

# T1D Exchange Quality Improvement Collaborative Health Care Transition Workgroup

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## Objectives

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- Review plan to use Got Transition's Six Core Elements of health care transition (HCT) to guide T1DX-QI HCT efforts
- Define "Transition Readiness" core element for pediatric diabetes care
- Review T1DX-QI annual survey data on core element #3 for pediatric diabetes care
- Share successes and challenges with assessing and improving HCT readiness in emerging adults

# Six Core Elements of Health Care Transition

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## Incorporating the Six Core Elements of Health Care Transition in Type 1 Diabetes Care for Emerging Adults

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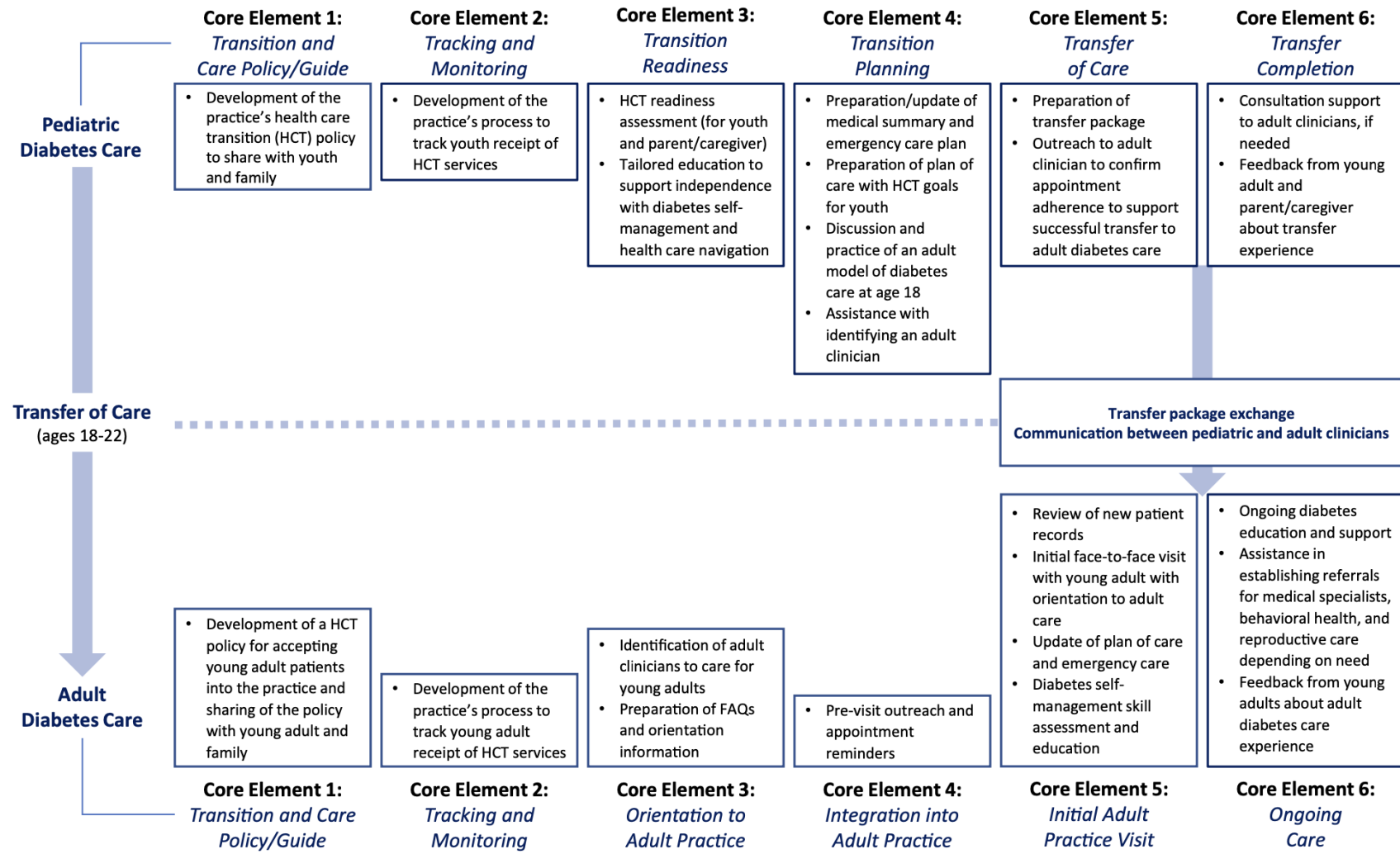
### KEYWORDS

