

Co-designing models of care for Aboriginal and Torres Strait Islander young people diagnosed with type 2 diabetes.

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Background:

Youth-onset type 2 diabetes (YT2D) is an emerging health issue that disparately impacts First Nations communities. This aggressive phenotype of diabetes significantly reduces life expectancy and quality of life. Models of care (MoC) that support age-appropriate, culturally safe healthcare delivery are needed to improve healthcare engagement and individual outcomes. This project aimed to co-design, implement and evaluate enhancements to YT2D MoC for First Nations youth.

Methods:

This mixed-methods study was informed by the principles of co-design and developmental evaluation. Across eight sites over four regions (Far North Queensland, Central Australia, Top End and Kimberley), the project brought together the lived experience of First Nations people with YT2D, their families and communities, and health professionals providing diabetes care. Participants were guided through a structured, yet flexible co-design process to improve existing MoC.

Results:

In total, 37 youth, 54 family and community members and 124 health professionals contributed to the co-design process through 116 workshop activities. The outputs included 33 lived experience, narrative and educational videos focused on breaking YT2D stigma and simplifying diabetes management information. A social media campaign raising awareness of YT2D attracted 112,473 Instagram and 36,625 Facebook visitors. A 13-part webinar and case-study series covering the holistic management of YT2D attracted a national and international audience with over 1,000 registrants. Co-design learnings also informed the development of a framework outlining the key factors contributing to quality of care for First Nations people experiencing YT2D.

Conclusions:

Youth, community, family and health professionals collaboratively identified significant advances to YT2D MoC, which included improving YT2D awareness and reducing stigma through social media, videos to enhance diabetes understanding and educational webinars to increase the clinical skills of health professionals. The principles of care framework offers a holistic approach to support future efforts to enhance engagement and outcomes for YT2D.

Disclosure of Interest Statement:

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