**Presentation title**

Co-designing a digital solution for diabetes distress assessment in general practice

**Background**

Diabetes distress, experienced by up to 40% of people with type 2 diabetes, is the negative emotional response to the burden of living with and managing diabetes. It is associated with sub-optimal glycaemia and diabetes self-management. RACGP diabetes guidelines recommend assessment of diabetes distress

**Aim / Hypothesis**

To co-design a digital health solution to capture Patient Reported Outcome Measures related to diabetes distress during routine type 2 diabetes care in Australian general practice.

**Method**

Three co-design sessions were conducted with general practice staff via the zoom online video-conferencing platform between March and May 2021. The sessions used the iterative design thinking process to design and prototype the solution. Sessions were audio and video recorded via Zoom, and field notes taken. A professional transcription company transcribed de-identified digital audio data. Transcripts from these sessions were reviewed for accuracy and completeness by RM, and analysis was conducted in NVivo 12 Plus using a Framework analysis approach.

**Results**

Five GPs and four general practice nurses (two with diabetes education roles) from Victoria attended the three design sessions. Participants identified that the solution needed to fit with current general practice workflow and electronic medical records. Healthcare professionals wanted their expertise to be acknowledged within the tool’s recommendations and resources. Participants suggested conversational language within the tool to promote its use with people with type 2 diabetes.

**Discussion**

Successful implementation of Patient-Reported Outcome Measures for diabetes distress needs to fit with current models for diabetes care and general practice electronic medical records.

**Conclusion**

Study participants worked to design a clear and straightforward tool using existing general practice software and technology. The resulting PROM-GP tool has recently been piloted in three Victorian general practices.