• Type 1 diabetes • Adolescents • Young adults • Health care transition

### KEY POINTS

- Implementation of a structured transition process can support improved patient health and societal outcomes for emerging adults with type 1 diabetes.
- Pediatric diabetes providers play a critical role in supporting health care transition planning and successful transfer to adult diabetes care.
- Effective transition to adult care requires active involvement from adult diabetes providers to plan for incorporation of emerging adults into their practice.

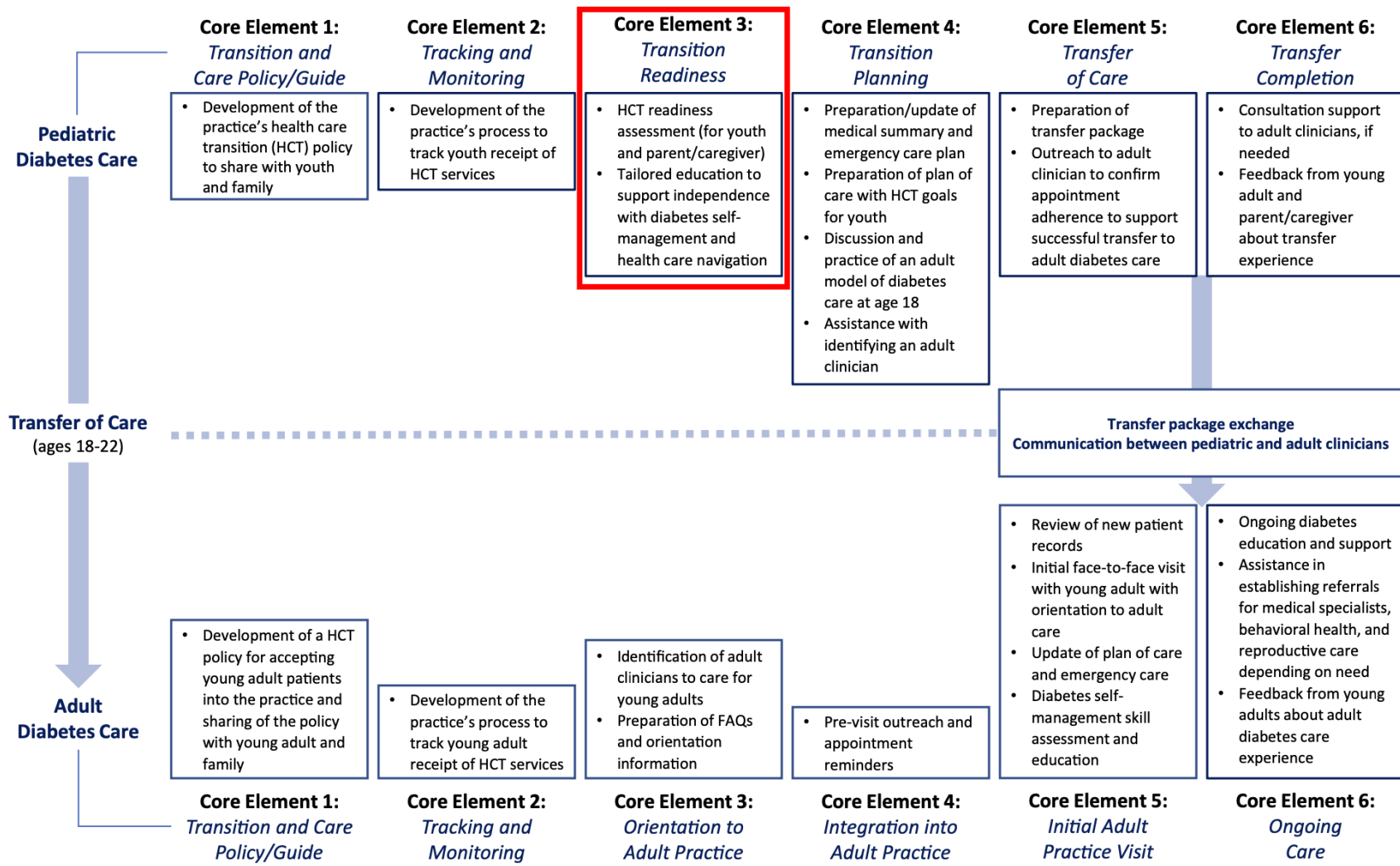
# Six Core Elements for Pediatric and Adult Diabetes Care



