

Use of Social Media and Peer Support in Diabetes Care: A Panel from AADE Project Leaders

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- Conflict of Interest (COI) and Financial Relationship Disclosures:
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 - Presenter: Ashley Ng, PhD, APD. No COI to declare. Financial Relationship: Consumer Consultant for Roche Diabetes Care, Australia
 - Presenter: Michelle Litchman. No disclosures to declare
 - Presenter: Hope Warshaw- Common Sensing : No COI to declare. Financial relationship: Consultant / Advisory Board Heartland Food Group Products : Consultant / Advisory Board Lifescan : Consultant / Advisory Board; WellDoc : Consultant / Advisory Board

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Deborah Greenwood

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Objectives

- Identify the concept of co-design when using social media for research
- Discuss the results of a scoping review of online peer support
- Discuss the implications of online peer support for diabetes educators

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What are PWDs Doing Online?

Symposium/Special Issue

What Are PWDs (People With Diabetes) Doing Online? A Netnographic Analysis

Amy Tenderich, MA¹, Burghardt Tenderich, PhD¹, Tanner Burton, MS, CHES¹, and Sarah Elizabeth Richard, BS¹

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Abstract

Background: Social media has become a crucial channel for patient empowerment and peer support. New qualitative research underscores the fact that this "support" transcends medical health concerns, to actually provide patients with important practical tips and tricks for diabetes self-care, and product selection/decision-making information from peers.

Methods: Netnography is an emerging methodology that applies an ethnographic research approach to studying activity on the social web. Researchers embed themselves in the online environment to take an observational "deep dive" into online conversations to identify themes, sentiments, and perceptions. Using this methodology in summer 2017, a team of researchers captured and analyzed hundreds of diabetes-related posts on prominent platforms Facebook, Twitter, YouTube, Instagram, Tumblr, Pinterest, Reddit, and Quora.

Results: Our team identified 6 major trends, or "life themes," in diabetes patient social media, providing insights into patient sentiments and needs. A topology of social media channels emerged, indicating which platforms are used most often for each life theme.

Conclusions: Findings indicate that social media provides a significant source not only of moral support and camaraderie, but also critical education on living with diabetes. Importantly, we observed strong evidence of peer influence on patients' therapy and diabetes technology purchasing decisions.

Keywords

social media, peer support, diabetes online community, patient engagement, patient education, diabetes technology

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What are HCPs Doing Online?

Symposium/Special Issue

What Are Diabetes Patients Versus Health Care Personnel Discussing on Social Media?

Eirik Årsand, PhD, MS^{1,2}, Meghan Bradley, MBA, BS^{1,2}, and Ella Gabarron, PhD, Psych^{1,2}

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Abstract

Background: Use of social media is increasing rapidly, also in health care and diabetes. However, patients, health care personnel, and patient organizations discuss diabetes on social media very differently. This has led to a lack of consensus among those stakeholders communicating about diabetes and a gap in understanding how models of care, social media have a potential for improved communication if each stakeholder group knows about, acknowledges, and accepts one another's perspectives.

Method: We extracted and analyzed posts from three Norwegian Facebook groups representing patients, patients' organizations, and health care personnel. Qualitative content analysis was done to find the distribution of main categories, followed by a thematic analysis of subcategories that were posted and discussed.

Results: The patient organization's posts are the most equally distributed over the four main identified categories: generally correct, health care services, self-management, and diabetes awareness. The clinical practice group's posts were dominated by self-management, the open diabetes network group was dominated by diabetes awareness. The three social media groups differed substantially in when and how they posted and discussed within the main topics. The nurses' open group had percentages over both the most liked and commented posts, and the posts on self-management had the highest average number of comments.

Conclusions: There is a big discrepancy in general information and discussions on social media, between patients, clinical groups, patient organization open group, and health care personnel open group. To reach the aim of using social media for better health, there is a need for more information on when it is posted and discussed in the other groups, to harmonize and ensure safe and accurate dissemination of information.

