

‘Getting Sorted: Our Way’

In January 2006, Liz Webster from Carnegie Faculty at Leeds Metropolitan University conducted a scoping exercise for Bradford Teaching PCT to develop and pilot a young person’s Expert Patient Programme (EPP). The work was commissioned by the West Yorkshire Strategic Health Authority and endorsed by the Department of Health. The aim was to develop, implement and evaluate a self care programme for young people aged 12-17 years with Type 1 Diabetes to enable them to manage their condition with confidence and knowledge. The ethos of the project was to actively engage young people at every stage of the research process to enable them to design and deliver a programme. From this, a self care model named ‘Getting Sorted’ was developed. The pilot project was completed in February 2007. Asthma UK funded a further project to test out the transferability of the model with young people with asthma. This project was completed in June 2008. The diabetes project was winner of the Child Health Category, Nursing Times Award 2007. It is also cited on the Diabetes UK website and was described as an ‘*exemplar of good practice*’ in two NHS Yorkshire and the Humber SHA (Y&H SHA) Reports (2008) written in response to the Darzi Review (2007). The project was also cited in the NHS Yorkshire and Humber ‘Healthy Ambitions’ (2008) that sets out the work that has been undertaken to take forward the review established by Lord Darzi. (For further information on ‘Getting Sorted’, see www.leedsmet.ac.uk/gettingsorted).

The ‘Getting Sorted’ programme for diabetes and asthma is a model of self-care that is based on the views of young people with Type 1 diabetes about what impacts on their lives and what they want in a self-care programme. The ethos of the programme is to actively engage young people at every stage and for young facilitators with Type 1 diabetes or asthma to innovatively deliver 5 workshops and develop the programme within the region. The workshops are unique, active, informative and young person centred. They are aligned to current National Drivers relating to the Expert Patient Programme, the key objective being to enable young people to increase their understanding and self manage their diabetes or asthma in ways that suit them, thereby reducing the risk of long term complications. To date, the programme has been delivered in 5 PCTs in Yorkshire and the Humber as part of the SHA Pilot, capturing the views of 100 young people with diabetes. During the SHA pilot workshops have been adapted and developed based on feedback from young people. The intention now is to pilot the asthma workshops in 4 sites in Yorkshire and the Humber and roll out the diabetes ‘Getting Sorted’ Programme across more PCTs in the region and embed it as part of mainstream service provision.

The key outcomes of the workshops are to support young people to increase their understanding of diabetes and learn to manage it in ways that suit them. The outcomes are expressed as 3 key principles:

Self-efficacy: young people should be encouraged to take responsibility for their lives and their condition.

Empowerment: young people should be enabled to develop knowledge, skills, understanding and motivation in relation to their condition.

Engagement: young people should be fully engaged in the process of managing their condition in a pro-active way.

The model is not solely based around the management of the condition, rather it focuses on the impact the condition has on a young person’s life and those around them. It facilitates the development of new strategies and solutions to deal with the issues they may face rather than a reliance on traditional health care approaches to dealing with diabetes. A ‘Getting Sorted’ model aimed at diabetes, which is integrated into mainstream care across the whole region, has the potential to improve outcomes by developing self- management skills amongst young people with diabetes and reduce complications, thereby avoiding diabetes related hospital admissions and unnecessary, as well as costly, treatment.