

Clinical care: healthcare delivery and improvement 1

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ENGAGING AND SUPPORTING YOUNG PEOPLE WITH DIABETES FOLLOWING THEIR CLINIC APPOINTMENT USING SELF-WRITTEN INSPIRATIONAL POSTCARDS

Aim: Young people with diabetes may be less motivated to self-care. In an effort to help this, we introduced a scheme whereby young people can write an inspirational postcard at clinic addressed to themselves. This includes one or two points about which they want to focus on in their life or with their diabetes. We evaluated this scheme by asking participating young people for their views.

Method: The inspirational postcards were used with 95 young people with diabetes at three centres over a 4-month period. Participants completed their postcard at the end of their clinic appointment and this was posted to them in an envelope so it was received two to three weeks later. All participants were sent a retrospective survey with their postcard to complete and send back.

Results: Sixty-two participants returned their survey form (65.2% response rate). Of these 62 young people, 52 (83%) would recommend or highly recommend using the postcards with others; 54 (87%) felt more engaged with their diabetes team and 53 (85%) were satisfied or very satisfied to receive their postcard; 46 (74%) felt more motivated to engage with their own diabetes. Forty-three people (69%) were satisfied or very satisfied with the postcard selection.

Conclusion: Self-written inspirational postcards are a simple and effective idea to help motivate young people with diabetes self-cares and the idea was well received by those who participated in our scheme. This could be developed further and shared with others to engage and support those with diabetes and other long term medical conditions.