

Age-Related Teaching Points for Transition Preparation – updated Aug 2022

<i>Ages 8–10:</i>	
<ul style="list-style-type: none"> • Begin to answer questions in clinic • Why it is important to attend clinic every 3 months • The importance of A1C values/GMI and target goals • What it means to have diabetes • Why some people have diabetes and others do not • Importance of testing glucose and learning to test blood glucose (if not already) • If using CGM, what should I do if the low and high BG alarms go off • How to administer insulin/assist with insulin pump changes (if not already) • How the body uses food • Identify carbohydrates 	<ul style="list-style-type: none"> • How to make healthy food choices using MyPlate (USDA; http://www.choosemyplate.gov) • The causes and symptoms of hypoglycemia and its treatment • The role of insulin during sick-day management • Identification of insulin types • The effect of the school day and scheduling on blood sugar levels • How sports, outside play, and other types of physical activity affect blood sugar levels and insulin doses • Introduce the concept of transition • Medical identification
<i>Ages 11–12:</i>	
<ul style="list-style-type: none"> • Assume responsibility to check glucose readings on your own at specific times of the day • Define healthy eating and how it fits into your meal plan. Discuss ways to make healthy choices at school, when eating out with friends, and at other special occasions. Also discuss how to incorporate “occasional” foods. • Begin to understand how an illness like a cold or the flu can affect your body and blood glucose • What are urine or blood ketones, what do they signify, and how to test for them • Begin to name insulin types taken, their actions, reasons for taking them, and the proper doses 	<ul style="list-style-type: none"> • How sports (especially practices versus games), play, and other exercise (including gym class) affect your blood sugar levels and insulin doses • How diabetes affects your school day • Introduction to drinking, smoking, peer pressure, and diabetes • Effects of growth, puberty, and sexual development on diabetes
<i>Ages 13–15:</i>	
<ul style="list-style-type: none"> • Answer questions independently in clinic and meet alone with the certified diabetes care and education specialists for part of the visit • Inject insulin/change insulin pump with minimal reminders • Parents review glucose logs/downloads and help you think through and double-check insulin doses • Let parents know when you need medications or supplies • The significance of A1C/GMI*, how the choices you make affect it, and how you can change it – BUT, it is important to remember that A1C or GMI is not a reflection of who you are as a person • The role of diabetes distress on diabetes care • Screen for depression at every visit • Discuss the blood tests that are completed each year and why 	<ul style="list-style-type: none"> • Effects of growth, puberty and sexual development, sexual activity, and reproduction on diabetes • Females only: discuss impact of menstrual cycle on diabetes self- management • Understand reproductive choices and the impact on your diabetes and overall health – discuss contraception options • The impact of diabetes on driving and the importance of checking glucose levels prior to driving • Discuss the differences between pediatric and adult care • Introduce the concept of confidentiality between patient, parent, and provider • Begin shared responsibility between young adult and family for: <ul style="list-style-type: none"> Making appointments Calling the healthcare provider with questions or problems

<i>Ages 16–17:</i>	
<ul style="list-style-type: none"> • Independent with monitoring and recording blood glucose/connecting to or uploading data to HCPs • Independent with all insulin doses without parents reminding you • Begin to call/e-mail/message the diabetes team and speak directly with staff if there are changes in your health • The impact of diabetes on driving, the importance of checking glucose levels prior to driving, and steps to take if glucose is low prior to getting behind the wheel • Discuss the effect of smoking, drugs and alcohol on diabetes 	<ul style="list-style-type: none"> • Know your health history including major illnesses, surgeries, allergies, and healthcare providers (dentist, eye doctor, psychologist) • The impact of college, work, and career choices on diabetes management • Effects of growth, puberty and sexual development, sexual activity, and reproduction on diabetes • Females only: discuss impact of menstrual cycle on diabetes self- management • Understand reproductive choices and the impact on your diabetes and overall health – discuss contraception options
<i>Ages 18–21:</i>	
<ul style="list-style-type: none"> • Routinely call/e-mail/message the diabetes team and speak directly with staff if there are changes in your health • Understand reproductive choices and the impact on your diabetes and overall health • Discuss long-term complications of diabetes, the need for routine follow-up and tests, and the importance of glucose management into adulthood • Establish care with a primary care health professional and with an adult diabetes team • For college-bound teens: • How to maintain glucose management with readily available food from cafeteria and peer pressure • How to navigate independent living • Coping with stress and lack of home support • Diabetes supply storage options 	<ul style="list-style-type: none"> • Review the American Diabetes Association guidelines versus the American Association of Clinical Endocrinologists guidelines (http://www.aace.com/files/dm-guidelines-ccp.pdf) and the International Diabetes Federation guidelines (http://www.idf.org/diabetesatlas) for managing diabetes • HIPAA—parents need permission from the young adult to be in the exam room, see test results, discuss any part of care with healthcare providers; document to be completed and signed by patient for chart authorizing parents to participate • Review resources available for transition care • Suggest annual review with a diabetes care and education specialist regarding updates and new technology