

# Diabetes Ireland Annual Report 2011



## Foreword

In completing my first year as Chairperson, I am struck by the tremendous breadth of work undertaken by Diabetes Ireland both by volunteers and staff alike.

As a Consultant Endocrinologist, I was very much aware of the great work done by Diabetes Ireland from a paediatric viewpoint but it is when you see the commitment of volunteers, the dedication of staff in supporting and helping all people with diabetes, young and old alike, that you realise the importance of having a vibrant national organisation.

From a children and family viewpoint, the publication of the “Managing Chronic Conditions in Schools” resource pack was a huge achievement. The pack will help to improve communication and understanding between parents and schools in terms of planning effective management and supporting each school going child with diabetes which has proved problematic for some in years past.

The Parents Conversation Energiser is a new initiative which enables parents to come together socially, learn from each other and provide peer support in a relaxed social setting. I am also pleased to see an increase in the number of parent support groups around the country. The Sweetpea Kidz Club and various branches also continue to provide a range of activities for children and their families to meet socially and learn from each other.

Throughout 2011, Diabetes Ireland, working in close collaboration with various stakeholders such as the various diabetes healthcare professional bodies, continued to advocate for implementation of the national footcare and retinopathy screening programmes and in highlighting the need for equitable diabetes services nationwide. A campaign for the further development of paediatric diabetes services was also successful in obtaining commitment for extra nursing and dietetic resources.

Diabetes Ireland continues to produce its quarterly Diabetes Professional magazine which is distributed to healthcare professionals and held a National Paediatric Conference as well as its annual Study Day for health professionals, which all help to keep everyone abreast of new developments in diabetes care and services.

Facilitating the employment of high skilled podiatrists which enabled the launch of the Diabetes Community Footcare Service in the HSE South area was an enormous achievement. The service is proving hugely beneficial for many patients in that area.

Through Diabetes Ireland Research Alliance, a new Irish Type 1 research project was funded which is looking to identify the factors which hinder young adults aged between 23 and 30 years from maintaining good diabetes management and how to assist them in overcoming these barriers and improve quality of life.

Diabetes Ireland continued to increase awareness of diabetes among the wider population running a range of short impactful awareness campaigns throughout 2011 and provided education and support to the diabetes community through its range of services and initiatives.

Many volunteers, such as Sean Harraghy who won the coveted 2011 “Volunteer of the Year” award, and staff who when necessary freely work over and above their normal hours to deliver services, attend events and meetings must be congratulated for their tremendous commitment to people with diabetes, their families and carers. I would like to thank our President Professor Gerald Tomkin and the National Council for all their help and support. I would particularly like to thank our CEO, Mr Kieran O’Leary and to congratulate him and all the staff of Diabetes Ireland for their tremendous hard work, achievements and dedication.

I would also like to thank our thousands of members who continue to support Diabetes Ireland. But there are many more people with diabetes out there who need our help and I would ask you to spread the word about Diabetes Ireland services and encourage them to contact us and become members. A vibrant membership is extremely important and will enable Diabetes Ireland to maintain and expand its services to support all those in Ireland who have diabetes.

**Professor Hilary Hoey**

**Chairperson**

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**Diabetes Ireland is committed to achieving the standards contained within the Statement for Guiding Principles of Fundraising.**

## Chapter 1

### *Diabetes Ireland*

The Diabetes Federation of Ireland (trading as Diabetes Ireland) has been established since 1967 as a registered charitable organisation. It is dependent mainly on voluntary donations, contributions from our corporate partners and grants from the Health Service Executive to fund the delivery of its health promotion initiatives, diabetes education programmes and other services.

All activities of Diabetes Ireland stem from its' mission which is:

***“To provide a quality service in improving the lives of people affected by diabetes and working with others to prevent and cure diabetes”.***

The organisation has three aims and they are:

- To provide support, education and motivation to people with diabetes, their families, and friends;
- To raise awareness of diabetes in the community and foster programs for early detection and prevention of diabetes;
- To support and encourage advances in diabetes care and research.

