BACKGROUND

- Successful transition from paediatric to adult care is a challenge
  - Significant gaps in care, with many young adults becoming lost to follow-up
  - Occurs at a time of life associated with deteriorating glycemic control and increased rates of complications
- Failure to transition puts youth at increased risk for short- and long-term diabetes complications
- Diabetes Care Program of Nova Scotia (DCPNS) continues to lead provincial initiatives focused on facilitating youth transition to adult care
  - In collaboration with pediatric & adult diabetes care teams, youth, parents

METHODS

- Data source: DCPNS Diabetes Registry – population based
- Population: Youth with type 1 diabetes between 15–20 years of age at the time of their last visit to a tertiary care paediatric facility in 2006–2015 (excludes youth followed solely by secondary care facilities)
- Followed for up to 24 months after last paediatric visit – to Sep 2017
- Analytic approach
  - Describe population characteristics using counts and proportions
  - Compare transition rate between groups (chi-square) and over time (linear regression)

RESULTS

- N=308 transition candidates
  - Average of 31 per year
  - Equal number of males and females
  - Majority between 17–18 years
  - Majority residing in Central Zone

CONCLUSIONS

- Proportion of successful transitions did not differ by sex or geography
  - The proportion of youth who transitioned into adult care within 12–24 months of their last visit to a tertiary care paediatric facility was similar:
    - For males and females (p ≥ 0.10)
    - Across the four zones (p ≥ 0.10)
- Although fewer 15–16 years olds transitioned into adult care within 12–24 months of their last visit to a tertiary care paediatric facility (p < 0.01)
- It likely reflects youth moving out-of-province as 15–16yr is not a typical transition age
  - Recent upgrades to DCPNS Registry have enhanced the tracking of transitions within and outside the province

DIABETES CARE PROGRAM OF NOVA SCOTIA (DCPNS)
Website: diabetescare.nshealth.ca

Once a Provincial Program within the Department of Health and Wellness (1993), the DCPNS is now nested since 2016 within the Nova Scotia Health Authority, Primary Health Care. DCPNS’ mission, to improve, through leadership and partnerships, the health of Nova Scotians living with, affected by, or at risk of developing diabetes, remains the same.

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