Malik et al

Fig. 1. Six Core Elements of health care transition for pediatric and adult diabetes practices. (The Six Core Elements of Health Care Transition™ are the copyright of Got Transition®. This version of the Six Core Elements has been modified and is used with permission.)

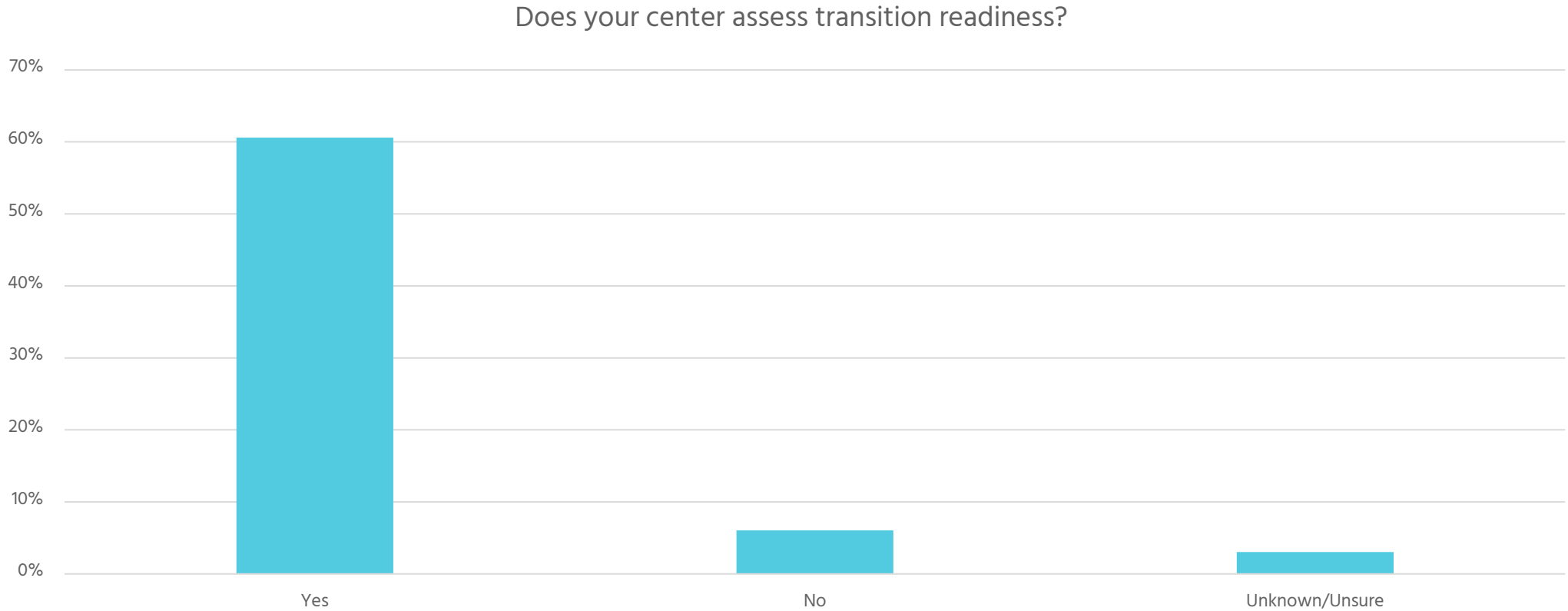
# Six Core Elements for Pediatric and Adult Diabetes Care