### **Overview of Services**

Diabetes Ireland supports all people with diabetes and those at risk of developing diabetes, through:

- Providing objective, reliable and evidence based information via its helpline, website, magazine, journal and leaflets;
- Delivering direct diabetes education services to professionals and communities;
- Increasing awareness of diabetes and its symptoms in the wider community;
- Giving voice to those denied their rights because of diabetes;
- Funding research to prevent, cure and manage diabetes.

These services are streamlined as Support and Education, Health Promotion, Awareness, and Research.

## ***Diabetes Support and Education***

### **Support**

With increasing prevalence of diabetes and pre-diabetes, Diabetes Ireland actively looks to improve access to peer support, education and information.

Diabetes Ireland supports people with diabetes through a wide range of services including face-to-face contact, literature provision, helpline and website support. Inherent in any supportive interaction is promotion of health and for many people with diabetes; this means the provision of diabetes education.

### **Local Branch Support**

Diabetes Ireland has 19 branches nationwide. Their role is to provide a local support network for people of all ages with diabetes and their families. Regional Development Officers (RDOs) work closely with the branches to promote events and work with them in organising public meetings and other similar events. Branches are run on a voluntary basis and are always seeking people willing to help with local events.

One of the key activities of a branch is to provide opportunities for its local community to come together to share their experiences and hear from a range of diabetes healthcare professionals on all aspects of effectively living with diabetes on a daily basis.

In 2011, 18 public education meetings were held which a combined audience of 4,005 attendees. The breakdown of the meetings were:

<b>Area:</b>	HSE North East	HSE Mid Leinster	HSE South	HSE West
<b>Number:</b>	0	7	3	8

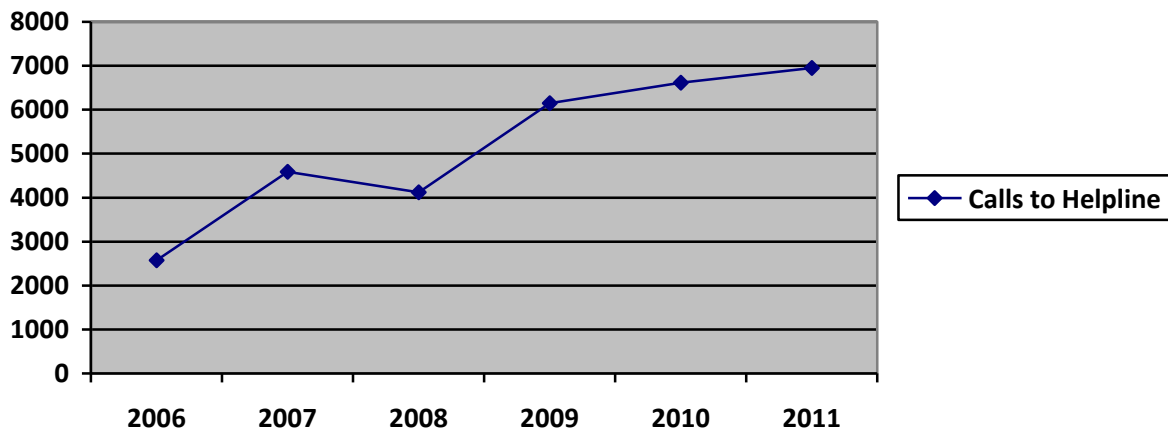
Evaluation of each meeting is undertaken in order to ascertain the best vehicle for promoting each meeting locally and identifying topics of particular interest for future meetings. Overall, evaluations of these meetings are extremely positive and will be maintained for 2012.

## Helpline Support

One of the main support mechanisms for people with diabetes is immediate access to up to date quality information. The Diabetes Helpline is a national lo-call helpline which can be accessed from anywhere in Ireland and for any duration for €0.25 cent.

In 2011, there were 6,951 callers to the helpline. More than 60% of those callers were sent written diabetes information following their call.

