

2013 Knowledge Transfer Scheme

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Title of research project: A web-delivered physical activity tool to support pre-diabetics to increase their physical activity levels: the 'each step counts tool'

Abstract: Treating diabetes costs the NHS £9bn per year, and this figure is likely to rise as the prevalence of Type 2 diabetes increases. Therefore, the National Institute of Health and Clinical Excellence has prioritised interventions that identify those at high risk of developing diabetes and offer support for behaviour change. The South-Eastern Health and Social Care Trust is currently developing a pre-diabetes programme, and has identified the need for a tool to assist patients in changing their physical activity habits. Promoting increased physical activity is a vital component of this new pre-diabetic service. The aim of the proposed knowledge transfer project will be to translate the findings of previous physical activity research, into a web-delivered physical activity tool for patients with pre-diabetes, to increase their level of physical activity.

To achieve this aim, the objectives of the project are:

- 1) to identify relevant information from published reports of previous pre-diabetes interventions and from the reported experiences of a sample of patients
- 2) to, based on this information, adapt the previous web-delivered physical activity tool to the specific needs of pre-diabetes patients
- 3) to assess barriers patients may face in using this tool using cognitive task analysis
- 4) to implement the tool as part of the South-Eastern pre-diabetes programme
- 5) to evaluate the acceptability and usage patterns of the web-delivered physical activity tool by patients with pre-diabetes
- 6) to better estimate the costs of broader roll-out and maintenance of the tool

Successful knowledge translation will result in a tailored physical activity tool to support patients enrolled in the pre-diabetes programme to increase their physical activity and thus reduce their risk of developing Type 2 diabetes.

This project has the potential to have both regional and national significance as it will demonstrate how research knowledge can be translated to deliver materially different outcomes for patients with pre-diabetes and reduce long-term need for NHS services. The potential of translating the web-delivered physical activity tool to other geographical or clinical areas will be explored towards the end of the project.