

# Diabetes Autonomy Milestones: Final Report

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## Background

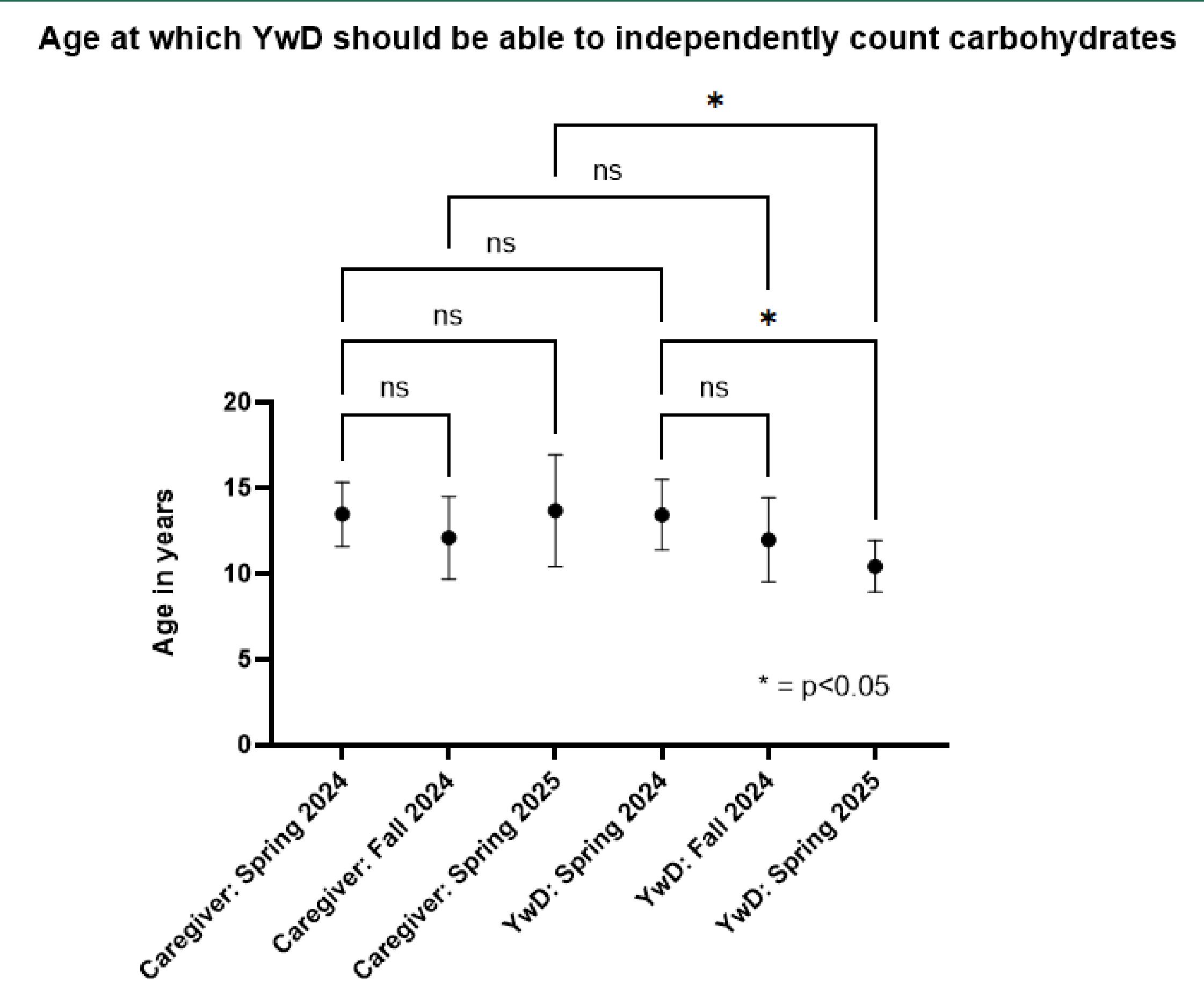
- Age related milestone education for diabetes self-management is frequently **reactive**.
- We aimed to assess changes in perceptions and expectations among caregivers and youth with diabetes (YwD) following initiatives to standardize age-related milestones education