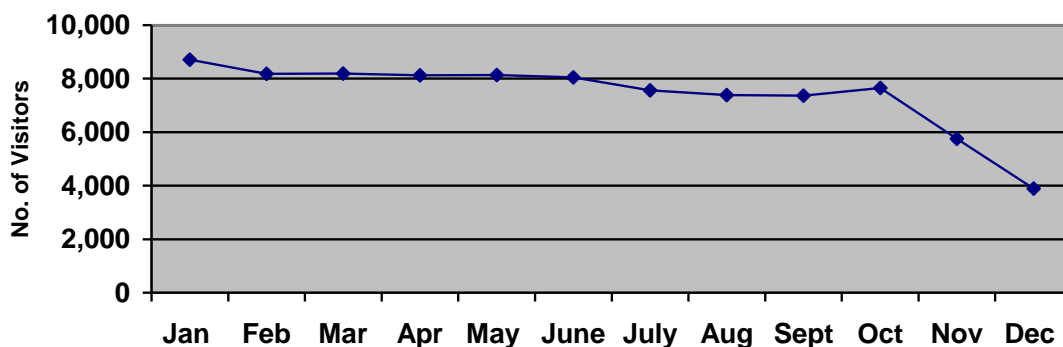
## Calls to Diabetes Helpline 2006-2011



## Website Support

In 2011, 80,675 people visited our website [www.diabetes.ie](http://www.diabetes.ie). A new fresh looking website was launched during the year making it more user-friendly.

## Visitors to Diabetes Website 2011



Diabetes Ireland's facebook events page had 1,355 friends and its twitter page had 828 followers at 31 December 2011.



## Literature Support

People with diabetes require access to information that is easily accessible and appropriate to their needs. Diabetes Ireland acknowledge that literature is time specific and due to the evolving nature of diabetes management and changing technologies, all literature needs to be updated regularly and new written information leaflets/booklets need to be developed as funding permits.

In conjunction with Safefood and the Diabetes Interest Group of the Irish Nutrition and Dietetic Institute, and due to demand, a further 25,000 copies of the “Healthy Eating for People with Type 2 diabetes” booklet were printed.

Diabetes Ireland has an extensive range of information leaflets about diabetes and related areas many of which are available to download on [www.diabetes.ie](http://www.diabetes.ie).

With the increasing media profile of diabetes, Diabetes Ireland regularly assist journalists of national media organisations with background information on their articles, programmes and help clarify technical issues related to diabetes. In addition, some publications have commissioned articles from the Federation and publish these with details of how to access further information /support.

## Diabetes Ireland & Diabetes Professional

In 2011, four issues of both Diabetes Ireland and Diabetes Professional were issued. Diabetes Ireland is distributed to all members while Diabetes Professional is distributed to all healthcare professional members plus a range of allied healthcare professionals interested in diabetes.



## Chapter 2

### *Patient Education:*

CODE is a structured diabetes education programme for people with Type 2 diabetes, who are recently diagnosed or have diabetes for a number of years. The CODE programmes are run in GP practice settings, hospitals and local community venues. Four trained educators (diabetes nurse specialists and dietitians) employed by Diabetes Ireland deliver CODE at a national level supplemented by 37 local professionals who deliver CODE to their own patients. Over 2,500 people have participated in the CODE programme from its commencement in 2007.

### **CODE Participants in 2011**

The programme consists of four sessions of two hour duration, on three consecutive weeks with the final session at 26 weeks. During 2011, 592 people participated in 49 CODE programmes nationwide of which there were 332 men (58%) and 237 women (42%). The average age of participants was 62.92 years, with age ranging from 23 to 80<sup>+</sup>. However, the majority of participants were aged 60-80 years. Of those who indicated how long they had diabetes, the average length since diagnosis was 6 years.

Just over half the participants received all of their diabetes care from their GP with another one third attending the GP combined with hospital visits for their diabetes reviews. The majority of participants had their care covered by the national health schemes but almost a quarter pay for their own diabetes care whereas only a small number have their care covered by their private health insurer.

The majority of participants are on oral hypoglycaemic agents with only just over one-eighth being managed by modifications of lifestyle behaviours only. The numbers being managed with insulin therapy are down slightly from 2010 which may reflect the increased usage of insulin mimetics as an alternative to insulin therapy.

