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**GRADUATING TO ADULT CARE: A COMPREHENSIVE PROGRAM TO IMPROVE
TRANSITION FROM PEDIATRIC TO ADULT CARE FOR ADOLESCENTS WITH
TYPE 1 DIABETES**

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Transition of care from pediatric to adult care can present many challenges resulting in declining health in adolescents and young adults (AYA) with a chronic disease. Lapses in health care and self-care are common for this population during this period. To decrease this common occurrence a multidisciplinary team has developed a program to support AYA as they transition from pediatric to adult healthcare. The study population includes AYA diagnosed with type 1 diabetes aging 16-18 years.

The intent of this program is not only to gain a better understanding of the experiences patients go through during this transition, but to also assess the potential impact of this program on the short and long-term healthcare outcomes of this population. In a randomized control trial, the intervention group participates in the GRAD program along with usual care. The intervention participants are also screened for depression and anxiety at enrollment that may also qualify them for health coaching, care management, or both. Throughout the program HbA1c levels are tracked and monitored to contribute determining effectiveness of the program. Based on provisional self-reported data, Currently the data shows there is a positive correlation between the PAM (Patient Activation Measure) and DSTAR (Diabetes Strength and Resilience) and hemoglobin A1C levels (p<0.001) at baseline and at the 6-month follow-up.

As of January 25, 2019, 75% of GRAD participants completed 2 or more of the 6 transition modules and 23% of GRAD participants transferred to adult care. The retention rates are currently 69% for Intervention, and 94% for control. Remaining participants have rated program satisfaction as 56% very helpful, 40% somewhat helpful.

The interim data supports the grad program to be a promising approach to reduce these healthcare lapses and improve self-confidence and resiliency in the AYA population.