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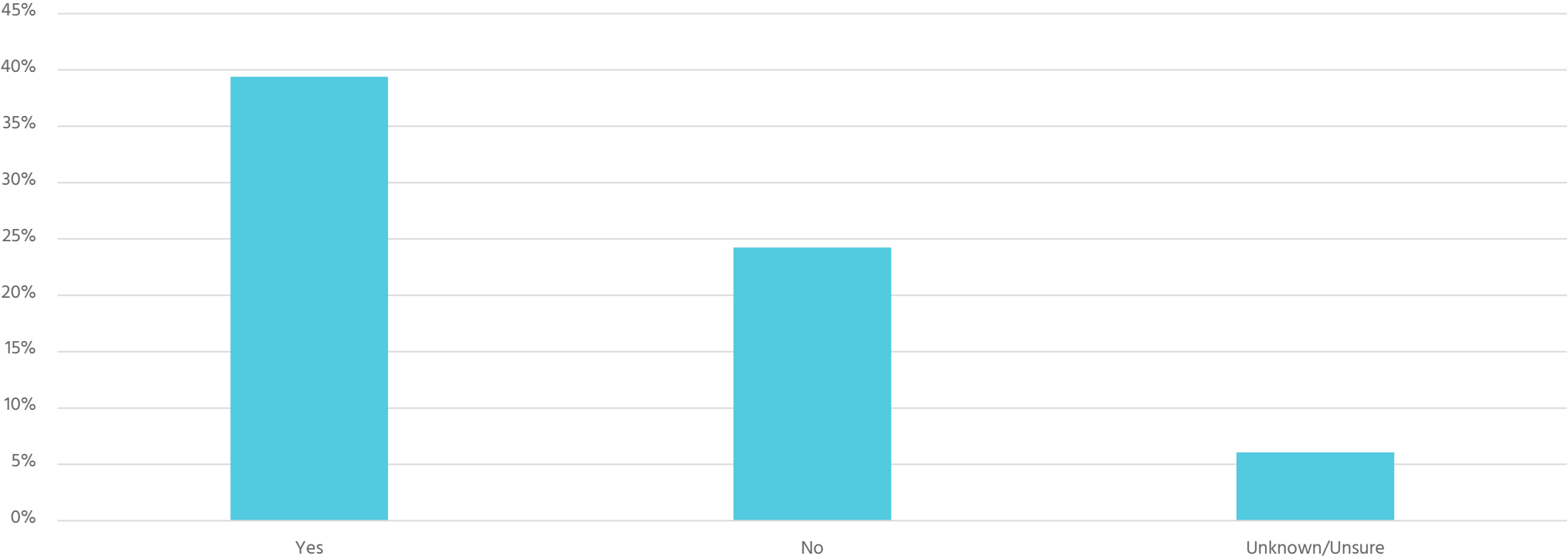
Fig. 1. Six Core Elements of health care transition for pediatric and adult diabetes practices. (The Six Core Elements of Health Care Transition™ are the copyright of Got Transition®. This version of the Six Core Elements has been modified and is used with permission.)

