

W7: Assessing the Readiness to Transition to Adult Care, Perceived Medication Barriers, and Glycemic Control Among Teens with Type 1 Diabetes

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Abstract

Aim: This study assessed the readiness to transition (RT) from pediatric to adult care, perceived medication barriers (PMB), and glycemic control in teens with type one diabetes (T1D). **Background:** During the transition from pediatric to adult care, teens with T1D are at risk of long-term complications related to impaired adherence. With the increasing prevalence of T1D in Saudi Arabia, research is required to identify the challenges facing teens with T1D during their transition. **Methods:** This was a cross-sectional study with a convenient sample of 83 adolescents (12-17 years old) diagnosed with T1D for ≥ 6 months, their parents, and their pediatric endocrinologists from the pediatric endocrinology clinic in a tertiary hospital in Riyadh. The RT Questionnaire was used to measure RT, and the Medication Barriers Scale was used to measure PMB. Glycemic control was measured using hemoglobin A1c (HbA1c). **Results:** About ninety-six percent of teens had HbA1c $> 7\%$. Male teens had higher HbA1c than female teens. Teens and their parents reported high PMB and low RT. PMB (teens), disease duration, family history of diabetes mellitus, and comorbidity were significant predictors of RT (parents). PMB (teens), teens' age, and having a family history of diabetes mellitus were significant predictors of RT (providers). RT (parents) and RT (providers) were the only significant predictors of HbA1c, with RT (providers) being the strongest predictors of HbA1c. **Conclusions:** Health policy reform is required to develop national RT programs to prepare teens with T1D to take full responsibility for managing their medical conditions while ensuring adherence.

Ethical consideration:

Approval was obtained from the Institutional Review Board (IRB) of King Abdullah International Medical Research Center (KAIMRC) to conduct the study was obtained (RC20/004/R).

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Key Words:

"Readiness to Transition," "Glycemic Control," "Perceived Medication Barriers," "Type One Diabetes," "Pediatric Nursing," "Advanced Practice Nursing."