Using Diabetes Self-Management Education to Enhance Adolescent Transition

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A Quality Improvement DNP Project

“IF YOU LIKED BEING A TEENAGER, THERE IS SOMETHING REALLY WRONG WITH YOU!”

—STEPHEN KING

Objectives

1. State the current needs of adolescent diabetes self-management behaviors and their effects on glycemic control
2. List three important components of an adolescent self-management transition education program
3. Identify three successful blood glucose reporting system options for adolescent management

Following this presentation the attendee should be able to:
The transition of self-management of T1D in adolescents is a challenging task. These challenges are best addressed with multiple, simultaneous approaches that encourage patients to engage in the education process, learn self-management skills and ultimately achieve better glycemic control.

Problems with the Current State of Adolescent DSME

Background of Learned Behaviors

Parental Education is the primary source of all knowledge and actions coming from the adolescent
Learned Behaviors
Upon onset, the parents are the ones receiving self-management education

“Monkey see Monkey do”
If adolescents mimic what they see, they may manage correctly, or they may not

The BIGGER question is:
“Do they know why they are doing what they do?”

Self-Care needs of the Adolescent
The strive for Adolescent Independence can be interrupted by diabetes

Self-Care
Orem's Self-Care Theory

Fit diabetes into life; not life into diabetes

It is important that diabetes not define who the adolescent feels they are. In order to achieve this, they must be capable of caring for their own condition.
Current research on glycemic control

The ultimate goal of DSME is to maintain adequate glycemic control.

Glycemic Control

Within the adolescent population, only 17% actually achieve the ADA recommendation of maintaining HbA1c <7.5% (Channon et al., 2007).

Hitting the target is essential

The importance of target maintenance is to prevent complications of diabetes acutely and even more impactful, elimination of chronic conditions later in life.

Education Program Setup for Adolescent DSME
The effectiveness of the Adolescent DSME Program will be evaluated using the following expected short term outcomes:

Within the first 4 weeks the participant will be showing evidence of:

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<td>1</td>
<td>Checking Blood Glucose as directed by provider*</td>
<td>2</td>
<td>Stabilization of A1c</td>
<td>3</td>
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1 2 3 4 5

*To date; guidelines will change with G6 introduction.

The effectiveness of the Adolescent DSME Program will be evaluated using the following expected short term outcomes:

Within 6 months the participant will be showing evidence of:

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<tr>
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Using technology applications for Adolescent DSME glucose reporting

Glucose Reporting Systems
Connecting patients with their data, resources and diabetes team is vital to the success and health outcomes of the adolescent with diabetes

...Keeping them connected is another feat in and of itself

How to submit glucose data
How to submit glucose data

Let's give it a try!

Follow the instructions on the slip of paper handed to you when you arrived.
How to submit glucose data

Tidepool allows the diabetes team to make notes throughout the day which helps keep each member connected to one another.
How to submit glucose data

Tidepool Uploader Software
Installed on computer

Questions?

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THANK YOU