# A little over 60% of pediatric centers assess transition readiness.



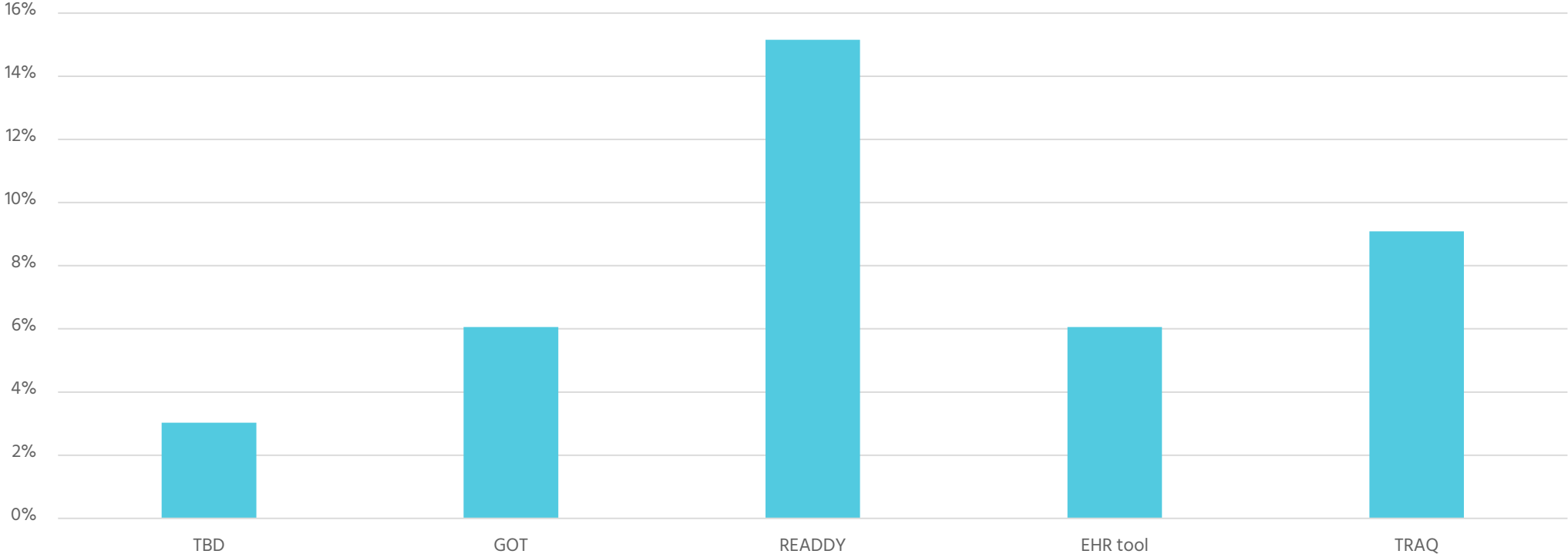
# Less than 40% of pediatric centers utilize a transition readiness tool/questionnaire.

Does your center use a questionnaire/tool to assess transition readiness (e.g., READDY, TRAQ)?



# READDY is the most used transition readiness tool.

Please share the name of the questionnaire/tool your center uses





# Pediatric Care | Core Element #3: Transition Readiness

## READDY Transition to Adult Type 1 Diabetes Care How ready are you?

Transition Readiness assessment for **Emerging Adults with Diabetes Diagnosed in Youth**

Listed below are some knowledge and skills that are useful in keeping you healthy with diabetes over your lifetime. This is not a test. There are not right or wrong answers. Please try to answer honestly. Be sure to ask your provider if you need more help in any of these areas.

<b>Knowing the facts about diabetes (Knowledge)</b> <b>I am able to:</b>	Yes, I can do this	Somewhat, but I need a little practice	No, I still need lots of practice	I plan to start	Haven't thought about it
Describe diabetes in my own words					
Explain what Hemoglobin A1c (HbA1c) measures					
Recall my most recent HbA1c					
State my target HbA1c					
Understand my current health status					
Describe three long-term problems that might come from high HbA1c					
Teach a friend or roommate about signs of hypoglycemia					
Teach a friend or roommate about treatment of hypoglycemia, including use of Glucagon					
Tell someone how alcohol effects blood glucose					
Explain long-term impact of tobacco on heart health in people with diabetes					
Explain the impact of diabetes on sexual health/function					
Explain the impact of glucose control before and during pregnancy (female patients)					
List examples of tests done in routine visits to identify or prevent complications of diabetes					

# Pediatric Care | Core Element #3: Transition Readiness

## READDY How ready Transition Ready

### Taking care of diabetes on my own (Navigation)

#### I am able to:

- Arrange for transportation to medical appointments
- Ask questions of the medical team during my clinic visit
- Answer questions about my own past health history
- Answer questions about my family medical history
- Call the office for treatment advice
- Have medical insurance or speak to a social worker or financial counselor about getting coverage
- Call my insurance company and ask about my coverage for supplies and medicines
- Refill a prescription at the pharmacy
- Seek emotional support as needed (family, friends, online community, religious services, social worker, support group, therapist, etc.)
- Identify a hospital for emergency care
- Identify a primary care provider (one main health care provider I see for all my medical needs other than diabetes)
- Contact prospective schools and employers for disability accommodations (if necessary)
- Find out accurate information about diabetes (through support groups, websites, ADA, JDRF, etc.)

