Care of Adolescents with Type 1 Diabetes

Team Clinic Team
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Practical Ways to Achieve Targets in Diabetes Care
Keystone July 17-20, 2014

Barbara Davis Center for Childhood Diabetes
www.barbaradaviscenter.org
Care of Adolescents with Type 1 Diabetes

- The issue
- Challenges for population
- Team Clinic
- Mario Medina (Teen and diabetes expert)
- Summary
The Issue: 
Diabetes Prospective

- Adolescent = high risk population
- More complications
  - Hospitalizations
  - DKA
  - Poor glycemic control
  - Decreased follow up

Diabetes Registry Data in Adolescents and Emerging Adults

- T1D Exchange Clinic Registry
  - >25,000 individuals >1 to <90 years
  - 70 diabetes centers in US
    - Ped, adult, mixed ped/adult clinic
-Confounded by duration.
Alright, we know there is a problem…but why? Why don't they get it? Why is this process so difficult for adolescents and young adults?
Why is it so difficult for them? They have more important things to consider in their lives. Diabetes, and other health care issues, are not at the top of the priority list.
Dynamic mapping of human cortical development during childhood through early adulthood
*Child Psychiatry Branch, National Institutes of Mental Health, National Institutes of Health, Bethesda, MD 20892; and Laboratory of Neuro Imaging, Department of Neurology, University of California School of Medicine, Los Angeles, CA 90095-1769
Communicated by Leslie G. Ungerleider, National Institutes of Health, Bethesda, MD, April 15, 2004 (received for review January 7, 2004)
Yet even though we want our teens to make diabetes a priority; they make choices that lead to poor control. We ask them to juggle multiple tasks each day - the list goes on. But it’s not working - They aren’t doing what we are asking them to do. Perhaps our approach is part of the problem... How can we help?
Change Our Approach

- Understand where patients are coming from...
- Consider patients, providers, and clinic
- Try something innovative
“Team Clinic”

- Innovative approach to routine medical care
- Multi-disciplinary team
- Development
  - Positive psychology framework
  - MI techniques
  - Self-efficacy, self-advocacy
  - Resiliency
  - Social support
- Parent component
Team Clinic

Patient

Provider

Family

-Ice-breakers
-Patient-driven, facilitator-mediated
-Set visit goal

-Review goals
-Discuss plan
-Answer ?s

-Normal development + diabetes
-Set visit goal
High School and T1D

Challenges
- More independence
- More time away from parents
- Less oversight
- Risk taking behaviors
- Believe they can do it
- No formal education in management

Team Clinic Approach
- Peer interactions
- Appreciate autonomy
- Respect independence
- Patient driven
- Focus on their agenda
- Less structure
  - Ice breaker
  - Their questions
  - Incorporate activities
Team Clinic

- As explained by a patient...
- “...it starts out weird and uncomfortable...make you introduce yourself...then you get to talk about what you want to talk about...and learn from others who understand...and it becomes the best visit you have ever had...and you want to come back...you will like it...trust me”
Satisfaction Responses

High School Team Clinic
I Learned New Information

- Strongly Agree: 36.23%
- Agree: 42.03%
- Neutral: 16.42%
- Disagree: 4.46%
- Strongly Disagree: 1.46%

77.4% Agree or Strongly Agree

I Would Recommend this to Others

- Strongly Agree: 48.53%
- Agree: 41.18%
- Neutral: 2.94%
- Disagree: 1.17%
- Strongly Disagree: 1.16%

88.7% Agree or Strongly Agree

I Felt More Comfortable Asking Questions

- Strongly Agree: 37.31%
- Agree: 41.76%
- Neutral: 10.42%
- Disagree: 4.46%
- Strongly Disagree: 1.46%

77.1% Agree or Strongly Agree

I Would Like to Attend Again

- Strongly Agree: 48.53%
- Agree: 40.53%
- Neutral: 11.76%
- Disagree: 2.84%
- Strongly Disagree: 1.16%

85.5% Agree or Strongly Agree
Teen Comments

“It was nice to see I’m not alone when it comes to diabetes. It was cool to meet other diabetic teenagers.”

“I am so glad you have these groups. I look forward to coming to clinic now. Thanks.”
Satisfaction Responses

High School Parents
76.2% Agree or Strongly Agree

95.2% Agree or Strongly Agree

85.7% Agree or Strongly Agree

95.2% Agree or Strongly Agree
Comment from Parent

“I don’t know if it is changing his diabetes, but we fight less. He is more comfortable talking about diabetes. He looks forward to clinic.”
Mario’s Story
Team Clinic Approach

- No additional resources required
- More efficient
- More enjoyable
  - Patients
  - Parents
  - Staff

Raymond et al. Feasibility/acceptability manuscript in press.
Baby Steps

- Not dread clinic
  - More comfortable, ask questions
- Come to clinic more regularly
  - Medical consumers for life
- Stay in system = make it to adult care
- Improve adherence
- Eventually impact A1c, complications, medical expense
- Next step = randomized, controlled trial
Questions about Team Clinics

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