

Nemours Diabetes Transition Program - Building up Independent Lives for Teens (BUILT)

How does the program work?



What to expect at the **Enrollment Visit** with your Clinical Nurse Specialist (APRN)?

- An overview of the program will be reviewed.
- READDY survey - Readiness Survey for Transition will be completed with young adult and APRN together. There are 4 parts that will be assessed:
 - Facts about diabetes (Knowledge)
 - Taking care of diabetes on my own (Navigation)
 - Diabetes Management (Health Behaviors)
 - Insulin Management/MDI/Pumping (Medication)
- Open-ended questions on diabetes distress/burnout
- Opportunity to develop personal goals towards transition to adult care.


Follow-Up Visits


- An individualized plan will be developed with the young adult. # of visits vary.


Below are examples of topics covered at each level. Not all levels are sequential or need to be completed and will be individualized.

Diabetes Tune-Up Level 1	
1. Identify hyperglycemia and understand ketones and how to check for them.	
2. Diabetes kit: Essential items.	
3. Chronic highs: Understand potential complications.	
4. Review basic carb counting.	
5. Hypoglycemia: Understand the causes, symptoms, and treatment.	
6. Understand that insulin is going to be part of your daily life -even when you are sick.	
7. Understand basal vs. bolus insulin types and the importance of each.	
8. Sports & exercise: Understand the effect on your blood sugar levels and insulin sensitivity.	
Diabetes Tune-Up Level 2	
1. Importance of glucagon and being able to teach others.	
2. Overnight trips and parties.	
3. Travel (supplies and planning).	
4. Understand the impact of diabetes on driving and the importance of checking blood sugar levels prior to driving.	
5. Diabetes considerations at school, when eating out with friends, and other special occasions.	
6. Understand how an illness like a cold or flu can affect your body and blood sugar.	
7. Prevention of illness (e.g. flu shots)	

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Diabetes Tune-Up Level 3	
1. Diabetes Burnout & Stress - Learn coping strategies.	
2. sick day review.	
3. How to handle dining hall and food choices on your own.	
4. Diabetes and dating tips and tricks.	
5. Diabetes impact on intimacy and Pregnancy.	
6. Drugs, alcohol, and smoking.	
7. Future complications - motivation to keep you healthy.	
8. Think about the impact college, work, and career choices have on diabetes management.	

Diabetes Tune-Up Level 4	
1. I am almost 18... Now what? What exactly does that mean?	
2. Importance of having a medical ID on you & on smartphones.	
3. Things to have when living on your own (supplies, sharps, kit, etc.).	
4. Sick-day living on your own – family support from afar.	
5. Prescription and insurance basics and choices.	
6. College or Career: After high school choices and decisions.	
7. Testing and accommodations reminders.	
8. What to expect when moving to an adult endocrinologist.	
9. Long-term complications of diabetes.	

Top 10 Patient Transition Goals	
<p>1. Three-sentence summary:</p> <ul style="list-style-type: none"> ○ WHAT IS IT? A statement to describe my medical diagnoses and to review my questions and treatment goals with my providers. ○ HOW DO I USE IT? <ul style="list-style-type: none"> ▪ <u>Sentence 1</u>: My age, diagnosis, and brief medical history. ▪ <u>Sentence 2</u>: My treatment plans. ▪ <u>Sentence 3</u>: My question/concern to talk about during the visit. ○ EXAMPLE "Hi, my name is Patrick Star." <ul style="list-style-type: none"> ▪ I am 17 and have type 1 diabetes. I have been hospitalized once for DKA, but not in the past 2 years. I was diagnosed when I was 14. ▪ I have used a Dexcom and Omnipod since I was 15. 	

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<ul style="list-style-type: none"> ▪ I am here today because I keep running low when I play sports and can't seem to fix it. 	
<p>2. Medical history and condition:</p> <ul style="list-style-type: none"> ○ Be able to describe my medical condition and care I have needed. ○ Ask for help: When to tell others how to help me with my medical problems when needed. 	
<p>3. Medications:</p> <ul style="list-style-type: none"> ○ Provide a list to any outside providers, school nurse, and college campus health clinic. ○ Take them independently. ○ Prescription refills: Order them by myself. 	
<p>4. Paying for my health care</p> <ul style="list-style-type: none"> ○ Insurance card: Keep copies of my medical and dental cards in my wallet. ○ Insurance changes: Talk with the medical team about any changes to my insurance. ○ Prescription assistance: Work with the staff if I have no medical insurance coverage or need help with copays. ○ Make an appointment with a financial counselor. 	
<p>5. Emergency care and asking for help:</p> <ul style="list-style-type: none"> ○ Knowing when to ask for help when I have medical problems. ○ Recognize and tell others when my health problem requires emergency care. ○ Need medical care: Can tell my family or other adults when I am sick enough to contact my medical team. 	
<p>6. Contact information/insurance:</p> <ul style="list-style-type: none"> ○ Keep insurance card and list of medical providers in phone/wallet. ○ Wallet or cell phone: Keep a list of important numbers and medications in my wallet or cell phone. 	
<p>7. When you turn 18</p> <ul style="list-style-type: none"> ○ Patient portal: Enroll in portal and explore. ○ Schedule appointment with financial advocate. ○ Release of information: Signing a form to allow parents/adult caregivers to access my records. 	
<p>8. Transfer of care to an adult provider:</p> <ul style="list-style-type: none"> ○ Work with PCP and insurance to find and contact a new adult endocrinologist. ○ Transfer care orders: For home health, medical equipment, and supplies. ○ Mental health provider: Discuss plan for transition to an adult mental health provider. 	

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<p>Transportation: Can schedule transportation to my medical appointment by myself or drive myself.</p> <ul style="list-style-type: none"> ○ Transition plan: Create plan with the medical and/or mental health team. Communicate to all the medical teams. 	
<p>9. Life in high school:</p> <ul style="list-style-type: none"> ○ School counselor: Work with my school counselor to learn about vocational programs, college, or job opportunities. ○ Peer mentor: Talk with someone/mentor (JDRC). 	
<p>10. Life after high school - Diabetes self-management skills:</p> <ul style="list-style-type: none"> ○ Review self-care issues and how to live a healthy lifestyle with diabetes. ○ Medication schedules & self-monitoring of blood glucose. ○ Meal planning, carb counting, etc. ○ Physical activity routine and its effects on blood glucose. ○ Crisis prevention-management of hypoglycemia, hyperglycemia, and sick days. ○ Need for wearing/carrying diabetes identification. ○ Care of the feet; Oral/dental care; Need for vision and eye exams; Immunizations. ○ Alcohol, drugs and tobacco: Explain how these could affect diabetes and how to engage in these responsibly if choosing to use substances. ○ Staying current with the latest diabetes care practice and technology. 	