Welcome to the 4th issue of Diabetes Transition Care News!

This brief bulletin is produced every 3-4 months and is intended to provide you with an update on current and planned transition-related activities and events. It will also serve to promote local activities and to share with you practice pearls/transition tips.

Since October...

Team Meetings:

With the exception of one, fall meetings have been held with all pediatric programs as a follow-up to initial introductory meetings held in the Spring of 2015. The meetings provide opportunity to:

• Discuss how practice has hasn’t changed with youth/young adults in the transitioning stages
• Review teams’ transition processes (looking at a few charts to see use of tools)
• Further discuss the referral process to me (how, why, when...)
• Discuss options for transition events and building attendance at these events

Parent Initiative:

The work is progressing very well on this initiative. Our consultant, Gerard Murphy, of Barefoot Facilitation, has worked to include the information gathered from parents/caregiver interviews and to build a suite of materials that will be pilot tested in the coming months. Materials created include:

• Facilitator Guide
• Participant Handbook (including participant materials)
• Supporting PowerPoint Slides (for a shortened “transition awareness” presentation, and a more complete “transition information” presentation)
• Learning Aids
• Evaluation Form

Transition Tips *

- IWK puts a sticker with instructions on how to access the Moving On… With Diabetes APP on the Moving On… With Diabetes handbook.
- Fishermen’s & Yarmouth find that the self-assessments are great for narrowing down what to discuss at the youth/young adult’s appointment.
- CB (Glace Bay) puts gold star stickers on charts of transitioning youth/young adults to identify their charts.
- St. Martha’s photocopies the Diabetes Educator Checklist on orange paper to stand out and put it on the front of the charts of transitioning youth/young adults.
- Valley Regional puts transition forms that haven’t been completed yet in the front of the charts of transitioning youth/young adults. Once completed, they put those forms into a transition section of the chart.
- Strait Richmond identifies transitioning youth/young adult’s charts with a dot sticker.

* Tips to keep transition “top of mind”

Natalie Sullivan, Transition Project Coordinator, DCPNS
Parent Initiative cont’d:

We also have a number of recommendations for future consideration if we decide to devote additional resources to the parent/caregiver part of our transition work. Social media posts have also been crafted to assist with promotion of parent/caregiver events and to increase awareness of transition issues.

Moving Forward…

Parent Education/Information Sessions:

- After debriefing/closing of the development phase of the parent/caregiver project, we will move forward with delivery of a session in the Halifax area. We will ask attending parents to help with an evaluation and to offer suggestions about any needed improvements. Once suggestions have been considered and revisions made, other similar events will be arranged in areas where we have the greatest interest. Please let me know if you might be interested in a parent/caregiver event and we can move toward dates early in the spring.

Meet With Youth in Transitioning Stages:

- Although I have not yet received more referrals (I anticipate more as we move toward spring) I have been able to shadow some clinic appointments. Meeting with youth in various stages of transition, and their parents, has provided me with the opportunity to discuss and provide information about my role and how I can be contacted if they have transition questions/concerns.

Hearing first hand about transition issues, concerns, and fears has been very powerful. I can clearly see how hard it can be for parents to ‘step back’ and allow their youth room to gain independence and to manage some diabetes tasks on their own. One can’t help but worry about the negative consequences that could result.

I believe that a combination of utilizing the Moving On…With Diabetes resources gradually, at an age-appropriate level, and eventually facilitating our new parent initiative will really aid in a smoother transition process overall for everyone involved.

Physician List:

- The Physician List of Adult Specialists in the three Maritime Provinces for use by pediatricians/pediatric teams is in its final edits stage and should be disseminated soon.

Transition Videos:

- In an attempt to reach more youth/young adults and their families, we would like to be able to share short transition video clips that could be playing in waiting rooms, accessed online, and/or shared during appointments, etc. I have been exploring others’ videos that already exist to see if these could be utilized here in NS or whether we should create some of our own.

*To view some existing videos, click the links in the right hand column.

All for now…our next bulletin will be sent in the spring!

To access past bulletins, please visit the ‘Youth Transition Bulletin’ section on our website: http://goo.gl/ntGfxg