

## Will the study benefit me?

Previous studies indicate that people receiving these type of interventions may benefit from greater understanding of their condition, tighter control of blood sugar and blood pressure; weight loss; lifestyle modification; a delay in the onset and progression of diabetic complications; and an improvement in quality of life.



If you would like to know more about this study at any stage, please feel free to contact the study coordinator at the Centre for Eye Research Australia.

### CONTACT US:

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## Partners

The Personalised Eye Consultations study is centrally coordinated by the Centre for Eye Research Australia, University of Melbourne in conjunction with St Vincent's Health and Alfred Health.



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# Have diabetes? Interested in learning more about your eye health?

## Personalised Eye Consultation (PEC) Study Information



Saving sight changing lives

## The PEC study:

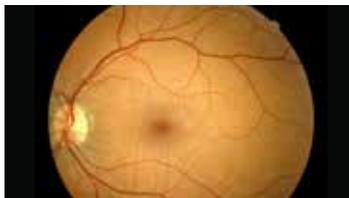
Personalised eye consultations (PEC) to improve outcomes in diabetic retinopathy

### What is the study about?

This research project compares a personalised eye consultation, with and without additional support over the telephone, with the usual care received by patients with diabetes and diabetic eye disease. This new personalised eye consultation has been designed specifically for people with mild to moderate diabetic retinopathy to help enhance understanding about diabetic eye disease and to support people to protect their eye health.

### Who can take part in this study?

To take part in this study you need to have mild-moderate diabetic retinopathy (confirmed by retinal photography) and suboptimal blood sugar levels (confirmed by a blood test).



Healthy eye



Moderate non-proliferative diabetic retinopathy

### What does the study involve?

If you are eligible to participate in this study you will be invited to the Centre for Eye Research Australia (East Melbourne) on four separate occasions over a 12 month period, for the following assessments:

- Have a blood test to check your blood sugar levels and cholesterol
- Have your blood pressure, height, weight and waist measured
- Answer a series of interesting questions about your diabetes and diabetic retinopathy, current diabetes self-care activities, well-being, and satisfaction with current support services for your diabetes
- At the first and last visit you will also have an eye examination (photographs and a scan will be taken of your eyes) and vision test

The total time required at each visit is approximately 1 to 1.5 hours and you will be provided with cash travel reimbursement of \$20.

In addition to this, you may also be randomly selected to attend a face to face personalised eye consultation (PEC) with a trained orthoptist at the Centre for Eye Research Australia in

which you will have the opportunity to discuss your diabetic retinopathy, learn more about your eye health and what you can do to protect your eyes.

Our PEC is designed to motivate and support you in managing your diabetes. Half of those receiving the PEC will also receive 5 follow-up telephone calls within 5 months of the PEC to offer continued support.

### What if I don't want to take part in the study or want to withdraw later?

Participation in this study is entirely voluntary: it is completely up to you whether or not you participate. If you decide not to participate, or choose to withdraw from the study later, it will not affect any treatment you receive now or in the future. Whatever your decision, it will not affect your relationship with the staff caring for you.

### Will anyone else know the results?

All information will remain strictly confidential and only the Study Coordinator at the Centre for Eye Research Australia will have access to your identifiable details.