

Moving on...with Diabetes: An Example of a Comprehensive Knowledge Translation Strategy to Support Youth with Diabetes

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Transition from pediatric to adult diabetes care, including mastery of diabetes self-management skills, poses significant challenges. We estimate 60% of youth successfully transfer by 24 months post-referral.

Provincial workaims to address the transition needs of diabetes youth new to the province, leaving the province, or moving within the province to adult care. This transition initiative was guided by a literature review; a survey of diabetes care providers; an expert working group; and provider/youth/parent review.

In 2012, the **Moving on...with Diabetes** resource was launched, as the priority focus, to support the care teams and adolescents prior to, during, and after transfer of care. Flow charts and patient/provider tools address the preparation, transition, and integration phases and clearly delineate the roles/responsibilities of pediatric and adult teams, the adolescent, and parent/guardian. Preparation starts at age 13, continuing to age 18.

Moving on...with Diabetes also includes *A Youth in Transition Handbook* and mobile app, released in 2014. These resources promote self-management and encourage ongoing connection to a diabetes team. We are reaching out to 16-18 year-olds to introduce and obtain feedback on the handbook and app. Early online survey results of teens and parents indicate that 70% found the handbook very helpful (5/5) on a Likert scale; 43% found the checklists the most helpful aspects of the handbook. Respondents found the app easy to use.

This project is an example of a comprehensive program based on past research and guidelines designed to facilitate the transfer of knowledge/skills to youth with diabetes.

Poster presentation at the CDA/CSEM Professional Conference and Annual Meetings, Winnipeg, MB (Oct. 22-25, 2014)