

NICK CAHM

Meet Nick, our data-driven, award-winning type 1 diabetes campaigner. Nick occupies a different space in the Lab and instead of being part of a team, he acts as a contributor, providing insights and analysis to the other teams. Find out what inspires him and what he's been up to in the Lab so far.



As a person living with type 1 diabetes, Nick finds it rewarding to work with people with all types of diabetes via online support groups, helping them to get access to, and effectively use diabetes technology. This in turn led to a keen interest in analysing the available data on the distribution of the Libre, a flash glucose monitoring device.

Nick's research into the equity of the distribution of diabetes technology was picked up by researcher Gareth Iacobucci and published in their [article for the BMJ in 2018](#), describing an NHS postcode lottery. This ultimately led to the Libre becoming prescribable across much larger portions of the type 1 population.

Whilst this is a brilliant achievement, he acknowledges there's still more work to be done to ensure that this technology is available and accessible to all.

“ There's a real danger that people are going to be left behind because the pace of technology developments are getting faster but not everyone is shifting with that change, and I think deprivation may be a contributing factor. ”

Since joining the Lab, Nick's fulfilled a number of different roles, assisting the other teams with data collection and analysis, acting as an idea sense-checker and identifying similarities in the work across teams to enable collaboration. Through his work, some of our teams have been able to pinpoint geographical areas and populations with the highest levels of variation in accessing and engaging with health services. Evidencing the need for health interventions is particularly important when working within the NHS, as justification for funding needs to be provided. So, Nick's contribution could prove invaluable to the other teams when they eventually leave the Lab and seek other funding.

We're looking forward to hearing how Nick gets on and will keep you updated here and on Twitter, (@DiabetesUKProf).