

Transition support program may aid young adults with type 1 diabetes

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(HealthDay)—Structured support for patients transitioning from

pediatric to adult care for type 1 diabetes may improve outcomes, but those benefits are not sustained after completion of the intervention, according to a study published online April 22 in *Diabetes Care*.

Tamara Spaic, M.D., from St. Joseph's Health Care London in Ontario, Canada, and colleagues randomly assigned 205 [young adults](#) (ages 17 to 20 years) with type 1 [diabetes](#) to a transition program or standard care. The transition intervention included a transition coordinator and lasted 18 months (six months in [pediatric care](#) and 12 months in adult care).

The researchers found that those in the transition program had higher clinic attendance ($P = 0.002$), greater satisfaction with care ($P = 0.032$), and less diabetes-related distress ($P = 0.049$) versus those in standard care. There was also a trend toward improvement in mean hemoglobin A1c (HbA1c; $P = 0.057$) associated with the transition program. However, during the 12-month follow-up period, there was no difference between the groups for failing to attend at least one clinic visit ($P = 0.846$) or mean change in HbA1c ($P = 0.073$). At the end of follow-up, there were no differences between the groups with respect to satisfaction with care, diabetes-related distress, or quality of life.

"We anticipate that the results of this appropriately powered randomized controlled trial will help to inform a more complete and prolonged solution for transition," the authors write.

Two authors disclosed financial ties to pharmaceutical and medical device companies.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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