Keywords

diabetes, Facebook, social media, social networking, thematic analysis, qualitative content analysis

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Facebook for Support

Symposium/Special Issue

Peer Support Through a Diabetes Social Media Community

Valerie Garrity, MPH¹, Ashley Garrity, MPH^{1,2}, Emily Hirtshild, BA¹, Brian Edwards, BS¹, and Joyce M. Lee, MD, MPH^{1,2}

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Abstract

Background: Congress and individuals living with type 1 diabetes (T1D) who are members of CGM in the Cloud, a Facebook group associated with the Nightline Facebook, were interested to learn how the online community provided peer support.

Methods: Conventional qualitative interviews were conducted with caregivers and patients who are part of CGM in the Cloud Facebook group. Interview transcripts were analyzed to identify various themes related to peer support in the online group.

Results: Members of the CGM in the Cloud Facebook group identified peer support through giving and receiving technical, emotional, and moral support, as well as going back to the larger community by paying it forward. Peer support also extended beyond the online forum, connecting people in person, whether they were local or across the country.

Conclusions: An online community can provide many avenues for peer support through emotional and technical support, as well as serve as a tool of empowerment. The community as a whole also had a great impact on bolstered confidence in others as well as those who paid it forward.

Keywords

type 1 diabetes, mobile technology, online community, social media, peer support

Symposium/Special Issue

Are We Ready to Treat Our Diabetes Patients Using Social Media? Yes, We Are

Goran Petrovski, MD, PhD¹ and Marija Zivkovic, MD¹

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Abstract

Aims: The aim of the study was to evaluate Facebook group as possible communication tool to improve glucose control in adolescents and young adults with type 1 diabetes (T1D).

Methods: This retrospective and cross-sectional study included 738 T1D patients (age 10–20) on continuous subcutaneous insulin infusion (CSII) or multiple daily injections (MDI) entered in the online peer support group and glucose sensor or pump from January 2012 to December 2017. Data were collected through the electronic medical record system and cross-sectional analysis (longitudinal, social media, Facebook) was done. Facebook was divided in two groups: all-time member group with 186 patients (based on long medical history) and regular site visits; the former group with 222 patients who had less medical history (Facebook) was also a member of a national closed Facebook group of diabetes. Both sites had 100 members and a history group. Age range: 10–20 years. Patients from the former group were members of the closed Facebook group "Diabetes Revolution" and had an opportunity to interact with sponsors, scientists, and companies in diabetes care. An additional analysis as part of the former group on medical use of Facebook and "like" Average "like" count were compared in both groups.

Results: Each posting from the Facebook group had 1.5 ± 3.3 posts per day (like), was significantly lower in patients from the former group (F1 = 123.34 ± 3.5) (median) compared to patients from the non-member group (F4 = 1.241, 48 ± 1.3) (median).

Conclusions: Social media like Facebook and "like" can be additional communication tool to adolescents and young adults with T1D who are regularly using CSII compared to patients without social media use. CSII patients are more likely to use both social media (Facebook and "like") compared with MDI patients (Facebook only).

