

We've been working with young people to transform how local health diabetes services are designed and delivered for their age group.

CLAHRC researchers based at the University of East London worked with local young people to understand the options and barriers they face when given a diagnosis of diabetes and using NHS services.

We recruited a mixed young research team - in terms of age, ethnicity, faith-identities and backgrounds - who worked together over one year to help commissioners and providers better understand and address the options and barriers of delivering a 'perfect' care pathway.

You can see the results of this work in [our latest BITE](#) - a postcard summary of a CLAHRC research paper.

CLAHRC North Thames
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National Institute for
Health Research

CLAHRCBITE

Brokering Innovation Through Evidence

Co-production in practice with young people in delivering a 'perfect' care pathway for diabetes



This BITE looks at the first phase of an applied health research study to co-produce knowledge about the experiences of children and young people using NHS diabetes services in London, England to achieve optimal self-care of their condition.

This applied health study was funded by the National Institute of Health Research (NIHR) in England and a local clinical commissioning group (CCG) responsible for the organization and delivery of NHS services in a socially deprived, ethnically diverse urban locality.

The study was undertaken by the University of East London (UEL) in collaboration with a number of other organizations, including a provider of acute hospital services and a national diabetes charity.

What was the aim of the project?

This study worked together with young patients to transform local health diabetes services.

This BITE considers how young people can help commissioners and providers better understand and address the options and barriers of delivering a 'perfect' care pathway. A mixed research team – in terms of age, ethnicity, faith-identities and backgrounds – worked together over one year to co-produce commissioning guidance. The research findings were intended for use by clinical commissioning groups to support their commissioning of health diabetes services.

Our goal was to work with young people to understand options and barriers they face when given a diagnosis of diabetes, and using NHS services. While our NHS partners can provide the latest medical and academic insights into managing diabetes, young people have first-hand experience - the highs and the lows. Young people can provide inspiration for what would make services better, now and in the future.

This research is funded by the National Institute for Health Research (NIHR) Collaboration for Leadership in Applied Health Research and Care North Thames (CLAHRC North Thames).

This is part of [our wider work](#) to co-design community-based diabetic services responsive to the needs of children and young people