

A SYSTEMATIC LITERATURE REVIEW ON HOW DO YOUNG ADULTS WITH TYPE 1 DIABETES PERCEIVE THEIR TRANSITION TO ADULT CLINIC

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Background

It is reported that adolescents who live with Type 1 Diabetes may experience the transition from the children to the adult health service as an additional burden over and above the everyday challenges of becoming a young adult (Visentin, Koch, & Kralik, 2006). Transferring from paediatric to adult care comes with an increased risk of poor glycaemic control at follow-up. Lotstein et al., (2013; ...) suggest that young adults need additional support when moving to adult care.

Aim

The aim of this literature review was to explore the experiences of adolescents with Type 1 diabetes when they transition from paediatric to adult care.

Method

Systematic searches of qualitative research relating to transitional care and diabetes were conducted using databases such as Cochrane Library and Medline (December 2020). Full text publications were eligible for inclusion if they were in English and included young adults transitioning from paediatric to adult care. Articles meeting the inclusion criteria were then appraised using the Critical Appraisal Skills Programme (CASP, 2018) qualitative research checklist.

Result

The available literature exploring transitioning young adults' perceptions is minimal. However, from the Randomised Control Trial (RCT) using a transitional coordinator did improve outcomes initially for the young adults with type 1 diabetes.

Conclusion

There is more work to be done with this cohort. Potentially with a local questionnaire and reporting on those results to help locally may be adapted nationally, even worldwide.