

Get READDY: Successful Transition for Adolescents and Young Adults with Type 1 Diabetes

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Background

- Unplanned transition and coordination leads to disengagement, poor glycemic control, and psychosocial distress.
- 46% of young adults with T1DM report difficulties with transition¹.
- Transition readiness assessment tools are critical to successful transition for this population.



Purpose & Aims

Purpose: To integrate the Readiness of Emerging Adults with Diabetes Diagnosed in Youth (READDY) tool into a transition of care curriculum. Addressing transition readiness may facilitate successful transitions of adolescents and young adults with T1DM.

- **Aim 1:** Implement the READDY tool at a pediatric endocrine outpatient center via paper/pencil copy.
- **Aim 2:** Measure healthcare provider adherence of READDY tool at annual routine clinic visits for patients > 15-years-old.
- **Aim 3:** Analyze patient responses of READDY tool to assess transition themes.

Methods

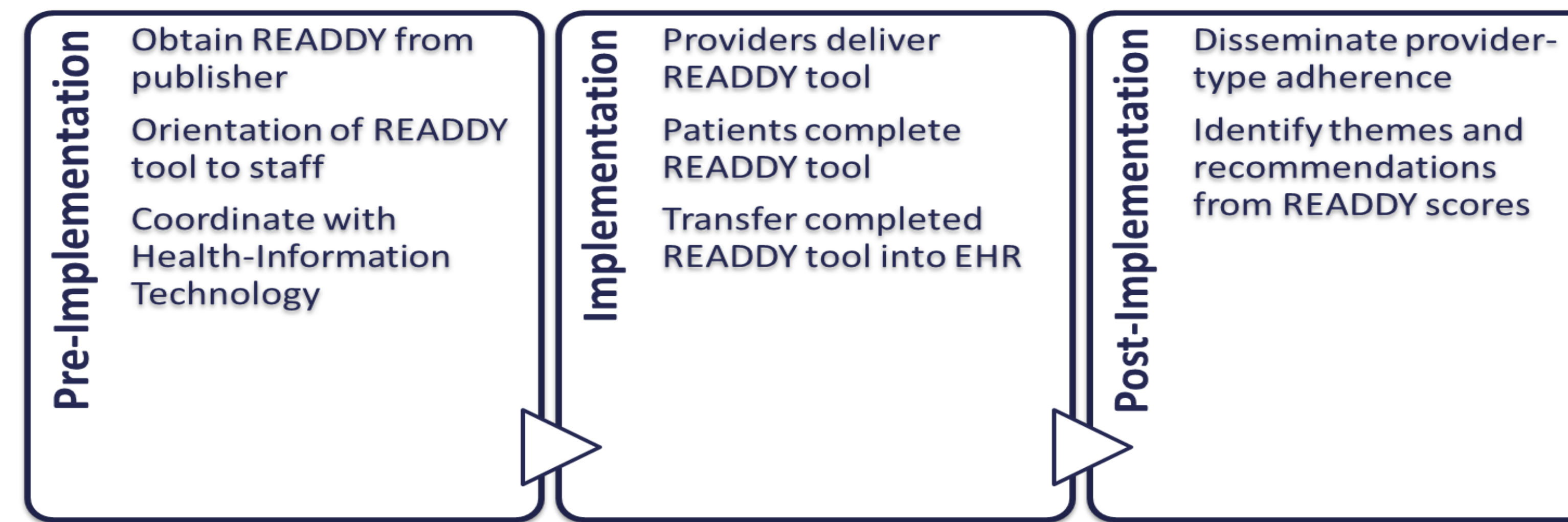
Design: Single-arm pilot design over a 12-week period.

Setting: Mid-Atlantic urban outpatient pediatric endocrinology center.

Sample: 2 convenience samples

- Healthcare providers and CDCES
- Patients > 15 y.o. with primary diagnosis of T1DM, and duration of diabetes > 6months

