

## DIABETES TRANSITION CARE NEWS – PROJECT UPDATE

To contact me about any of the project initiatives, to share information, or to request information about the referral process, transition events, etc., please feel free to contact me directly by phone or email (see below).

Natalie Sullivan, Transition Project Coordinator, DCPNS

### Welcome to the 8th 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 also serves to promote local activities and to share practice pearls/transition tips with you.

### **SINCE MARCH...FOCUSING ON COMMUNICATION AND SOCIAL MEDIA**

**Texting:** Permission was granted from Privacy at the Nova Scotia Health Authority (NSHA) for me to text with patients in my referral base that have indicated that texting is their preferred mode of contact with me. The guidelines for texting are the same as for e-mailing - there will not be any exchange of personal health information in communications and no medical advice will be given. This texting option is another means for teens/young adults to seek support/guidance on transition related topics. When referring any patients to me, please inform them of this third communication option. My number to text is: **(902) 223-0067**.

**Continuing to Meet with Youth in Clinics:** I have been continuing to meet with teens/young adults during their clinic visits when teams have been able to book multiple transition aged teens/young adults in one day. I welcome the opportunity to continue doing this. Please e-mail or call me to arrange my next visit to your site! **Remember, we can also set up Skype/Lync meetings with interested individuals.**

**Social Media:** After meetings with a NSHA Communications Advisor and submitting an editorial plan, permission has been granted to set up a Facebook page (see page 2).

**Introductory Video:** Don't forget to share the link to my video with transitioning teens/young adults. This is a great way for them to meet me and then reach out on their own for answers to common questions. Link: <https://youtu.be/rEm6F7yLaCs>

### **MOVING FORWARD...**

**Parent Sessions and/or Teen Events:** This program is ready go! Based on feedback from the first session, edits have been made to the program to improve the content and flow. We would be excited to deliver this again where there is interest.

### **Interesting Transition Read! Asks us to reconsider the parent's role....**

*"Diabetes in Emerging Adulthood:  
Transitions Lost in Translation."*

*"It is likely that the self-  
management expectations of adult  
diabetes services exceed the  
executive function capabilities of  
some emerging adults and that this  
gap is being bridged by parents or  
other members of the support  
network."*

*"Parental involvement can have  
both positive and negative effects  
on diabetes outcomes for youth  
and their influence appears to be  
tied to the quantity and the  
quality of the involvement."*

Ref: Markowitz B, Parsons JA, Advani A. Diabetes in emerging adulthood: transitions lost in translation. *Canadian Journal of Diabetes*. 2017;41(1):1-5.

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If your team is interested in having me facilitate a session for parents in your area, please let me know. These are engaging sessions with lots of time for parent discussion and reflection.

### Fall Meetings:

I am hoping to get to each site this fall to have face-to-face update meetings.

Earlier this year, an evaluation of this position was conducted (after two years in this position), resulting in my position as Transition Project Coordinator being extended until March 2018. As it has been some time since face-to-face update meetings were held and there have been some changes to teams/managers over the last couple of years, these fall meetings will be helpful for:

- Getting a sense of your current team and how things operate.
- Meeting anyone new, including new managers.
- Discussing how you feel transition processes have been going for your team I- what's working or not working well.
- Exploring ways I can assist you with further implementing transition processes/tools.
- Looking for opportunities to deliver or plan parent and/or youth transition events.
- Discussing what's new, my current focus, and how social media is now in play.

I look forward to re-connecting!

### Facebook:

I have been focusing a lot of my time this summer on preparing our Facebook page. I have been working to create something presentable for the public before inviting others to "like" our page.

Our Facebook page is a place for us to:

- Help reach teens and/or families to talk about the importance of gradual and planned transition from pediatric to adult diabetes care. Increasing awareness is key!
- Keep participants informed of upcoming transition sessions/events hosted by the DCPNS or other diabetes networks.
- Share relevant information on transition topics.

**Our page is now ready!** We can be found by typing **@movingonwithdiabetes** into the search section. Please "like" our page and help us spread the word to teens/young adults and families so that we can reach as many as possible.

*Thanks for reading! Our next bulletin will be sent in the winter. If you have anything to add, please let me know.*

*\*To access past bulletins, please visit the 'Youth Transition Bulletin' section on our website: <http://goo.gl/ntGfxg>*

## Announcements!

**Diabetes Canada** launched a podcast in August. This product takes a 360° look at diabetes in our country. Available as a free download on iTunes.

The first three episodes delve into issues including diabetes stigma, type 1 diabetes research, and the need to change the way we think and speak about the diabetes epidemic in Canada.

For more info about the podcast, check out:

<http://www.diabetes.ca/podcast>

### Our transition APP is back up and running!

#### To access:

Text DIABETES to 77788

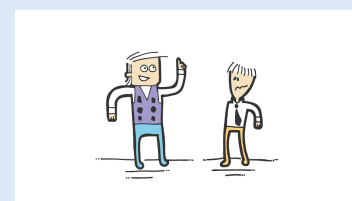
OR

Visit:

<http://diabetescare.nshealth.ca/about-us/whats-new>

### 29 Things Only a Person with Diabetes Would Understand:

1. Every paper cut is an opportunity to test your blood sugar.



Visit:

<http://www.healthline.com/health/diabetes/would-understand#15> to read more.