Keywords

social media, type 1 diabetes, Facebook, glucose control

Twitter for Research

<p>Diabetes on Twitter: A Sentiment Analysis</p> <p>Ella Guberman, PhD¹, Enrique Domercq, PhD¹, Octavio Rivera-Romero, PhD², and Rafi Wyrin, PhD, PhD^{1*}</p> <p>Abstract Background: Content published on social media has an impact on individuals and on their decision making. Knowing the sentiment toward diabetes is fundamental to understanding the impact that such information could have on people affected with this health condition and their family members. The objective of this study is to analyze the sentiment expressed on messages on diabetes prevention. Methods: Tweets including one of the terms "diabetes," "T1D," and/or "T2D" were extracted for one week using the Twitter standard API. Only the text message and the number of followers of the users were extracted. The sentiment analysis was performed by using SentimentR. Results: A total of 47,421 tweets were automatically extracted, of those 3,714 specifically referred to T1D, and 4,876 specifically mentioned T2D. One or more emojis were included in 73% of the posts. Tweets specifically mentioning T2D and that did not include emojis were significantly more negative than the tweets that included emojis (2.22 vs -1.48, P < .001). Tweets on T1D and that included emojis were both significantly more positive and also less negative than tweets without emojis (1.71 vs 1.49 and -1.31 vs -1.18, respectively, P < .001). The number of followers had a negative association with positive sentiment strength (r = -.033, P < .001) and a positive association with negative sentiment (r = 0.14, P < .001). Conclusion: The use of sentiment analysis techniques on social media could increase our knowledge of how social media impact people with diabetes and their families and could help to improve public health strategies.</p> <p>Keywords: diabetes, sentiment analysis, social media, Twitter, type 1 diabetes, type 2 diabetes</p>	<p>Twitter Analysis of #OpenAPS DIY Artificial Pancreas Technology Use Suggests Improved A1C and Quality of Life</p> <p>Michelle L. Lishchman, PhD, FHR-BC, FAAPM^{1*}, Dana Levin, BA¹, Leah A. Kelly, PhD, RN¹, and Perry H. Ge, PhD, RN^{2*}</p> <p>Abstract Background: Patient-driven innovation in diabetes management has resulted in a group of adults with type 1 diabetes who choose to fund and share knowledge around a form of semi-automated (DIY) open source artificial pancreas systems (OpenAPS). The purpose of this study was to examine Twitter data to understand how patients, caregivers, and care providers perceive OpenAPS, the personal and emotional ramifications of using OpenAPS, and the influence of OpenAPS on daily life. Methods: Qualitative methodology was used to analyze #OpenAPS on Twitter over a one-year period. Results: There were 128 unique caregivers and care providers who generated 1047 tweets. One overarching theme, OpenAPS usage has, and the satisfaction emerged from the use of OpenAPS use suggests self-reported A1C and glucose variability improvements. 53 OpenAPS users were identified for data collection. 35 OpenAPS users provided a rich, 10 quantitative general information related to OpenAPS and its continuing adaptation for their needs. Conclusion: As users of a patient-driven technology, OpenAPS users are self-reporting improved A1C, better glucose levels, and quality of life. Safety features require to individuals with diabetes are provided to be evaluated via OpenAPS of development.</p> <p>Keywords: OpenAPS, artificial pancreas, patient innovation, Twitter, social media, diabetes</p>
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"The most exciting innovation is not just access to information, but access to each other."