Intervention



Results

Table 1: Provider Type and READDY Completion

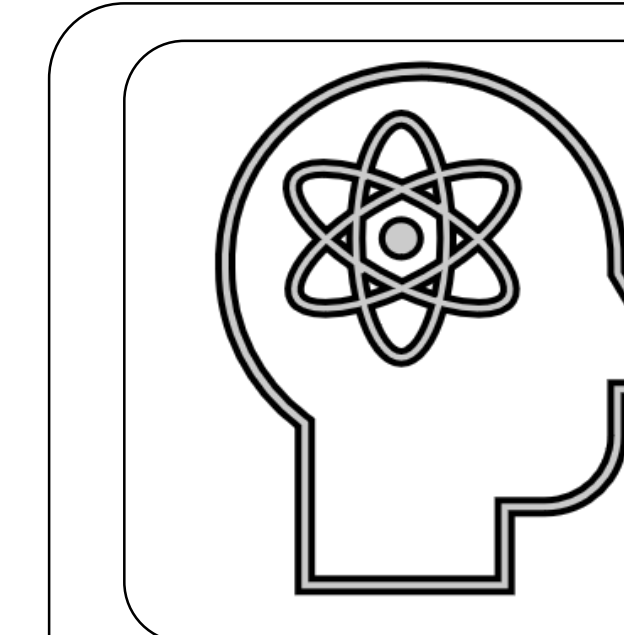
Provider Type	READDY Completed		
	No	Yes	Total
MD	13	8	21
NP/PA	10	0	10
Total	23	8	31

Table 2: Low Level Score Association by Item

Item Description	1 = "Haven't thought about it" (%)	2 = "I plan to start" (%)	3 = "No, I still need lots of practice" (%)	Total (%)
Describe three long term problems that might come from high HbA1c	--	--	25.0	25.0
Tell someone how alcohol effects blood glucose	12.5	--	12.5	25.0
Explain long-term impact of tobacco on heart health in people with diabetes	12.5	--	25.0	37.5
Explain the impact of diabetes on sexual health/function	14.3	14.3	42.9	71.4
Explain the impact of glucose control before and during pregnancy (female patients)	16.7	16.7	33.3	66.7
List examples of tests done in routine visits to identify or prevent complications of diabetes	12.5	--	12.5	25.0
Arrange for transportation to medical appointments	12.5	12.5	--	25.0
Answer questions about my family medical history	--	--	37.5	37.5
Call the office for treatment advice	12.5	--	25.0	37.5
Have medical insurance or speak to a social worker or financial counselor about getting coverage	12.5	--	50.0	62.5
Call my insurance company and ask about my coverage for supplies and medicines	25.0	--	37.5	75.0
Refill a prescription at the pharmacy	12.5	--	12.5	25.0
Test my basal rate with coaching from my medical team	--	--	33.3	33.3
Call the pump company help line if insulin pump is not functioning properly*	--	--	33.3	33.3

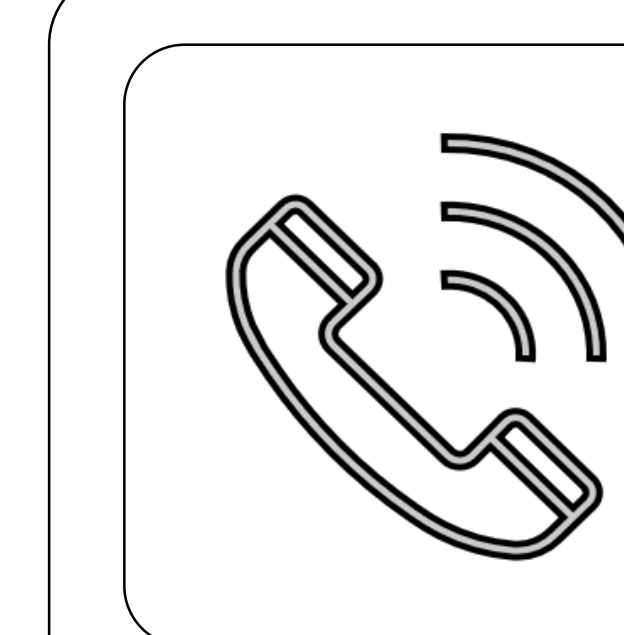
Summary & Conclusion

- Of the eight eligible participants who completed the READDY, 84% of self-reported confidence levels were high.
- 30.4% of the 46 items demonstrated >20% cumulative low-level scores by the READDY (Table 2).
 - Low levels of confidence in items assessing diabetes knowledge and navigation:



Knowledge

- Tobacco's influence on heart health and diabetes
- Sexual health
- Impact of diabetes on pregnancy



Navigation

- Calling the office for advice
- Communicating with social workers or financial counselors, insurance companies, pharmacies, and insulin pump companies

- There was poor adherence among the NP/PA position (Table 1).

Implications for Practice

- The READDY tool demonstrated clinical utility in identifying larger gaps as it relates to knowledge of diagnosis and navigation.
- Integrating the READDY tool into the EHR and MyChart will encourage sustainability and feasibility.
- Consider introducing the READDY tool at the initial adult visit.

Dissemination

- Plans to integrate the READDY tool into the EHR and MyChart
- Presentation of findings to the local adult endocrinology providers
- Manuscript pending submission to *The Science of Diabetes Management and Self-Care*