## Methods

IRB-exempt quality improvement project

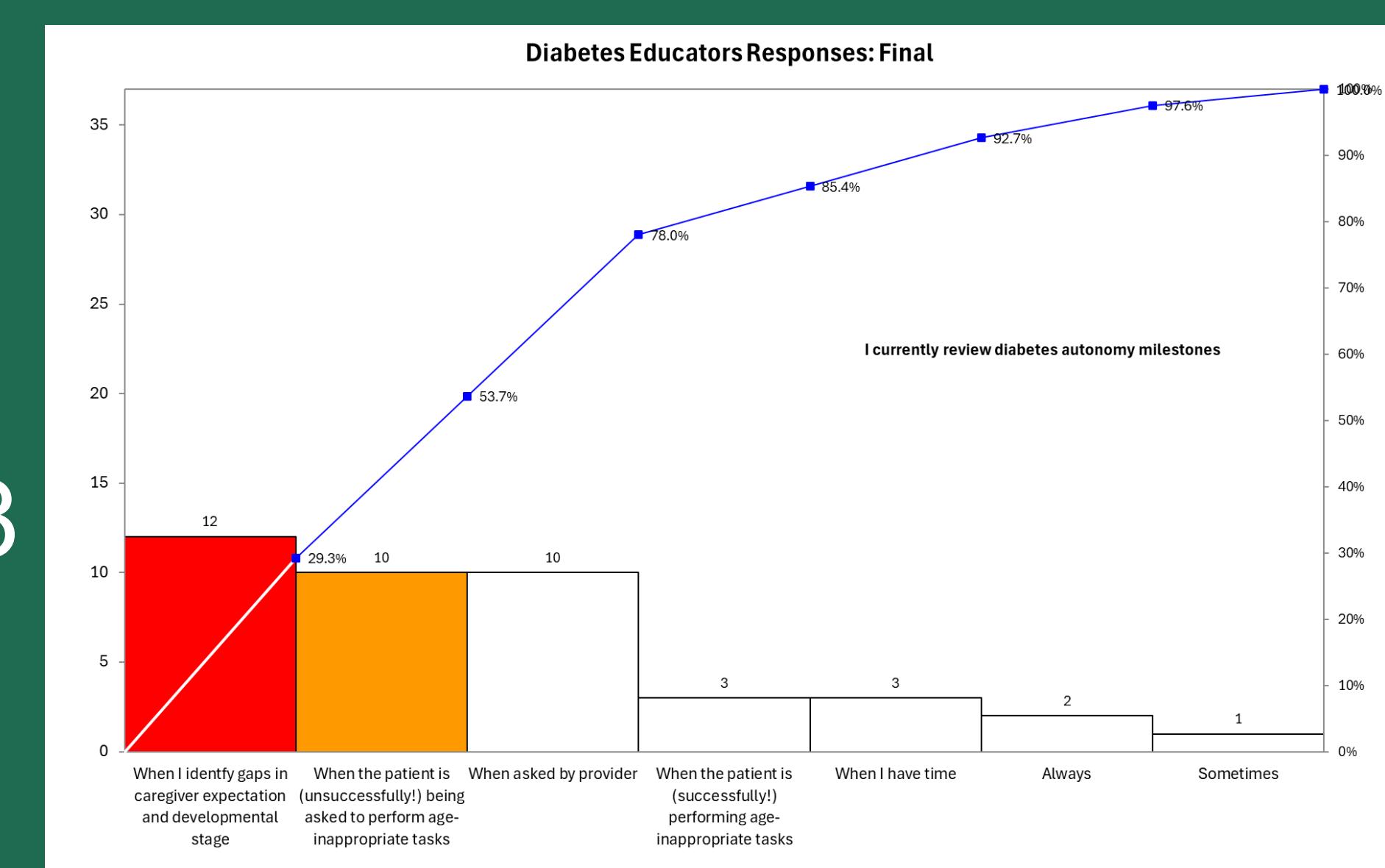
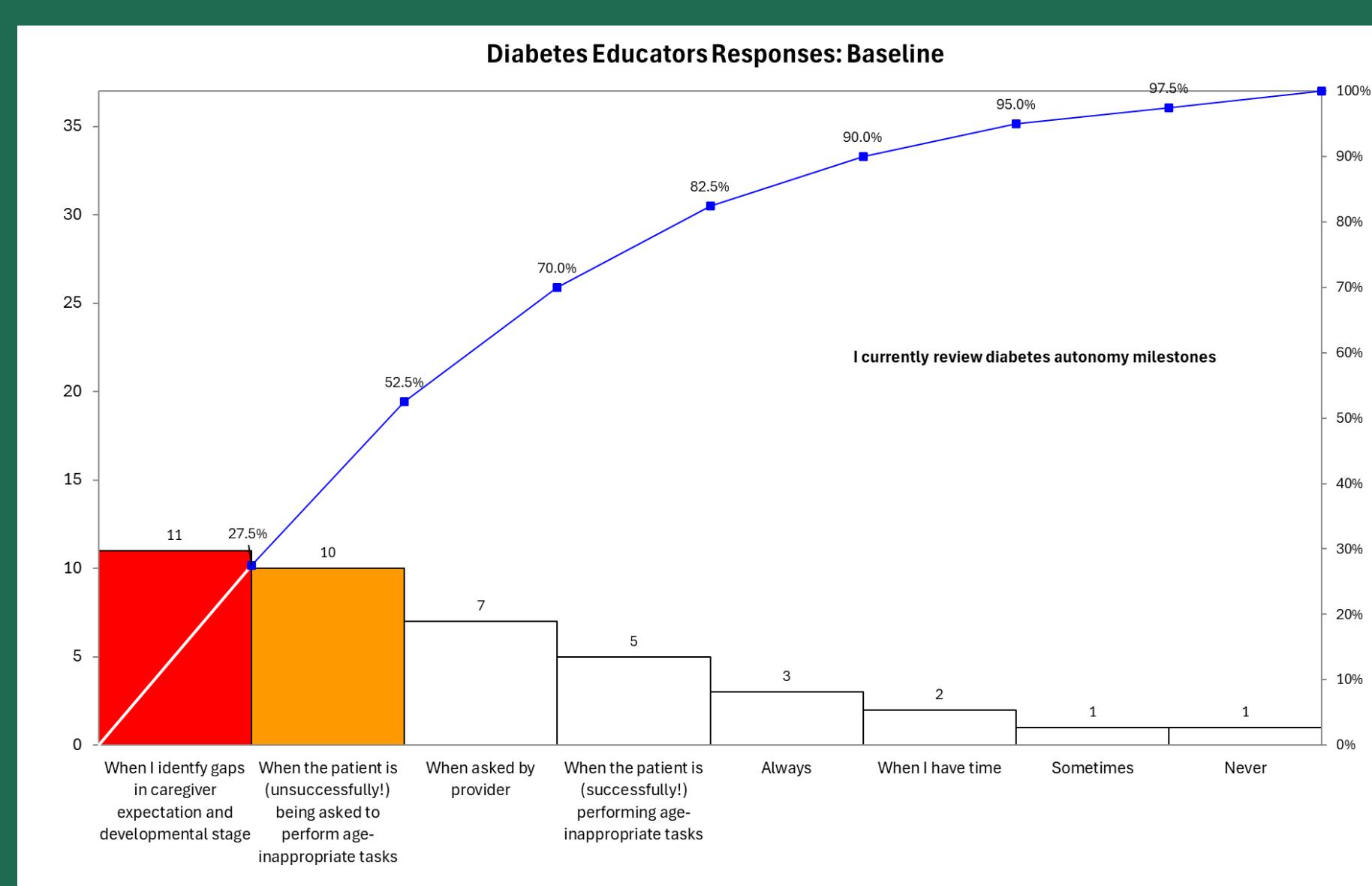
- Educator surveys:
  - Pre and post to assess ease of access to educational materials and provide feedback on exiting process
- YwD and caregiver surveys:
  - Provided during routine clinic visits
- Bilingual educational materials developed
- Tests of change resulted in:
  - Including milestone education in all new onset education
  - Providing milestone education as needed during routine clinic visits
  - Including milestone education with annual school orders
- Key questions included:
  - Appropriate age for YwD to learn self-administration of injections
  - If a 6-year-old YwD should be expected to check blood glucose without supervision
  - Age at which YwD should independently count carbohydrates

Statistical analysis: Prism 9.1.0®.



YwD and their caregivers have high expectations for carbohydrate counting

Efforts improved educator access to milestone education but did not significantly change when education is provided. Primary time for education remained reactionary.



## Results

- Proportion of educators reporting easy access to age-related milestone education increased from 50% at baseline to 100% at conclusion (**p=0.002**).
  - Primary indication for educator-initiated milestones teaching remained consistent over time (**p=0.28**).
  - Among YwD and their caregivers (n=204 over 3 timepoints), expectations for insulin self-administration did not differ.
  - YwD were more likely than caregivers to believe a 6-year-old could check glucose unsupervised, reaching significance in fall 2024 (43% vs 22%, **p=0.02**).
  - The proportion of respondents agreeing that youth age  $\leq 13$  should be able to count carbohydrates without supervision notable enough that post-hoc analysis was performed.
    - This revealed caregivers' expectations remained stable over time while YwD's differed, with a notable reduction in spring 2025.

## Conclusions

- Our diabetes age-related milestone efforts improved educator resource access but did **not** impact when education was performed.
  - Primary indication for education remained age-inappropriate tasks being asked of patient
- Caregivers and YwD persisted in their high expectations for self-management from Spring 2024 to Spring 2025 despite increased focus on education