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May 4th, 11:30 AM - 1:30 PM

Improving Transition to Adult Care Discussion in a Diabetes Clinic

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Wee, Erica; Zarse, Erica; and Baldrige, Lindsay, "Improving Transition to Adult Care Discussion in a Diabetes Clinic" (2022). *Research Days*. 3.

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Introduction

Diabetes mellitus is a chronic condition requiring complex care. Adolescents with diabetes face challenges when transitioning to adult care, leading to suboptimal glycemic control and complications. It is important for pediatric diabetes clinics to prepare adolescents for success during transition. In our clinic, patients over age 17 years should have an annual transition-planning discussion. Initial review revealed 22.1% of eligible patients have a documented transition plan. Our aim was to improve transition planning in eligible diabetes patients to 50% by April 30, 2022.

Methods

Transition planning involves a patient readiness survey, provider discussion with family, and documentation of discussion. Barriers to transition planning and areas of focus are shown (Figure 1). Providers and certified diabetes educators (CDEs) were notified of interventions through email and department meetings. Cycle 3 (pre-clinic huddle) was trialed with two providers as a small test of change before a full roll out. We reviewed transition documentation data monthly and regularly gathered feedback from providers and CDEs through email and department meetings.

Improving Transition Planning to Adult Care in a Diabetes Clinic

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Figure 1: Fishbone Diagram of Transition Planning

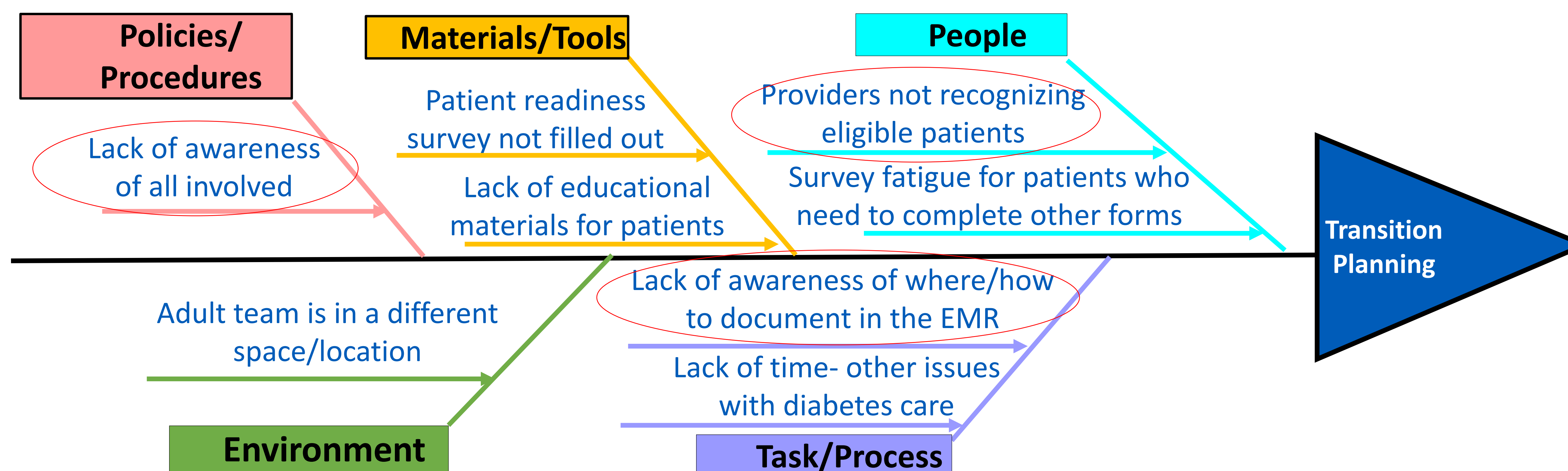
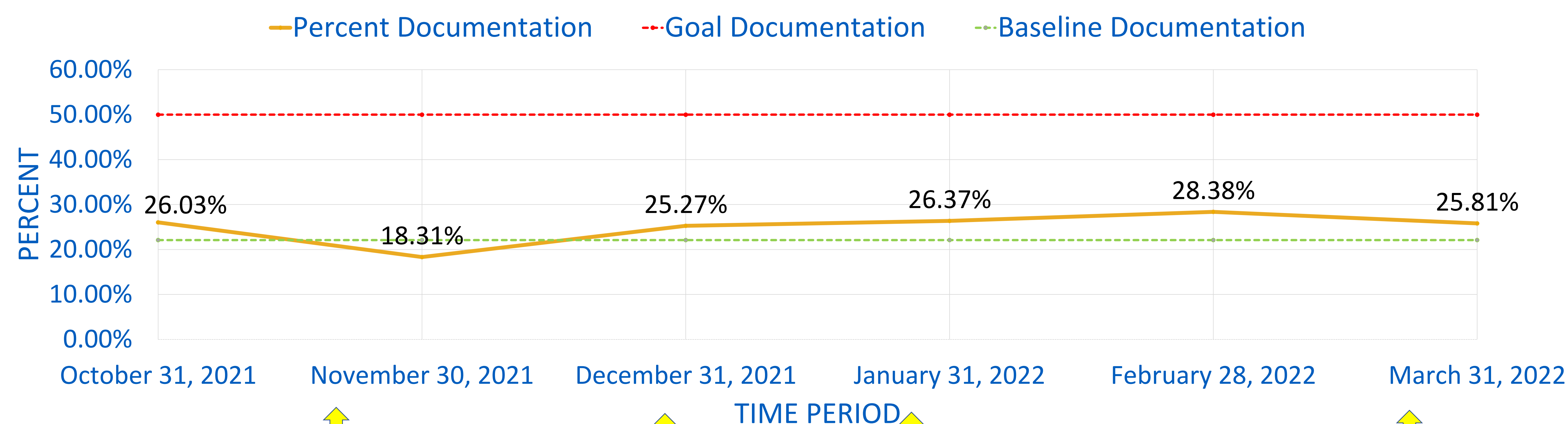


Figure 2: Run Chart of Transition Planning Documentation



Cycle 1
Reminder Notification

Cycle 2
Smart-text Documentation Template

Cycle 3
Pre-clinic Huddle

On hold due to unexpected barriers with COVID-19

Resume Cycle 3
Pre-clinic Huddle

Results

Interventions are noted in Figure 2. After 2 PDSA cycles, 26.4% of eligible diabetes patients had documented transition discussion. Feedback revealed that time was a factor and early identification of patients would improve flow, discussion, and documentation. A full-scale implementation of a pre-clinic huddle was interrupted due to temporary return of telehealth visits due to COVID-19 precautions. The patient check in process changed and technical issues occurred. However, there was a positive trend in results (Figure 2).

Discussion/Conclusion

Our data show a positive trend in results (Figure 2) and were consistently above baseline though we did not make it to our goal. We are continuing evaluation of interventions and data collection. We have implemented a full-scale pre-clinic huddle with all providers. The transition team is also improving education planning to improve purposeful transition discussions. Ultimately, we plan to establish transition planning as a routine part of adolescent diabetes care in our clinic.

Acknowledgements

- The diabetes transition work group is a multidisciplinary team and their ideas and feedback helped shape this project. Team members not listed as authors include Jaimie Contreras RN, Julie Kincheloe RN, Lydia Saylor RN, Heather Feingold LCSW, Chelsey Smith, BS and Emily DeWit, MASL
- Problem Solving for Fellows Coaches: Annalisa Deaton, Jason Chandler, Todd Glenski, MD

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