### **Weight**

Participants were given the opportunity to have their weight, height, BMI and waist circumference measured at the first (week1) and last (week 26) session. Over the 6 month programme duration, average weight measurement reduced from 89.48 kgs to 87.40 kgs with the average weight loss being 1.14kgs. The maximum weight loss was 25 kgs by a man with an initial weight of 109kgs.

## **Biomedical data**

Participants were encouraged to request details of their most recent blood results so that a comparison would be possible pre and post CODE attendance. CODE attendance improved glycaemic control by 0.2%, equating to a substantial reduced risk of diabetes complication development. Likewise total cholesterol improved significantly and total triglyceride levels had significantly decreased.

## **Well being**

Respondents reported reasonable wellbeing with the highest being reported for feeling cheerful and in good spirits and the lowest for feeling active and vigorous and closely followed by waking up feeling fresh and rested. Men reported better wellbeing than women both pre-attendance and post attendance. By week 26, the number of participants reporting feeling low had decreased.

## **Knowledge**

Participants completed a knowledge quiz pre and post-attendance. Results from the knowledge quiz pre attendance showed that many people marked as true a wrong response to standard diabetes statements indicating that many people believed they knew diabetes facts but were in fact wrong in their beliefs. By week 26, the knowledge quiz correct responses were greatly improved showing that attendance had improved participants understanding of diabetes.

## **Empowerment**

The Diabetes Empowerment Scale is a measure of peoples' confidence in managing the psychosocial demands of having diabetes. CODE participants were most confident when it came to asking for support when it was needed, but less confident in describing the positive action they take to overcome the stress of having diabetes. On the whole, the group were reasonably empowered with 8.5% feeling disempowered i.e. having limited ability to cope with day-to-day diabetes management. By Week 26, the total empowerment score had risen.

## **CODE Training for Professionals (supported by Merck Sharpe Dohme, Ireland)**

Two professional training courses were held during 2011 to expand the availability and reach of CODE programmes. Twenty six professionals attended facilitation training with ten of these subsequently completing the CODE Educator training days held in spring and autumn.

## Participants views on CODE

Participants feedback on the programme was extremely positive and. Some examples are:

**Gerry from Loughrea:** *'Before I attended the CODE programme, all I knew about diabetes was my blood sugar levels were high. It was the best programme I did in my life as it was laid out well with easy to understand information. I learnt how to live a healthier life by cutting down on sugar, fats, alcohol and by doing more exercise. From my side, it has changed my life as I feel improved physically with more energy and mentally with more interests in my life now. Before CODE, I felt fed up with things. I have learnt how to look after my diabetes and I would recommend it 100% to anyone'.*

**Maura from Falcarragh:** *'I was invited to the course by Donna, our diabetes nurse in the practice (nurse who looks after the patients with diabetes ). She rang me and asked me if I'd be interested in attending a course on diabetes management and I said I'd be delighted to. I found it exceptionally beneficial. I have had diabetes for 14 years and there were many things came up on the course that I learned a lot from, particularly things I thought I already knew but I obviously didn't. I found that extremely helpful. I learned a lot about identifying the different carbohydrate foods, how to eat them and how much of them to eat. The course really helped me understand my diabetes but the most things I learned was what foods to eat and how I had been overindulging in certain foods, like bread and potatoes, without realizing it'.*

## European Recognition of CODE

At the request of the Federation of European Union of Nurses in Diabetes (FEND) committee, a presentation on CODE was delivered to an audience of 300 professionals in Lisbon September 2011 with much interest generated specifically from the new EU countries.

## Conclusion

During 2011, almost 600 people nationwide attended a CODE programme in their own locality with positive outcomes. Evaluation results are similar to other years and show that through attendance, people increased their understanding of diabetes, were better able to cope with and manage their condition on a daily basis and make more informed choices about daily living with diabetes. In addition, verbal responses from participants showed they enjoyed the experience and welcomed the opportunity to meet regularly and get support from other people with diabetes.

All 2011 CODE participants were given free annual membership of Diabetes Ireland and will receive personal invitations to attend further Diabetes Ireland public education meetings in their locality/nationally and receive a quarterly copy of "Diabetes Ireland" thus giving them further opportunities to access new and updated information which will help them to manage their condition on an ongoing basis.

