

Abstract

Purpose: The purpose of this project is to integrate the Readiness of Emerging Adults with Diabetes Diagnosed in Youth (READDY) tool into a transition of care curriculum, because addressing transition readiness may facilitate successful transitions of adolescents and young adults with type 1 diabetes (T1DM).

Methods: A single-arm pilot design at a Mid-Atlantic urban outpatient pediatric endocrinology center was utilized. Certified Diabetes Care and Education Specialists (CDCES) delivered the READDY to adolescents and young adults with T1DM at annual routine clinic visits over a 12-week period. Analysis of provider adherence and READDY confidence scores were conducted with non-parametric testing and exploratory analysis.

Results: In this first introduction of utilizing a transition readiness tool, eight patients completed READDY assessments. Two main themes emerged: mid-level provider did not participate in any READDY conducted visits, and low confidence level scores were associated with risk behaviors (alcohol, tobacco, sexual health) and navigating communication with healthcare system disciplines.

Conclusions: Transition of care from pediatric to adult providers is a critical time for adolescents and young adults with T1DM. The READDY tool demonstrated clinical significance and emphasized gaps in counseling surrounding risk-taking behaviors and healthcare navigation. These results reinforce an opportunity to develop interventions and anticipatory guidance surrounding these topics for adolescents and young adults with T1DM to improve successful care transitions and reduce adverse health consequences.

Keywords: type 1 diabetes, young adults, adolescents, READDY, transition readiness, transition of care