Susanna Fox
Former Chief Technology Officer
Huffington Post 2015



<p>Development of the Intercultural Diabetes Online Community Research Council: Codiclags and Social Media Processes</p> <p>Delwiche A. Gonsky, PhD, RN, BC-APC, C, Michelle L. Lishchman, PhD, FHR-BC, CDE, FAAPM, Ashley M. Ng, PhD, MPH, FNP, FNP-C, PhD, Heather M. Truong, PhD, RN, FAAN, PhD, Fan-Ping Kuo, MD, PhD, C-DE, C-DE, BC-DE, Barbara Edwards, MD, PhD, COF, Anna K. Kibala, and Lisa S. Miller, PhD^{1*}</p> <p>Abstract Background: This study describes the formation of a 100% online community research council (CRC) to engage the community-based participatory research (CBPR) in diabetes and health care research. The objective of this study was to describe the formation of the Intercultural Diabetes Online Community Research Council (IDOC) and its processes. Methods: The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. Results: The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. Conclusion: The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project.</p> <p>Keywords: diabetes online community, type 1 diabetes, type 2 diabetes</p>	<h2>Panel Introduction</h2> <p>State of the Science: A Scoping Review and Gap Analysis of Diabetes Online Communities</p> <p>Michelle L. Lishchman, PhD, FHR-BC, FAAPM^{1*}, Heather M. Truong, PhD, RN, FAAN, PhD, Fan-Ping Kuo, MD, PhD, C-DE, C-DE, BC-DE, Barbara Edwards, MD, PhD, COF, Anna K. Kibala, and Lisa S. Miller, PhD^{2*}</p> <p>Abstract Background: Diabetes is a complex disease. Significant engagement in online health communities and long-term health care outcomes is highly dependent on having, having, and higher engagement and awareness of online health communities. The objective of this study was to conduct a scoping review and gap analysis of diabetes online communities. The purpose of this study was to identify the current state of knowledge and research gaps in the area of diabetes online communities. Methods: The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. Results: The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. Conclusion: The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project.</p> <p>Keywords: diabetes online community, type 1 diabetes, type 2 diabetes</p>	<p>Building Bridges Through Collaboration and Consensus: Expanding Awareness and Use of Peer Support and Peer Support Communities Among People With Diabetes, Caregivers, and Health Care Providers</p> <p>Helen Winkler, MPH, MD, COE, BC-ADM^{1*}, and David Estroff^{2*}</p> <p>Abstract Diabetes is a complex disease. Significant engagement in online health communities and long-term health care outcomes is highly dependent on having, having, and higher engagement and awareness of online health communities. The objective of this study was to conduct a scoping review and gap analysis of diabetes online communities. The purpose of this study was to identify the current state of knowledge and research gaps in the area of diabetes online communities. Methods: The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. Results: The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. Conclusion: The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project. The IDOC project is a multi-site, multi-cultural, multi-ethnic, and multi-generational project.</p> <p>Keywords: diabetes online community, type 1 diabetes, type 2 diabetes</p>
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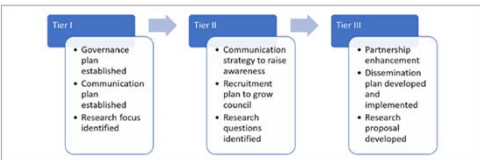
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Identifying the Problem

- Lack of co-design research to support online peer support diabetes communities
- [Patient-Centered Outcomes Research Institute \(PCORI\) Pipeline to Proposal award](#)
 - Three year award
 - Focuses on building partnerships with various key stakeholders within a specific health issue
 - Aims to develop a patient-centered outcomes research proposal

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iDOCr - The Three Tiers



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graph LR
    TierI[Tier I] --> TierII[Tier II]
    TierII --> TierIII[Tier III]
  
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Tier I

- Governance plan established
- Communication plan established
- Research focus identified

Tier II

- Communication strategy to raise awareness
- Recruitment plan to grow council
- Research questions identified

Tier III

- Partnership enhancement
- Dissemination plan developed and implemented
- Research proposal developed

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iDOCr - A Collective Goal

- To partner with people affected by diabetes to identify research priority areas to improve health outcomes aka Community-Based Participatory Research (CBPR)
- Who are our key stakeholders?
 - People with T1D and T2D, caregivers, healthcare providers, researchers, representatives from industry and advocacy groups
 - Resulted in a diverse Community Advisory Board (CAB)
- CAB met quarterly via Google Hangout + 3x in-person at national diabetes meetings (ADA + AADE)

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iDOCr - Community Advisory Board

Table 2. Diverse Community Advisory Board Membership in Tier II.

Organization or group*	Location	Membership	Stakeholders or partners description
T1 Diabetes and B Tu Diabetes (n = 2)	National	Organization	Largest diabetes online communities with over 30,000 English-speaking and 30,000 Spanish-speaking members; education, online peer support, advocacy
Diabetes Sisters (n = 1)	National	Organization	Peer support and education in-person and online focused on women with diabetes, advocacy
Diabetes What to Know (n = 1)	National	Organization	Peer support online, education, T1D focus
Diabetic Connect (n = 1)	National	Organization	Peer support online, education
People living with T2D (n = 3)	State	Individuals	Individuals with T2D
People living with T1D (n = 8)	State	Individuals	Individuals with T1D
People living with T2D not online (n = 2)	State	Individuals	Individuals with T2D who do not use online communities. Their input will balance the information about online peer support.
Caregivers (n = 2)	State	Individuals	Parents of child with T1D
Plan Language Health (n = 1)	National	Organization	Health literacy focus, patient engagement, writing using plain language, and developing plain language consent forms.
Clinicians (n = 2)	State	Individuals	Nurse practitioners managing T1D and T2D with high engagement in DOC
Industry (n = 4)	National	Organization	Medical devices, digital technology, potential funders
Researchers (n = 6)	State	Individuals	Multiple researchers with backgrounds in diabetes, the DOC and research
Health System (n = 2)	Regional	Organization	To manage award and provide potential clinic sites for research
Certified Diabetes Educators (n = 8)	National	Individuals	Certified diabetes educators, both English- and Spanish-speaking