### ***Children & Family Events***

#### **Sweetpea Kidz Club**

The Sweetpea Kidz Club/Cork Parent's Support Group family weekend took place in April with many new families attending. The club also had its annual Summer Family picnic in July and its Christmas party in December.

There are now a number of newly formed Parent Support Groups nationwide providing local support and family events and much needed peer support.

The Donegal Branch held its family weekend for branch members and their families. Families of young children with type 1 diabetes and families living with type 2 diabetes came together for fun, networking, some work but most of all to support one another.

#### **National Teen Activity Day**

In July, Diabetes Ireland held its third National Teen Activity Day. The event, held simultaneously in five outdoor adventure centres country wide, was attended by over 85 teens from 10 to 16 years of age. Feedback from the event was extremely positive with participants getting the opportunity to meet their peers in an informal and fun setting. A report on the day was published in the autumn edition of Diabetes Ireland.

#### **Time to Talk Teen Support Group**

The Time to Talk Teen Support Group has been running in Cork for seven years. It offers friendship and education to teens who are living with diabetes. The group is co-facilitated by the social work team and the Paediatric Team at Cork University Hospital and Ms. Pauline Lynch, Diabetes Ireland, Southern Regional Development Officer. The group meets regularly at the Southern Regional Office and is attended by approximately 10/12 teens at any one time. The group works both on a therapeutic and social level, where through discussion in small groups, the focus is on attitudes and approaches to diabetes. The social group continues with various

activities such as bowling, horse riding and canoeing. In 2011, the teens spent an afternoon with a Drama Therapist where the teens enjoyed the opportunity to express themselves through role play. The activities of this unique group helps to educate the teens about a range of areas that will impact on how they feel about their condition in the future.

### **Parents Conversation Energiser Initiative**

The Parents 'Conversation Energiser' initiative was launched in 2011. This involved parents attending informal social evenings where they were provided with a diabetes topic (and a fun topic) for discussion with the main points being fed back centrally for evaluation and an associated article in our magazine "Diabetes Ireland". These evening were held nationwide throughout the year.

### **Schools**

In 2011, Diabetes Ireland in conjunction with Brainwave the Irish Epilepsy Association, Asthma Society of Ireland and Anaphylaxis Ireland launched its "Managing Chronic Condition in Schools" resource pack which is a unified set of guidelines to help teachers and parents understand, discuss and decide on how best to manage a child with a chronic condition in school thus providing a safe environment for the child throughout his/her school life.

The resource document sets out:

- Guidance for schools on developing or updating their Chronic Medical Condition policy
- Practical information on each condition for teachers
- Standardised healthcare plans and template forms and letter that can be adapted to each schools information need to ensure the safety of pupils with a chronic condition
- Responsibilities of parents and teachers to aid expectations of both parties in managing the child on a daily basis
- Safe storage and safe disposal of medication guidance at school.
- Copies of the pack were sent to every primary and secondary school in the country and is available to download on [www.diabetes.ie](http://www.diabetes.ie).

## Chapter 3

### *Health Promotion*

Health promotion continues to play an important role in Diabetes Ireland's activities, with the focus to increase awareness that diabetes is a serious illness that can be managed effectively provided diagnosis is prompt and treatment regimes including lifestyle behaviors are implemented.

Diabetes Ireland's health promotion initiative has a diabetes risk assessment and screening protocol. Assessment focuses on the preventative role people can play in delaying or preventing the onset of type 2 diabetes. The assessment tool is a pen and paper exercise to help individuals identify their own risk factors for the development of type 2 diabetes with modifiable risk factors (e.g. weight) being targeted for professional interventions. People identified at high risk of undiagnosed type 2 diabetes are screened for diabetes using a capillary blood sample.

Screening for type 2 diabetes and pre-diabetes is justified because the current epidemic of type 2 diabetes is exacting a staggering toll on individuals, families, and communities, the convincing clinical trial evidence that the incidence of type 2 diabetes can be reduced and the importance of early detection and treatment of those with undiagnosed diabetes.

Diabetes Ireland's health promotion initiative is delivered nationwide in workplaces and in community settings.

