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Dr. Nada Aljohani is a diabetes specialist nurse, researcher, and design thinking practitioner. Her PhD from King's College London focused on co-designing healthcare transition pathways for young people with Type 1 diabetes in Saudi Arabia. A Misk Leadership Fellow and co-founder of the Type 1 Diabetes Association, she integrates participatory design and innovation in diabetes care and education. She has presented internationally and published in peer-reviewed journals on diabetes transitions, patient experiences, and service co-design.

Abstract:

Background

Young people with Type 1 diabetes in Saudi Arabia transition from paediatric to adult care at a culturally defined age of 14, which is younger than the average transition age in Western societies. The aim of this study was to elicit the experiences of young people with Type 1 diabetes, their parents, and healthcare providers in Saudi Arabia as they transitioned from paediatric to adult care.

Methods

In healthcare, design thinking is a human-centred approach that draws on participants' experiences and perspectives to design and develop interventions, models, or services that meet the needs of stakeholders. This study reports the first inspiration phase of the design thinking process. Four parallel exploration workshops were held with pre- and post-transition young people with Type 1 diabetes ($n = 12$), their parents ($n = 8$), and healthcare providers ($n = 7$).

Findings

Six key themes were identified from the workshops' data analysis. For young people, the key themes were facing the unknown and preparedness; developing autonomy and recognition as an independent person; and interacting with the adult healthcare team. For parents, the themes were navigating the shift in parental role and involvement in care, interacting with healthcare professionals, and changing support needs. For healthcare providers, the key theme was balancing independence and care approaches.

Conclusion

The Inspiration phase of the design thinking approach provided valuable insights from the healthcare transition experiences of young people with Type 1 diabetes, their parents, and healthcare providers in Saudi Arabia. The generated insights facilitated the identification of areas for interventions in the process' following phases.