

Supporting Kids with Diabetes in Physical Activity (SKIP): Experiences of conducting a feasibility trial in a clinical setting

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III Congreso Internacional en Investigacion y Didactica de la Educacion Fisica, Granada,

15-16th March 2018.

Around 31,500 children and young people (CYP) have diabetes in the UK, the majority having type one diabetes mellitus (T1DM). The peak age for diagnosis of T1DM is between 10 and 14 years and so parents often take prime responsibility over the complex management of the condition, which includes lifestyle changes, blood glucose monitoring and insulin administration. Management of T1DM can become more challenging during adolescence as the young person takes part in more activities independently, requiring them to assume more responsibility over their own diabetes care. Interventions aimed at improving the self-management behaviours of CYP may help to improve diabetes-related health outcomes. It is

crucial that these interventions are thoroughly evaluated to enable replication in future research.

This paper shares insights from the delivery of the SKIP randomised controlled feasibility trial in a clinical setting by exploring the experiences of healthcare practitioners delivering a technology-based intervention called STAK-D with children who have T1DM. Eight healthcare practitioners and seven children (aged 9-12 years) were interviewed. Content analysis identified some challenges experienced by healthcare practitioners involved in delivering the intervention, along with strategies to overcome them, facilitators and barriers to children engaging with the intervention and aspects related to acceptability and feasibility of the intervention for staff and participants. Emergent themes are identified and discussed.

This abstract presents independent research funded by the National Institute for Health Research (NIHR) under its Research for Patient Benefit (RfPB) Programme (Grant Reference Number PB-PG-0215-36024). The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health