

Transition Trial Bridging the gap in care for young adults with type 1 diabetes

Transition from pediatric to adult diabetes care is a challenge for provision of medical care. In Canada research shows that in the first year of transition from pediatric centres up to 41% of young adults with type 1 diabetes drop out of medical care. The transition process has a major impact on long term health. During the 5 years after transition from pediatric care, those individuals who do not maintain regular diabetic follow up have poorer diabetic control, an increased risk of hospitalization for acute diabetes complications and a higher rate of long term diabetes complications. Without follow-up care, diabetes complications will be undetected and so untreated. In these circumstances 46% of young adults with type 1 diabetes currently report difficulties with the transition process.

The Transition Trial is the first randomized controlled trial of a structured transition program that incorporates a dedicated coordinator to aid in the transition process. The goal of the study is to improve clinic attendance and health outcomes by closing the gap in the care of this population at a vulnerable time. The Transition Coordinator, a Certified Diabetes Educator, provides continuity between the pediatric and diabetes services and supports the young adult during the last 6 months of pediatric care and the first 12 months of adult care. The results of this trial (anticipated 2016) may also be translatable to young adults with other chronic conditions at the time of transition, and may serve to inform clinical practice guidelines.

This is a multicentre study with collaboration between pediatric and adult diabetes centres in London, (Children's Hospital and St Joseph's Health Care), Ottawa (Children's Hospital of Eastern Ontario and The Ottawa Hospital); and Mississauga (Trillium Health Centre).

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