### **Workplace**

The Health Promotion in the Workplace Initiative was developed to raise awareness of employees and their families that unhealthy lifestyle habits increase the risk of developing type 2 Diabetes and heart disease. The aim of this initiative is to:

- Alert employees to their possible risk of developing type 2 Diabetes, heart disease and other health related issues.
- Promote healthy behaviour to help individuals prevent, if not postpone, the development of illness.

The format of the day is flexible to meet the needs of the company but can include, presentations, assessments, screening and individual consultations (body mass index, waist circumference, blood pressure and diabetes risk assessment).

In 2011, 15 companies held diabetes screening events for its employees. A total of 491 individuals were screened for their risk of having undiagnosed type 2 diabetes and 39 of those were referred for further testing.

Each person attending received a written feedback and additional health promoting literature as required. The company hosting the day received a report on key issues important to the health of their employees.

### Community Screening

Throughout the year diabetes screening days were held throughout the regions. These days are generally held in pharmacies, shopping centres, or public areas. The purpose of these screening days again are to raise awareness of diabetes and its signs and symptoms amongst the general public and also to provide an opportunity for people to have a personal diabetes risk assessment/ screening. Each person is offered:

- A brief diabetes risk assessment
- Discussion and literature on the signs and symptoms of type 2 diabetes
- A random capillary glucose check if required with a letter of referral for formal assessment to the GP if necessary
- Discussion and literature on healthy eating guidelines and physical activity
- Those with queries regarding diabetes are also welcome to attend.

The breakdown of screenings days held and the results by region were:

Region	Number	Number attended
Mid Leinster	9	3231 with 20 referred to GP
North East	4	124 with 26 referred to GP
Western	6	494 with 38 referred to GP
Southern	17	1208 with 122 referred to GP
<b>TOTAL</b>	<b>36</b>	<b>5057 and 352 referrals</b>



## Community Talks and Presentations

Diabetes Ireland delivered 49 talks and presentations during 2011 which were attended by 2,500 people, the majority of whom would be in the high risk category for developing type 2 diabetes or had diabetes. The breakdown of presentations by region was:

Region	No of Presentations	Number attended
Mid Leinster	7	321
North East	2	30
Western	23	1,395
Southern	17	744
<b>TOTAL</b>	<b>49</b>	<b>2,490</b>

Groups that availed of this free service included school teachers, women's groups, active retirement groups and disability groups. Each event allowed for the promotion of literature, services and availability of support if ever needed.

## Healthcare Professional Services

The Professional Study Day was held in Croke Park in March with 120 attendees including medical physicians, general practitioners, nurses, dietitians, pharmacists and students. The focus for the day was on enhancing cost effective management and reducing diabetes related complications with guest speaker Professor Richard Holt from the University of Southampton in the UK addressing the topic of Diabetes and Depression. The day included updates on current research in Diabetes medications and expenditure in this area, peer support in type 2 diabetes and body image and intimacy. Feedback evaluation was very positive with many attendees stating they would use information from the study day to change their practice when working with people with diabetes.

A National Paediatric Study Day focussing on the "Management of Diabetes in Children and Adolescents in Ireland" was also held in November 2011. Speakers included Professor Alf Nicholson, Clinical Lead, National Paediatric Programme, Professor Tim Barrett, Birmingham who spoke on diabetes diagnosis and classifications, Dr Ronan Hovorka, Cambridge who updated attendees on his team's work on closed loop insulin delivery and Dr. Kenneth

Roberston, Glasgow on promoting exercise and the insulin adjustment necessary. Alongside these speakers, Irish experts talked about the rising incidence of diabetes; explained why diabetes management differs in children, managing sick days, using the insulin pump, factors that influence metabolic control and quality of life, options in cell transplantation, and diabetes in schools. A national update on diabetes was also provided by Dr. Diarmuid Smith, Clinical Lead, National Diabetes Programme. Eighty health professionals attended the day and the feedback was very positive.

