

# Dr. Carly Whitmore



## TREATMENT | HEALTH SERVICES

### **Project: Improving quality of life and goals of care for people living with diabetes and mental health challenges**

**Thank you for your generosity. Diabetes Canada is grateful to our donors for supporting critical research that will end diabetes.**

Through your support, Dr. Carly Whitmore, registered nurse, certified psychiatric and mental health nurse, and Assistant Professor in the School of Nursing at McMaster University, is bringing us one step closer to improving the quality of life for people with diabetes.

People living with type 2 diabetes must manage the many day-to-day-needs of this chronic condition, which can lead to a number of mental health challenges including anxiety, depression, and diabetes-related distress. Unfortunately, care for people with type 2 diabetes facing mental health challenges is fragmented and spread across different healthcare providers and settings. This makes it difficult to manage and does not support mental health.

Dr. Whitmore's project aims to pave the way for a more connected and effective care approach for people living with type 2 diabetes and mental health challenges.

Her team, working with people with lived diabetes experience, will look at a new way of providing care to help people manage their health and improve their wellbeing, through a focus on quality of life.

In the first research phase, the team will measure the impact of a 12-week program called Technology-Enabled Collaborative Care for Type 2 Diabetes and Mental Health. A health coach, using the phone or web-conferencing, will deliver care for both conditions. This program will be compared to the care people with diabetes currently receive in primary care settings.

In the second phase, Dr. Whitmore will look at the requirements and barriers to the future use of this program, and determine how the program can be delivered to supplement current diabetes care.

This project will help improve the health and wellbeing of those who live with complex health issues.