

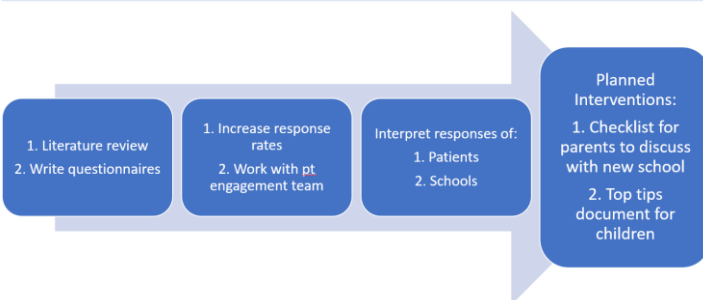
Young people with diabetes transitioning to secondary school

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Purpose:

To improve the transition from primary to secondary school of children with type 1 diabetes, attending Addenbrookes Hospital, by increasing delivery of written information to patients and updated health care plans to schools by August 2021

Our improvement journey - the steps we took



Literature review key points

Schools: large sites, less oversight, no set hypobox location, short break times and canteen style menus.
Teenagers: new peers, increasing need for peer acceptance, diabetes stereotypes and teenage brain
Parents: expecting full independence to soon or not 'letting go'.

Patient survey results – 12 respondents (48%)

Issues highlighted match those reported in the literature with the top 5 reported being:

1. Moving around big campus
2. Less support (no teaching assistants)
3. New friends not knowing about diabetes
4. How to manage canteen lunches
5. Hypo box location

Patient survey results & interpretation

66% of patients reported not having received specific support from our team around their transition

- There is a need for more interaction between team and the schools - early planning of school care plans
- There is a need for more information sharing with the patients - top tips document to be developed
- Less interest in psychology support than expected, interest mainly in leaflets and less so in peer groups

School survey results – 6 respondents (86%)

Schools highlighted a need for more education on the following topics:

1. Ketone testing (66%)
2. Insulin pump and glucose sensor (50%)

50% wanted more direct training and 50% wanted more access to resources. Preferred resources included

1. Online video tutorials (83%)
2. Diabetes handbook (66%)

School survey results & interpretation

66% of schools reported not having received written information from our team with the transition

- These results match the patient survey
- Data collected during pandemic may not reflect normal practice
- Clear interest from school in clinical psychology education / information

Bright Spots

- We gained valuable experience in engaging with key stakeholders to drive our QI process and created pathways to continue with patient engagement
- We have SMART short-term goals to meet need
- We have clear direction on how to further expand this programme
- We have embarked (and even completed) several other QI projects
- This QI programme has improved our QI teamwork

Further Actions

- Complete 100% of school care plans for the 21 children in our caseload who are transitioning to secondary school in September 2021
- Send all 21 children a top tips document before they transition
- Develop further training resources for schools