*Some community advisory board members filled multiple roles, total unique members n = 27.

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iDOCr - Informing the Research

- Exploratory research using Tweetchats
 - Learning the concerns and priorities from the diabetes online community
- 2015: #WDDChat15 and #DCDE
 - health outcomes DOC users perceived could improve through participation in the DOC and how individuals with T2D could be encouraged to participate
 - 781 Tweets from 85 individuals analysed
- 2016: #WDDChat16 and #DCDE
 - exploring stigma in diabetes to expand upon Tier I findings
 - 1107 Tweets from 150 individuals analysed

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iDOCr - Tweetchat Findings

[2015] #WDDChat15 + #DCDE	[2016] #WDDChat16 + #DCDE
Improved social connectedness	Judgement around diabetes from others including health care providers
Enhanced sense of wellbeing	PWD feel compelled to educate others about the condition
Empowerment of self-management skills	Productive patient-provider teams are important
Overcoming stigma	
Encouraging health care provider engagement	
Managing barriers	

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iDOCr - The Research Questions

- People with type 2 diabetes
- Hispanic/Spanish speaking population
- Diabetes Technology
- Online peer support

Table 5. Proposed Study Aims and Methods.

Study aim	Method
Aim 1. Evaluate the acceptability and feasibility of an online peer support intervention for flash glucose monitoring use in Hispanics.	We will examine use of and satisfaction with flash glucose sensors, patient acceptance of flash glucose sensors, and dropout rates, including reasons for drop out.
Aim 2. To explore the preliminary efficacy of an online peer support intervention for flash glucose monitoring in Hispanics with type 2 diabetes on time in range.	A non-random, pre-post evaluation of Hispanics (n = 50) recruited from a health center in Utah. Difference in time in range will be compared (average minutes of BG in 70-180 at the end of the study minus average minutes of BG in 70-180 at baseline). Hypothesis: The online peer support intervention will improve time in range.
Aim 3. Explore how Hispanics with type 2 diabetes learn to use flash glucose monitoring while engaged in an online peer support community.	Method: A semistructured interview will be conducted with participants.

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iDOCr - Where to now?

- Leadership team: Deborah Greenwood, Michelle Litchman, Ashley Ng
- Abbott Diabetes Care Grant
 - Combining Flash Glucose Monitoring and Online Peer Support to Improve Outcomes in Hispanic Spanish-Speaking People with Type 2 Diabetes: A Mixed Methods, pre-post design
- Keep up with our research:
 - Website: www.idocrCouncil.com/
 - Facebook: www.facebook.com/idocr/
 - Twitter: <https://twitter.com/IDocr>

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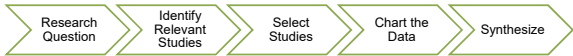
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Goal