### **Diabetes Footcare Service launched in HSE South Area**

In partnership with the HSE South, Diabetes Ireland set up a High Risk Footcare Community Service for people with diabetes who are at risk or have developed foot complications. The service was launched in June 2011 and has clinics in Cork, Kerry and Waterford. High skilled podiatrists were employed and by December 2011 the service provided more than 4,600 appointments to very receptive patients. The service also treats patients with Rheumatoid Arthritis, Peripheral Vascular Disease, Neurological complications.

### **Media Reach**

Effective use of the media is imperative if Diabetes Ireland is to raise awareness of diabetes and its symptoms to the wider community and raise its profile among the diabetes community both at national and local levels.

In 2011, Diabetes Ireland continued efforts to increase the knowledge and awareness of diabetes and its symptoms through the media. This was achieved through a range of media activities. These included:

- Four separate 7-day radio advertising campaigns highlighting the signs and symptoms of Type 2 diabetes reaching a national audience of 1.4 million listeners each time.
- Six TV appearances by Diabetes Ireland representatives in the year where living with diabetes was broadly discussed as a serious health issue reaching a combined audience of 4.7 million viewers.
- Diabetes Ireland representatives also participated in 49 radio interviews on diabetes in 2011 reaching a combined audience of 5.8m listeners

- In November 2011, to celebrate World Diabetes Day, Diabetes Ireland ran a radio advert promoting its Diabetes Health Awareness Exhibition reaching a further 1.7m listeners.

Other diabetes related media stories saw journalists contact Diabetes Ireland for clarification and/or further information to supplement their articles. This happened on 82 occasions throughout the year with a mixture of national and medical media seeking help on a wide range of issues.

### **Volunteer of the Year**

There are many well deserving people who work tirelessly to ensure that people living in their locality are given the opportunity to meet, share experiences and learn from each other about living life with diabetes.

The volunteer of the year award, sponsored by Roche Diagnostics, recognises the tireless efforts of volunteers throughout Ireland in supporting, educating and motivating people with diabetes, raising awareness of diabetes in the community and in promoting the interests of people with diabetes.

This year, there were six nominations with the 2011 winner being Sean Harraghy for his work with the Mullingar Branch and at regional and national level over many years.

### **Diabetes Advocacy**

In 2011, Diabetes Ireland through “Diabetes Action” continued to advocate for implementation of new services so that all people with diabetes regardless of where they live would receive the high quality service they deserve.

With Government commitments to develop a national diabetic retinopathy screening programme and a National Footcare programme already secured, the focus was to secure further commitment for the development of paediatric diabetes services.

Following a national advocacy campaign, Diabetes Action succeeded in placing paediatric and adolescent diabetes services on the HSE’s agenda for the first time. Very high levels of engagement were evident from parents from the day of the launch of the advocacy campaign, which also coincided the first day of the newly elected Dáil. This, however, is only the very beginning of a long process of working with the HSE to reorganise and rebalance these services

to provide equitable access to intensive therapies for all young people with diabetes, no matter where they live in Ireland. Through the combined efforts of the diabetes community funding was secured for 2.4 diabetes nurse specialist posts and 1.75 dietetic posts to support the rollout of insulin pump / CSII at hospitals in Cork, Dublin, Limerick and Galway was secured. These were:

<b>Diabetes Nurse Specialist posts planned for the following hospitals:</b>	
Temple Street Children’s Hospital	0.5 posts
Cork University Hospital	0.7 posts
Mid-West Limerick & UCH Galway	1.2 posts (between hospitals)
<b>Dietician posts planned for the following hospitals:</b>	
ANMCH Tallaght	0.5 posts
Temple Street Children’s Hospital	0.5 posts
Mid-West Limerick	0.75 posts

### **Diabetes Research**

2011 saw Diabetes Ireland Research Alliance (DIRA), in partnership with the Juvenile Diabetes Research Foundation continue to raise the profile of diabetes research in Ireland.

Three open research meetings were held in Donegal, Cork and Dublin respectively. More than 400 people attended these meetings and heard updates on research topics from the Diabetes Genes, Autoimmunity and Prevention study (DGAP) to the Artificial Pancreas for children as well as presentations the Psychosocial Factors that impact on people and their families following a diagnosis of diabetes. Feedback on the meetings was very positive with the content and speakers were extremely well received.

