

## **Summary of Address**

### **Supporting Young People with T1 Diabetes in Transition from Primary to Secondary School: A Co-Design Project**

In the UK, most young people move from primary to secondary school when they are 11 years old. This is a major life event for all young people, as they have to adapt to a new social and learning environment which brings a greater level of personal autonomy. Young people with Type 1 diabetes (T1DM) have the additional challenge of managing diabetes in this new environment. Currently, little is known about the experiences and needs of young people with T1DM during this transition, and there is no consensus regarding how best to support them at this time.

Therefore, we undertook a study to explore the experiences and views of young people with T1DM, parents, school staff and healthcare professionals related to transition to secondary school. The research aimed to identify potential areas for intervention and strategies for supporting young people with T1DM during this period. The study followed a participatory research approach, based on an adapted version of Experience-Based Co-Design. Preliminary findings suggest that supportive strategies will need to address the following issues: preparation for the young person moving to secondary school; increasing the understanding of teaching staff in relation to the needs of young people with T1DM; providing individualised support for young people with T1DM in secondary school, including emotional and social support if needed; and increasing awareness and dispelling myths about T1DM more generally to school staff and peers.

## **Biography**

**Freya Brown** is a Research Fellow in the Faculty of Nursing, Midwifery and Palliative Care at King's College London. She has a BA in English Literature from Trinity College Dublin, and a BSc in Children's Nursing from London South Bank University. She has worked as a paediatric nurse in the UK since 2005, specialising in diabetes for over ten years at The Royal London Hospital and then University College London Hospital. In 2017, she was awarded a FEND Doctoral Fellowship to undertake a PhD at King's College London.