Understand the benefits and negative consequences associated with DOC use

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Scoping Review



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Scoping Review



Understand the benefits and negative consequences associated with DOC use

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Scoping Review

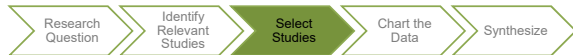


14,483 Articles Screened

Ovid/MEDLINE | EMBASE | CINAHL | PsychINFO
Web of Science | EBSCOhost

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Scoping Review



47 Studies

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Scoping Review



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Users Studied

- 92 countries
- Age 12-82
- T1D
- Females>Males
- White
- Educated

Platforms




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Benefits

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A1C Benefits



<7% **Neutral** **≥7%**

Adults* Pediatrics
 Teens

* [T] DOC Use [T] [T] #AADE19

Psychosocial Benefits

		
Shared Experience	Social Support	Empowerment

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Behavioral Benefits

Motivation Accountability	Self-Care

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Community Building

- Linguistic solidarity
- Multiple platforms
- Altruism

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Negative Consequences

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Help or Harm

- Helpful 38-70% of the time
- Harmful 0.07-1.8% of the time

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Information Quality

- Potentially misleading information 0-9% of the time.

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Risky Behavior

- Alcohol or drug use
- Diabulemia
- Acute issues

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Psychosocial

- Emotional or Hostile Conflict
- Parents

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Privacy

- Private group vs public
- “friends” vs strangers
- Lurking

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Inactivity

- Lack of data

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Gaps

- Lack of DOC definition
- Description of DOC users/platforms
- Multiple DOC platforms
- Methods
- Privacy

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Conclusion

- Most research focused on singular platform
- Lack of diversity
- Beneficial with little harm noted

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 Asheville NC

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Define Ongoing Diabetes Support

“...resources that help the participant implement and sustain the ongoing skills, knowledge, and behavior changes needed to manage their condition.”^{1,2,3}

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 2. Beck J, Greenwood DA, et al. 2017 National standards for diabetes self-management and support. *Diabetes Care*. 2017;40:1409-1419.
 3. AADE. DEAP 2017 National Standards for DSMES interpretive guidance. <https://www.diabeteseducator.org/docs/default-source/practice/deap/2017-interpretive-guidance-cms-corrected-jan2018.pdf?sfvrsn=2>

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Literature Supports Value of Peer Support

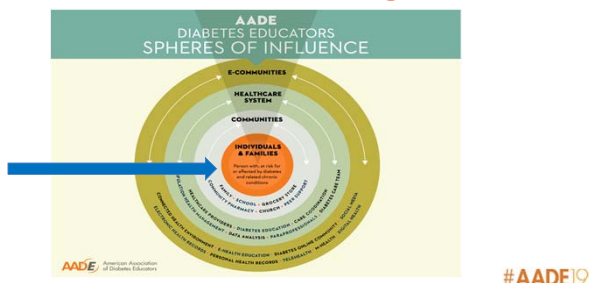
Demonstrates potential to improve outcomes^{1,2}

- ✓ Clinical
- ✓ Self-management behaviors
- ✓ Psychosocial outcomes/quality of life
- ✓ Community

1. Litchman ML, Walker HR, et al. State of the science: A scoping review and gap analysis of diabetes online communities. J Diab Sci Tech. 2019;13(3):466-492.
2. Litchman ML, et al. Online and in-person peer support in diabetes care: a review of reviews and practice recommendations. (in development)

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AADE 2016- 2018 Strategic Plan



The AADE7



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AADE and PSC ~2010 – 2017: Informal and Individual

- Annual conference presentations about DOC, social networking/media, value of peer support
- Increasing number of panels at annual conference with PSC members
- Host a DSMA Live Twitter Chat (2016 – 2018)
- Engage with several PSC on projects that support each other's missions

Warshaw H, Edelman D. Building bridges through collaboration and consensus. J Diab Sci Tech. 2019;13(2):206-212.



