, public or professional service or product users, policy makers, members of the public).	<p>Galway University Hospitals, Jigsaw Galway and Young Adult Panel</p>
<b>Engagement (research method or activity) (100 words max)</b>	<ul style="list-style-type: none"> <li>• Public and patient involvement (co-design and co-production).</li> <li>• Systematic Review.</li> <li>• Intervention development using Behaviour Change Wheel and Medical Research Council’s framework for developing and evaluating complex interventions.</li> <li>• YAP members participated in different stages of the research process:             <ul style="list-style-type: none"> <li>○ They were represented on the research study steering group and attended research meetings.</li> <li>○ They developed research materials (topic guides for interviews and focus groups, Participant Consent Forms), reviewed and interpreted research findings and helped develop the on-line platform to enhance engagement between young adults and their diabetes healthcare providers.</li> <li>○ They contributed to an international consensus conference on health services delivery for young adults with T1D, were keynote speakers at three national conferences and wrote specific sections of a further grant application to test out the new intervention.</li> </ul> </li> </ul>



<p><b>Project outputs and outcomes: (600 words max)</b></p> <p>Please describe briefly the target audience and activities that occurred and short terms results.</p> <p>This information could include:</p> <ul style="list-style-type: none"> <li>• who you worked with;</li> <li>• issue to be addressed</li> <li>• what actions you took;</li> <li>• the geographical location;</li> <li>• any shorter-term outcomes or changes in local situation and circumstances, knowledge and skills attitudes or behaviour, policy, practice, organisational development etc, decision-making.</li> </ul>	<p>The outputs are as follows:</p> <ul style="list-style-type: none"> <li>• The D1 Now intervention protocol for young adults living with T1D.</li> <li>• Peer reviewed journal articles, conference participation and associated media coverage.</li> </ul> <p>The outcomes are as follows:</p> <ul style="list-style-type: none"> <li>• As a direct result of the YAP, a meaningful dialogue has opened up between healthcare providers and young adults within D1 Now research team. Their involvement has led to a better understanding of what needs to be achieved in order to improve health service delivery.</li> <li>• They have been active members in co-designing a health behaviour change intervention to improve engagement between young adults with T1D and healthcare providers, which will be evaluated in future research.</li> <li>• The successful trial of a stakeholder model to develop effective interventions for young adults living with T1D.</li> </ul>
<p><b>Longer term anticipated areas for Impact</b> (Choose from below):</p> <p>Economic Policy &amp; Public Service Societal Engagement Health &amp; Wellbeing Professional services Environmental New knowledge Human Capacity</p>	<p>Health and Well-Being Professional and Public Services Policy and/ or Product Development Capacity Building</p>
<p><b>Funding source:</b></p>	<p>Health Research Board Health Research Award</p>
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