PLAIN LANGUAGE STATEMENT AND CONSENT FORM

TO: Participant (Registered Nurses and Diabetes Educators)

Plain Language Statement

Date: 05/07/2027

Full Project Title:

Experiences, attitudes, and perceptions of registered nurses and diabetes educators toward insulin management and insulin self-management in hospital settings. And exploring the insulin management among adults with T1DM as inpatients in adult hospitals: Cross-sectional surveys.

Principal Researcher: Dr Monica Peddle

Student Researcher: Pippa Lin

Associate Researcher(s): Dr Virginia Hagger

Project Questions:

1. What are Registered Nurses' and Diabetes Educators' experience, attitudes and perceptions of insulin self-management implemented in adult hospitals?

2. What are the experiences of adults with type 1 diabetes mellitus in adult hospitals of insulin self-management?

3. How is insulin self-management associated with satisfaction with care in adults with type 1 diabetes mellitus during hospitalisation in adult hospitals?

Purpose:

- We are interested in understanding registered nurses and diabetes educators' views and experiences of insulin self-management (ISM) in adult hospitals. In this survey, ISM means that a patient takes an active role in managing their own insulin while in hospital. This may include checking their own glucose levels, deciding on their insulin dose, and giving their own insulin by injection or through an insulin pump.

Who can participate:

You are invited to participate if you are a **registered nurse** or **diabetes educator** currently working in an adult hospital in Australia, in a surgical or medical ward, for at least 2 years, and have experience caring for adults with type 1 diabetes.

What is involved:

- This study involves an online survey consisting of a mix of tick-box and short-answer questions. Your responses will help us better understand how insulin self-management is currently used in adult hospitals across Australia, and what support healthcare staff may need to provide safe and consistent care.
- Participation is entirely voluntary and anonymous.
- **It is expected that the survey will take no longer than 15 minutes to complete.**
- **oAccess to a computer, laptop, or handheld device is required to complete the survey.**

Is it compulsory to participate?

- Taking part in this survey is voluntary. You can stop completing the survey at any time by closing your browser window.
- If you choose not to participate, this will in no way impact your employment or relationship with Deakin University.
- You will be asked to give your consent before commencing the survey by ticking a box to acknowledge your consent. All completed questions will be retained and included. However, you may exit the survey at any point if you do not wish to continue.
- Some survey questions may need to be answered before you can proceed to the next question. You do not have to answer the survey if you do not wish to continue. Howeverall completed questions will be included.
- Once you submit the survey, you will not be able to withdraw your responses. This is because the survey is anonymous, so we will not be able to identify which responses are yours or remove them from the data.
- At the end of the survey, you may choose to provide your contact details if you are interested in being contacted about future research for this PhD. This is optional. Your contact details will be collected separately from your survey responses and stored confidentially in a secure location with access only by the researchers.. You will not be contacted until ethics approval has been received for any future research related to this PhD work. You can decline to take part if you are contacted about a

future study, with no impact to your employment or relationship with Deakin University.

What if I become upset during the survey?

- It is not expected that this survey will cause you to become upset. However, some questions may prompt you to reflect on workplace experiences or patient care situations that may feel uncomfortable or upsetting. If you feel upset or would like support, you are encouraged to speak with someone you trust. This may include your line manager, a trusted colleague, your general practitioner, or your workplace Employee Assistance Program, if available. If you are a nurse or midwife, you may also be able to access free and confidential peer-to-peer counselling through the Nurse Midwife Health Program Australia.
- You can also contact Beyond Blue on 1300 22 4636 for free and confidential mental health support. Beyond Blue is available 24 hours a day, 7 days a week. If you are in immediate danger or need urgent help, please call 000.

What will be done with the results of the survey?

- This research will form part of a PhD thesis project through Deakin University.
- The findings may be shared in several ways, including in a PhD thesis, journal publication, and conference presentations. The researchers plan to submit the study for publication in a nursing journal. Abstracts may also be submitted to relevant diabetes conferences and organisations, such as the Australian Diabetes Educators Association and Australian Diabetes-related committees or conferences.
- The final thesis will be stored in the Deakin University Research Repository, where it may be publicly available.
- Individual participants will not receive personal results from the study. This is because survey responses will be anonymous and analysed as grouped data. Any published or presented findings will report only overall results, and no individual participant will be identified.
- Individual participants will not receive personal results from the study; however, participants can contact the research team by emailing Pippa Lin at pcli@deakin.edu.au for a summary of the results. Alternatively, a link to a differnt survey at the conclusion of the survey will allow you to leave your email address for the researchers to email you the study results. This link will be completely separate from your survey results and cannot be traced back to them.
- All data will be securely stored in the Research Data Planner (RDP) provided by Deakin University.

Who can I contact for further information?

- You can contact Pippa Lin pcli@deakin.edu.au for further details.

Complaints

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may contact:

The Human Research Ethics Office, Deakin University, 221 Burwood Highway, Burwood, Victoria 3125, Telephone: +61 3 9251 7129, research-ethics@deakin.edu.au

Please quote project number **[2026/HE000901].**