

25th October 2006

Let's Beat Diabetes Community Survey and Diabetes Testing

Dear Doctor and Staff,

This letter is to inform you about a study been undertaken by CMDHB on undiagnosed diabetes. This will be occurring from early November and may affect some of your patients.

Let's Beat Diabetes Telephone survey

Let's Beat Diabetes (LBD) is a five year plan to reduce the impact of diabetes in Counties Manukau District Health Board. As part of this plan we are undertaking a community telephone survey of over 2000 people. The information from this will assist us to develop effective programmes and evaluate LBD. One group of people we want to know more about is people with undiagnosed diabetes.

Testing survey respondents for diabetes

All people who participate in the telephone survey will be asked to have a fasting plasma glucose test. This will be done at Diagnostic MedLab. As part of the consent process, participants in the study will be asked who their GP is so that copies of all results can be sent to them, as well as to the participant .

If a participant's results from the initial test are normal, the participant will be sent a letter informing them and will not need to participate in any further testing.

Follow up of people with abnormal tests

If results from the initial test are:

- Between 7-11 mmol/L, our Study Nurse will contact the participant and ask them to have further blood tests. This will be either a further fasting plasma glucose or an oral glucose tolerance test in accordance with normal clinical practice. Participants whose follow up blood tests suggest diabetes, impaired fasting glucose or impaired glucose tolerance will be asked by our Study Nurse to make an appointment with their GPs to discuss their results.
- Over 11 mmol/L, our Study Nurse will ask the participant to see their GP as soon as they can (i.e. without waiting for further tests).

Payment

We will provide all participants who we ask to see a GP with a voucher for \$50 to cover the initial consultation costs. If this includes any of your patients, please complete the voucher with your payment details and fax it to the *Let's Beat Diabetes* Support co-ordinator, at fax no.: 09 262 9501. We will pay promptly into your bank account. Please note that we will pay this amount to you even if your user charge is normally lower. If your co-payment for a participant is usually more than \$50, please indicate what it is on the voucher so that we can cover your consultation cost in full.

If you have any questions about payment, please contact the co-ordinator by phone at 09 262 9534 or by email: staylor@cmdhb.org.nz.

Management:

We are asking you to manage patients participating in this study as per normal best practice. The information given to your patient will make it clear that CMDHB will only pay for the first consultation and further care will be as you normally provide.

We have also asked our Study Nurse to phone your practice to confirm that that patients who have been found through the study to have diabetes, impaired fasting glucose or impaired glucose tolerance, have been seen. This is because we have a requirement to ensure that participants who have potentially serious conditions are followed up appropriately. The patient will have signed a written consent form allowing us to do this. .

How many patients will this affect?

We would expect that only about five to ten of your patients will be involved in this study and of these only one or two will be asked to make an appointment to see you.

Who approved this study?

This study has been approved by Northern Region Ethics Committee X - NTX/06/09/116

It has also been approved by GPHO (Primary Health Organisation Group) and Counties Manukau District Health Board

Who is involved in undertaking the study?

The study is being funded by CMDHB as part of Let's Beat Diabetes. LBD staff have been involved in the design of the research and managing the diabetes testing component of the study. The telephone survey and management of all data and analysis is being carried out by Phoenix Research which is a private company with considerable health research experience. Diabetes Projects Trust is providing the Study Nurse and day to day management of the diabetes testing part of the study. They are a non-government agency with years of experience in working with diabetes in South Auckland including providing GP diabetes audits.

Contacts for any questions

Any questions about any of your patients who are involved in this study should initial be directed to the Study Nurse:

Sara Morton Diabetes Projects Trust ph. 0800 332 558

Any questions about the study itself can be addressed to:

Dr. Tom Robinson
Public Health Physician, CMDHB
Ph. 262 9551 or 021 482 391
trobinson@cmdhb.org.nz

The Principal Investigator for the study is:

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Yours sincerely,

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Planning and Funding