

29<sup>th</sup> International Congress on

# Prevention of Diabetes and Complications

September 27-28, 2018 | Berlin, Germany

## Effect of transition care model on self-management skills, glycemic control and transition readiness of adolescents with diabetes: A randomized controlled transition trial from pediatric to adult care

Evrin Kiziler<sup>1</sup>, Dilek Yildiz<sup>2</sup> and Berna E. Fidanci<sup>2</sup><sup>1</sup>Ankara Yıldırım Beyazıt University, Turkey<sup>2</sup>Health Sciences University, Turkey

**Introduction:** Transition from pediatric to adult care's a high-risk period which there's an increased rate of acute and chronic diabetes related complications and disengagement from care. A high-quality transition care should be applied to gain adolescents' self-management skills and to ensure readiness to adult health care system prior to transition to adult services. Despite the importance of minimizing loss to follow-up, it is not clear how the most effective transitional care should be due to the lack of randomized controlled trials.

**Purpose:** The aim was to evaluate the effect of the transition care model, which's integrated into pediatric clinic visits versus treatment-as-usual, on glycemic control, self-management skills and the readiness of adolescents with diabetes for transition to adult diabetes care.

**Methods:** The sample of this quasi-experimental randomized study consisted of 60 adolescents (mean age: 16, mean duration of diabetes: 6.3 years, mean HbA1c: 9.80%); intervention group (n=30) versus a treatment-as-usual group (n=30). Data were measured by sociodemographic form, laboratory results, Assessment of Self-Management Skills Form, Transition Readiness Assessment Questionnaire and Mind the Gap Scale. Logistic regression analysis assessed the association of data. IBM SPSS Statistics 21.0 (IBM Corp. released 2012. IBM SPSS Statistics for Windows) programs were used for statistical analysis.

**Conclusion:** Care provided to adolescents within the context of the transition care model has had a direct positive impact on self-management skills, glycemic control, transition readiness and care satisfaction of adolescents. These findings suggest that adolescents need transition support when transferring to adult care. It's recommended that applying a transitional care which's appropriate to the developmental needs.

**Results:** After transition model, assessment of outcomes of the intervention group that were obtained at the beginning and at sixth month were compared. It was found that knowledge about diabetes and self-management skills of adolescents were increased. The blood glucose ( $X^2=34.932$ ,  $p<0.001$ ) and HbA1c levels ( $Z=2.972$ ;  $p=0.003$ ) of intervention group decreased and transition readiness of adolescents increased ( $p<0.001$ ). Adolescents' care satisfaction" and "communication with health care staff" levels were highest. Intervention group' parents participated in fewer of the adolescents' visits ( $p=0.05$ ).