

EXTOD buddy information



Thank you for expressing an interest in being a buddy for EXTOD buddies. This information sheet explains about EXTOD buddies, what training we will provide and what we will ask you to do.

Background

Exercise is an important part of the management plan in people with Type 1 diabetes. Regular exercise improves physical fitness and strength, reduces risks that are linked to developing heart disease and improves well-being in people with Type 1 diabetes. Based on this evidence, organisations that give advice on managing diabetes recommend that people with Type 1 diabetes should do at least 150 min per week of moderate to vigorous exercise.

Studies have demonstrated that less than 40% of people with Type 1 diabetes participate in regular exercise. Common reasons for not exercising are

- Worry about starting a new sport or starting to exercise for the first time after being diagnosed with Type 1 diabetes
- Not knowing how to adjust insulin dose and diet in order to exercise
- Lack of peer support when doing exercise.

A Peer support programme

Often when we suggest in our clinics that people with Type 1 diabetes should increase or start to exercise, they ask whether we can put them in contact with someone who is doing the sport they wish to start. Similarly, people who want to improve their sporting performance or work out better ways of controlling their blood glucose around exercise are keen to meet other people with Type 1 diabetes who do the sport that they do. Both of these groups feel that it would be helpful to meet up with someone who does the sport they do or wish to do to get some Tips and also, if nervous or new to the sport, to just do the sport with someone else who has Type 1 diabetes. We think it would be helpful to have such a buddy/peer support programme to help fill this need but also to raise the awareness of the variety of sports that people with Type 1 diabetes are involved with.

What is EXTOD buddies?

EXTOD buddies is a peer support programme for people with Type 1 diabetes who want to start or increase their exercise levels or learn more about managing glucose around their chosen sport(s). Each sport will have a patient advocate who, as well as being a buddy (see below) will help us to find other people with Type 1 diabetes within their sports who are willing to be buddies. These advocates will be the first port of call if questions come up with buddies within their sport.

After being vetted and receiving training from us buddies will give advice and be willing to meet up and, if requested, do their chosen sport with people with Type 1 diabetes who contact EXTOD buddies.

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How will EXTOD buddies work?

People with Type 1 diabetes who want help to start or increase their exercise levels or want to learn more about managing glucose around their chosen sport(s) will visit our website. On this website they be able to identify and then contact a buddy in the chosen sport that is geographically close to them. First contact will take place by email and then, if the person would like to meet up or just chat on the phone, arrangements will be made for this to occur. At any point if the buddy feels uncomfortable, they can break off contact.

What will we provide?

We will provide you with up to date information on how to manage glucose around exercise and also train you in using the website. We provide you with contact details of the patient advocate in your sports who will be available to answer any questions you have and also arrange a telephone conference every 6 months with you and the other buddies to discuss how things are going and to solve problems if these come up. We will also provide detailed information and tips on how to manage diabetes for your chosen sport. This information will be housed on our website and will also be downloadable. We will cover all travel expenses to any training days or meeting and will also cover the expenses of the 6 monthly telephone conference calls. We are not able to pay you for being a buddy.

What would we expect from you?

We would ask you to

1. Attend a one-day training day which will be held close to you.
2. Be willing to have an hour phone call with your advocate every 6 months
3. Be willing to attend a one day meeting every 18 months
4. Be willing to advise people and on occasion meet with them to help them to get confident in managing their glucose and doing your sport.
5. Be willing to remain a buddy for 3 years.

What do I do if I want more information?

If you want more information, then please contact Dr Rob Andrews on 01823344986 or by email on R.C.Andrews@exeter.ac.uk and he will arrange a time to talk to you on the phone.

What do I do if I want to become a buddy?

If you are interested in becoming a buddy, please go to the link below and fill out the form. We then get in contact to tell you the next steps.

Link to become a buddy - <https://www.surveymonkey.co.uk/r/VVPST7Z>