Yes,  
I can do this

Somewhat,  
but I need a  
little practice

No, I still  
needs lots  
of practice

I plan  
to start

Haven't  
thought  
about it

Listed below are so  
not right or wrong :

#### Knowing the facts I am able to:

- Describe diabetes in
- Explain what Hemog
- Recall my most rece
- State my target HbA
- Understand my curr
- Describe three long-
- Teach a friend or roc
- Teach a friend or roc  
Glucagon
- Tell someone how al
- Explain long-term irr
- Explain the impact o
- Explain the impact o
- List examples of test  
diabetes

# Pediatric Care | Core Element #3: Transition Readiness

## REDDY Transition Readiness Assessment

### How ready are you for transition?

Listed below are some questions that may not be right or wrong answers. Please try to answer questions to the best of your ability.

#### Knowing the facts about diabetes (Knowing the facts about diabetes)

##### I am able to:

Describe diabetes in my own words

Explain what Hemoglobin A1c (HbA1c) means

Recall my most recent HbA1c

State my target HbA1c

Understand my current medications

Describe three long-term problems that may affect my health

Teach a friend or roommate about diabetes

Teach a friend or roommate about treatment (e.g., Glucagon)

Tell someone how alcohol affects my diabetes

Explain long-term impact of tobacco on my health

Explain the impact of diabetes on sexual health (if necessary)

Explain the impact of glucose control before driving

List examples of tests done in routine visits

List examples of tests done in routine visits

List examples of tests done in routine visits

#### Insulin/diabetes management skills (Insulin Management)

##### I am able to:

Give my own insulin with a syringe, pen or pump

Determine my insulin dose according to my blood glucose

Determine my insulin dose according to what I am eating

Adjust my insulin doses according to my blood glucose patterns over time

#### Diabetes management (Health Behaviors)

##### I am able to:

Count carbohydrates and know where to look for carb information

Test blood glucose before each meal and when having symptoms of low glucose values

Perform diabetes care (take insulin, check blood glucose) in front of peers, friends, co-workers or in public when necessary

Notice differences in my health, such as weight change or illness

Manage my diabetes during illness, including when to call my provider

Respond to positive ketones

Describe strategies to prevent low and high blood glucose levels when exercising

Manage my diabetes safely when driving (e.g., check blood glucose before driving, treat high or low blood glucose values)

Describe safe sex practices

Yes, I can do this

Somewhat, but I need a little practice

No, I still need lots of practice

I plan to start

Haven't thought about it

Yes, I can do this

Somewhat, but I need a little practice

No, I still need lots of practice

I plan to start

Haven't thought about it

# Pediatric Care | Core Element #3: Transition Readiness

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- Discussion questions

# Pediatric Care | Core Element #3: Transition Readiness



9/13/23 >

12/13/23 >

4/18/24 >

## Patient Reported Outcomes

<b>SUICIDE &amp; DEPRESSION SCREENING</b> <b>PHQ-9 (Patient Health Questionnaire -9)</b>	PHQ-9 Question #9	Not at all	Not at all	Not at all
	PHQ-9 Severity Score	10 !!	7 !	3
<b>DIABETES DISTRESS SCREENING</b> <b>PAID-T (Problem Area in Diabetes - Teen version)</b>	PAID Total Score	54 (BPA) !!	50 (BPA) !!	27
<b>DISORDERED EATING BEHAVIORS SCREENING</b> <b>DEPS-R (Disordered Eating Problem Survey - Revised)</b>	DEPS-R Total Score	28 !!	36 !!	19 !
<b>GENERALIZED ANXIETY SCREENING</b> <b>GAD-7 (Generalized Anxiety Disorder - 7)</b>	GAD-7 Severity Score	6	10	2
<b>DIABETES TRANSITION READINESS ASSESSMENT</b> <b>READDY (Readiness Assessment of Emerging Adults with Type 1 Diabetes in Youth)</b>	READDY Knowledge Score Type 1	2.75	3.83	3.25
	READDY Navigation Score Type 1	3.54	3.08	3.85
	READDY Health Behavior Score Type 1	4.89	4.67	5
	READDY Insulin Pump Score Type 1	Incomplete	Incomplete	Incomplete