Figure 1: Study design

**Practice Recruitment & Patient Identification**

**Patient Screening & Recruitment**

**Baseline**

**Control:** guidelines provided  
**Intervention:** Stepping Up in-practice training

- **Control:** usual care
- **Intervention:** insulin initiation & titration as per Stepping Up protocol

**6 months**

**12 months**

**6 months**

**12 months**

Practice: Consent ≥ 1 GP & ≥ 1 PN  
Patient: T2D, HbA1c ≥ 7.5% in the last 6 months

RA assists practices to screen each potential patient using SET  
PN calls eligible patients to attend practice where study team provide PLS, pathology form & obtain baseline data. Non-consenting eligible patients complete BDQ.  
Aim to recruit 5 patients/practice

Study team notify practices of random allocation & organise training for intervention practices

Patients visit GP (control) or visit PN/GP (Intervention) for initial clinical assessment, insulin initiation if patient agrees and ongoing care.  
Study DNE supports and mentors PN and GP to achieve autonomous practice

Study team mail out pathology form to patients for HbA1c test & upload BGM data from practices. Patients (intervention) to complete 3 day 7 point glucose profile if appropriate.

Study team send follow-up survey & pathology form to patients

Study team notify practices to organise follow-up appointment with patients.

Study team visit practice to collect BG diary & upload BGM

**Legend**

T2D = Type 2 Diabetes  
RA = Research Assistant  
SET = Screening Eligibility Tool  
PLS = Plain Language Statement  
BDQ = Brief Demographic Questionnaire  
BG = Blood Glucose  
BGM = Blood Glucose Meter  
GP = General Practitioner  
PN = Practice Nurse  
DNE = Diabetes Nurse Educator