Building Bridges Between AADE and PSC

Building Bridges Through Collaboration and Consensus: Expanding Awareness and Use of Peer Support and Peer Support Communities Among People With Diabetes, Caregivers, and Health Care Providers

Hopa Warshaw, PhD, CDE, BC-ADM¹ and David Edelman²

Abstract
Diabetes requires a lot of time, in a complex disease. Successful management to achieve both short- and long-term health goals and outcomes is highly dependent on having, access and regular engagement and education of self-care behaviors. The importance of a person's social network and involvement of professional partners to help in managing medical and psychosocial aspects of the disease is well documented. In this paper, we describe the development, implementation, and evaluation of a peer support program for people with diabetes and their caregivers. The program was developed and implemented in 2010, with the goal of providing peer support, education, and encouragement to people with diabetes and their caregivers. The program was implemented in 2010, with the goal of providing peer support, education, and encouragement to people with diabetes and their caregivers. The program was implemented in 2010, with the goal of providing peer support, education, and encouragement to people with diabetes and their caregivers.

- Covers:
- Addressing positive mental outlook, minimization of psychosocial barriers increasingly important.
 - Availability/accessibility of social media and networking has increased exponentially, will continue.
 - AADE desire to more formally work with diabetes PSC and leaders.
 - Details meeting goals, principles, outcomes, and near future actions.



AADE and PSC: 10/2017

- Meeting preparation
- Hire facilitator
- ~25 people in attendance
 - AADE leaders and engaged members
 - PSC leaders and members
 - AADE staff

Warshaw H, Edelman D. Building bridges through collaboration and consensus. J Diab Sci Tech. 2019;13(2):206-212.



AADE and PSC: 10/2017

Goals:^{1,2}

- ID concrete ways for AADE/diabetes educators and PSC to work together more effectively and in tandem.
- Cross-promote the value of ongoing peer support and DSMES delivered by diabetes educators with recognition that both services are currently underutilized.
- Recognition that ongoing collaboration between the two previously silo-ed entities had potential to lead to new and innovative avenues to support each other's goals.

1. Meeting report: <https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/aa-de-meeting-report.pdf?sfvrsn=4>
 2. Warshaw H, Edelman D. Building bridges through collaboration and consensus. J Diab Sci Tech. 2019;13(2):206-212. #AADE19

AADE and PSC: 10/2017

Consensus meeting outputs:

- Mutually agreed to goals and efforts
- Set of shared principles
- Honest discussion of barriers (aired dirty laundry)
- Developed actions to address barriers
- Formal set of actions for AADE and PSC

1. Meeting report: <https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/aa-de-meeting-report.pdf?sfvrsn=4>
 2. Warshaw H, Edelman D. Building bridges through collaboration and consensus. J Diab Sci Tech. 2019;13(2):206-212. #AADE19

AADE and PSC – Major Actions 2018

Actions post 10/17 meeting

- AADE18 – In-person gathering to recap progress, discuss future opportunities for the collaboration
- Initiate Peer Support section of AADE website¹
- Financial support Litchman et al scoping review (JDST)
- Publication on AADE-PSC collaboration (JDST)
- Add peer support info to AADE's *Core Concepts* course
- Programs at AADE18 on peer support, importance of mental health
- ...more

1. <https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources/peer-support> #AADE19

AADE and PSC – Major Actions 2019

- AADE BOD appoints workgroup under SMRC and develops charges
- AADE19 – In-person gathering to recap progress, discuss future opportunities for the collaboration
- Writing group/publications:
 - Systematic review of reviews on peer support
 - Defining the Domain of Support and the Role of the DE/S in Delivering Support/Promoting Peer Support as part of DSMES
- Survey of DSMES DEAP programs on ongoing support and peer support

#AADE19

Survey Results DSMES DEAP programs on ongoing support and peer support

- (Will need to add in future)

#AADE19

Encourage Engagement with PSC

- Review, use AADE resources (Learn – Connect – Engage)
- Promote peer support for PWD, caregivers
 - Inquire about interest
 - Refer to specific communities based on needs
 - Follow up, ask about engagement
- Invite members of PSC to speak in class, at programs, LNG, CB (AADE staff can be conduit)
- Engage with PSC members at meetings, online (lurk 'n learn)
- Opportunities to gain greater sensitivity, build relationships, raise awareness and importance of value of diabetes educators/DSMES

#AADE19

**Building Bridges Leads to Improved
Diabetes Care and Outcomes**



#AADE19
