

DAWN MIND

- a multinational initiative to Monitor and address Individual psychosocial Needs in people with Diabetes

The DAWN MIND initiative is about Monitoring Individual Needs in Diabetes. The project aims to implement and evaluate monitoring of well-being in diabetes patients, as part of routine diabetes care. The DAWN MIND initiative is networking with leading diabetes clinics to accelerate adoption of psychological needs assessment into routine care. Through networking, DAWN MIND provides a platform for clinics with a common platform to evaluate outcomes as part of an international effort. Additionally, it offers practitioners an exciting opportunity to continually find innovative and effective ways to provide the psychosocial support patients need.

Psychosocial factors play a key role in diabetes management, but the DAWN 2001 Survey* clearly indicated that the psychosocial needs of people with diabetes are often not met. To encourage and promote routine assessment and management of psychosocial well-being in diabetes care, the multinational Monitoring of Individual Needs in Diabetes (MIND) project was initiated, involving diabetes clinics from nine countries across continents.

A holistic approach

The nurse specialist has a prominent role in performing the DAWN MIND assessment. When surveyed, nurses involved with the DAWN MIND project reported a number of key benefits. For example, they found it enabled a holistic approach to treatment involving both medical and psychosocial aspects, and that it was useful in developing a closer and more personal relationship with patients. They also found that it provided solid evidence of current status, flagging up any issues and driving useful discussion around barriers to self-management. Additionally, it promoted discussion of psychosocial needs within the care team.

To encourage the best outcomes, it is recognised that nurses may need to undergo additional training in communication skills to facilitate discussion of the report. Nurses also need to know that their role is not to provide therapy, but to flag up potential issues to the care team, and to know when to refer for additional support. Consequently, a key part of the DAWN MIND initiative is the face-to-face training of team members from all attending clinics in the appropriate way to communicate and deal with psychosocial endpoints.

The initial experience with the DAWN MIND project confirms that monitoring well-being is feasible and appreciated by diabetes professionals without major time or cost burden to the healthcare system. Without this monitoring, patients' psychosocial needs and associated complications are likely to stay unrecognised and untreated.

DAWN MIND Youth

The latest initiative under DAWN MIND is the DAWN MIND Youth project being developed to facilitate the assessment of psychosocial care needs in children and adolescents with diabetes and their families. It is based on the DAWN MIND adult program, which is already being used to good effect in a number of centres throughout the world. The questionnaire used in the DAWN MIND Youth project, the MY-Q, integrates a number of existing psychological assessment scales. Training programmes and a manual are being developed to facilitate its uptake, and pilot clinics will gather important data to inform on its impact. Through this project, it is hoped that standardized assessment of psychosocial needs will become an increasingly common part of paediatric diabetes care.

Fore more information

Visit www.dawnmind.com

* DAWN is a global programme to improve psychosocial support for people with diabetes. The global DAWN programme, conducted in collaboration with the International Diabetes Federation (IDF), is an ongoing advocacy and action programme driven by Novo Nordisk to promote people-centred diabetes care and overcome the psychosocial barriers to effective self-management. The programme began with the DAWN study in 2001, which is the largest global survey ever carried out to uncover diabetes attitudes, wishes and needs.