

## **ABSTRACT**

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### **Adolescents with type 1 diabetes have more difficulties in maintaining safe blood glucose levels than adults. Psychosocial factors are related to medical outcomes and clinic attendance.**

This talk will discuss the analysing process of healthcare provision to young people with type 1 diabetes. It highlights the perceived information of experiences on current care and views on how their care experiences could be improved related to paediatric or adult care provision. These factors will be discussed in the light of current evidence and illustrated with results from the qualitative study conducted for the programme "MSc. Diabetes Clinical Care and Management", King's College, London: "Experiences, Preferences and Needs of Young People with Type 1 Diabetes: an Analysis of Healthcare Provision". Further discussion will include:

1. Experienced educational support from healthcare professionals (HCP's) and general support from peers,
2. The management of provided care, and
3. The psychological approach to understand the personal needs. Practice recommendations will be suggested for improving support to young people with type 1 diabetes by HCP's in paediatric and adult care. Suggestions will be given how to use these recommendations to test in any of your diabetes populations the quality of care. As an example some preliminary results shall be presented as related to the Type 1 Young Adults Study, from young adults with CFRD.

## **BIOG**

Anita Overes is a Senior Diabetes Nurse at Erasmus MC (University of Rotterdam, The Netherlands) with a background in adult and paediatric care. She currently leads the development of a care pathway for persons with CFRD. She is passionate in adopting a person-centred care approach, enabling those living with diabetes to achieve optimal health quality. Her professional involvement includes participating in guideline workgroups for the Dutch Diabetes Nurse Organisation and chairman for the paediatric diabetes nurses. She obtained her BA Social Care from The Hague University of Applied Sciences and her MSc. Diabetes Clinical Care and Management from King's College, London (FEND ENDCUP programme) in 2019 with the study of Experiences, preferences and needs of young people with type 1 diabetes in her clinic.