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 transition.
- Transition readiness assessment tools are critical to successful transition.

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 > 6 months

Intervention
- Obtain READDY from publisher
- Orientation of READDY tool to staff
- Coordinate with Health-Information Technology
- Providers deliver READDY tool
- Patients complete READDY tool
- Transfer completed READDY tool into EHR

Results
- The READDY tool demonstrated clinical utility in identifying larger gaps in knowledge and navigation.
- 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).

Summary & Conclusion
- Low levels of confidence in items assessing diabetes knowledge and navigation:
  - Tobacco's influence on heart health and diabetes
  - Sexual health
  - Impact of diabetes on pregnancy

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

See Reference List