DIRA developed a quarterly e-zine which was sent to more than 400 supporters throughout the year. This gave supporters regular updates of current funded research projects, upcoming public meetings and events, fundraisers and ways for supporters to get involved.

DIRA also funded Dr Myles Balfe and his team to undertake a 12 month research project entitled “What factors influence self-care and Quality of Life in young Irish adults (ages 23-30) with Type 1 diabetes?”. This study commenced in September 2011 and up to 40 young adults were invited through Beaumont Hospital and social media networks to participate.

The study will help identify the factors that influence diabetes management/self-care amongst young Irish adults (aged 23-30) with Type 1 diabetes. Young adults in this age range often want to improve their diabetes control, but struggle to do so; identifying what factors hinder these young people from maintaining good diabetes control, will help diabetes teams to assist them in overcoming self-care barriers while promoting factors that enable them to achieve better control and improve quality of life.

### **Lunar Walk 2011**

In Jun 2011, more than 300 people participated in Diabetes Ireland's 30Km night walk through the streets of Dublin raising vital funds for a range of projects and services.

### **HbA1c Media**

In conjunction with Sanofi, Diabetes Ireland ran a "Know Your Numbers" media campaign to promote awareness of an important change to the HbA1c clinical measurement for diabetes.

### **Hypo awareness piece**

As part of its World Diabetes Day message, Diabetes Ireland in partnership with Merck Sharpe, Dohme (MSD) ran an awareness campaign to educate people with Type 2 Diabetes and their families on the symptoms of hypoglycaemia (low blood sugars). A huge component of this was a "Let's Talk Diabetes" supplement which was issued free with the Irish Examiner on World Diabetes Day.

### **Finance**

The latest available annual audited accounts to 30<sup>th</sup> June 2011 show income of €1,343,056 for the 12 month period and expenditure for the same period of €1,350,175, giving an operating loss of €7,119 for the period. But when bank interest was added, a small profit of €6,862 was made for the period. The balance sheet showed a reserve of €774,544 at 30<sup>th</sup> June 2011.

Thirty four per cent of income came from the Health Service Executive to deliver various services and projects while the remaining sixty six per cent was raised through a range of fundraising initiatives.

## Conclusion

Diabetes Ireland continued to deliver key services throughout 2011. The support of members and active volunteers at local community play a vital part in the delivery of services.

The development of the Diabetes Community Footcare Service in the HSE South area was a new and welcome development and is already proving hugely beneficial to many local people who have foot problems.

CODE continued to expand with more people availing of the programme. The value of this and many initiatives can be measured in terms of the increased demand on services, number of people with diabetes who were supported by Diabetes Ireland, the number of people detected early and through the various initiatives the notable increase in the awareness of diabetes among the wider community.

The Diabetes Action Group again proved vital in ensuring that diabetes remains a key priority area for development by the HSE. In particular, the commitment to increase resources for paediatric diabetes care was a key development.

The support of many people who helped raise funds allowed Diabetes Ireland Research Alliance to support a very worthwhile research project which should benefit young adults in the future.

The financial outlook is a concern as it will dictate the level of services provided as it moves into 2012 and beyond. If not, the potential impact of the current economic climate will see a reduction of services.

## Acknowledgements

All the participants and attendees at our events who gave freely of their time to complete the evaluation tools.

Staff, volunteers, Healthcare Professionals and our corporate partners for their support and assistance with our various initiatives and services.

The volunteers of INCA (Institute Numerical Computation and Analysis) for given so freely of their time to assist with the analysis of CODET2 data and their continuing guidance. Diabetes Ireland would like to extend its sincere thanks Professor Denis Fitzgerald, Institute for Numerical Computing and Analysis, Dublin, Ireland for his assistance with the statistical analysis of CODE 2010 data.

Health Service Executive for their financial support



## Corporate partners



AstraZeneca







**WE FIGHT FOR BETTER SERVICES FOR YOU  
WE WANT WHAT'S BEST FOR YOU  
WE EXIST TO SUPPORT YOU**



**[www.diabetes.ie](http://www.diabetes.ie)**

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