

# Challenges and concerns of type 1 diabetic patients during transitional settings: the pharmacist's role

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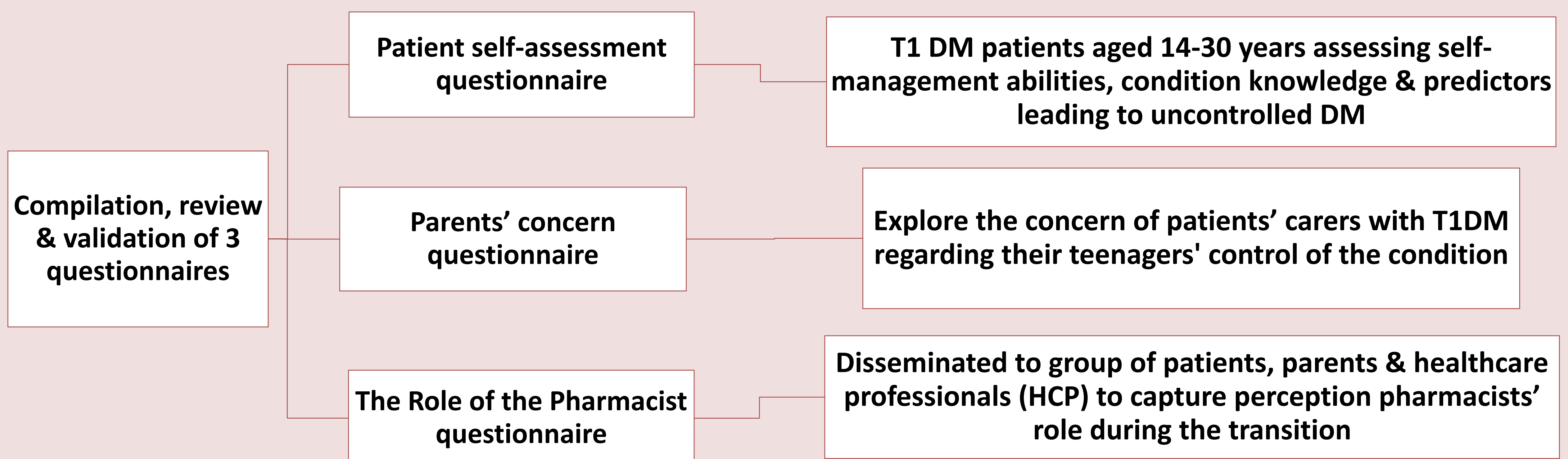
## INTRODUCTION

The process of transitioning from a paediatric clinic to an adult clinic is an inevitable and fragile process and could lead to loss of control in DM<sup>1</sup>. This raises the need of an efficient transition process to ensure patient and carer are ready for this change and the potential role of the pharmacist to respond to.

## AIMS

- To identify challenges and concerns patients and carers face during the transition into adulthood.
- To capture expectations of the contribution of the pharmacist during the transition into adulthood for type 1 diabetic patients.

## METHOD



## RESULTS

- 41 patients (age range: 14-30, mean age: 24 years) answered the *Self-assessment questionnaire* with the commonest insulin regimen being insulin aspart and insulin glargine (N=31). Twenty-two respondents indicated that their main concern during the transition was that of changing doctor (Figure 1).
- 22 carers (age range: 32-56, mean age: 46 years) responded to the *Parents' concern questionnaire*. The most common concern by carers (N=15) was that the child will be under the care of a new doctor as the child is moved to an adult clinic.
- Out of a total of 35 respondents answering the *Role of the Pharmacist Questionnaire*, 19 participants, agree that the pharmacist should be involved in the transition process (Figure 2).

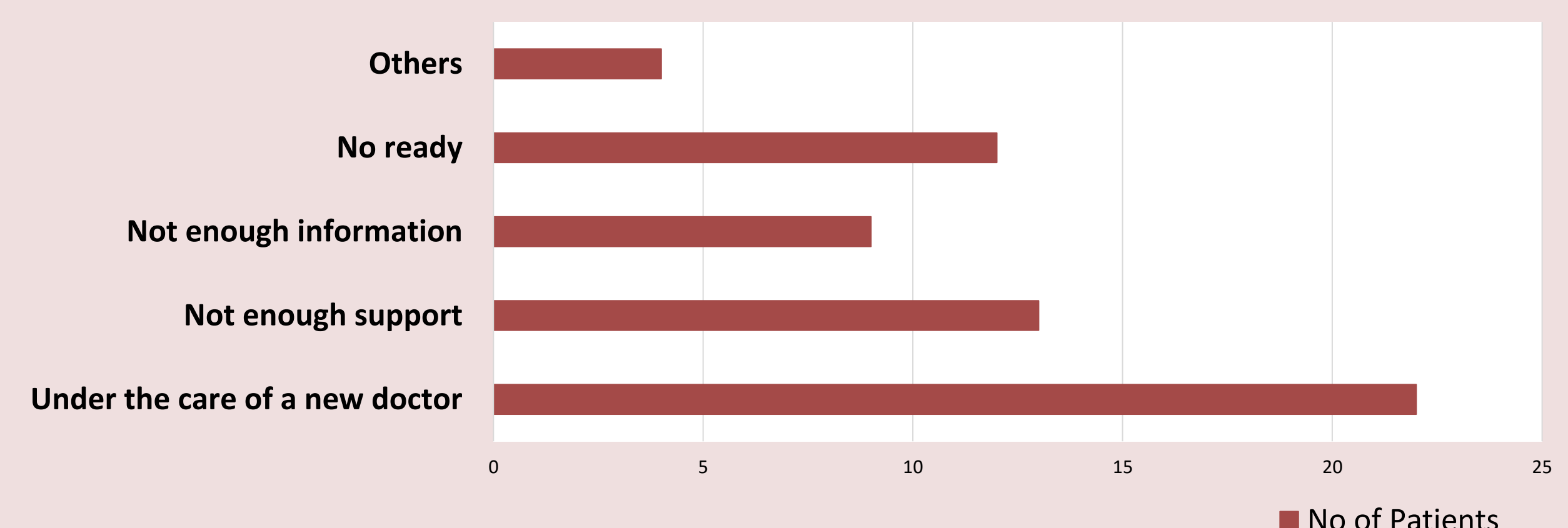


Figure 1: Concerns of patients during the transition (N=38)

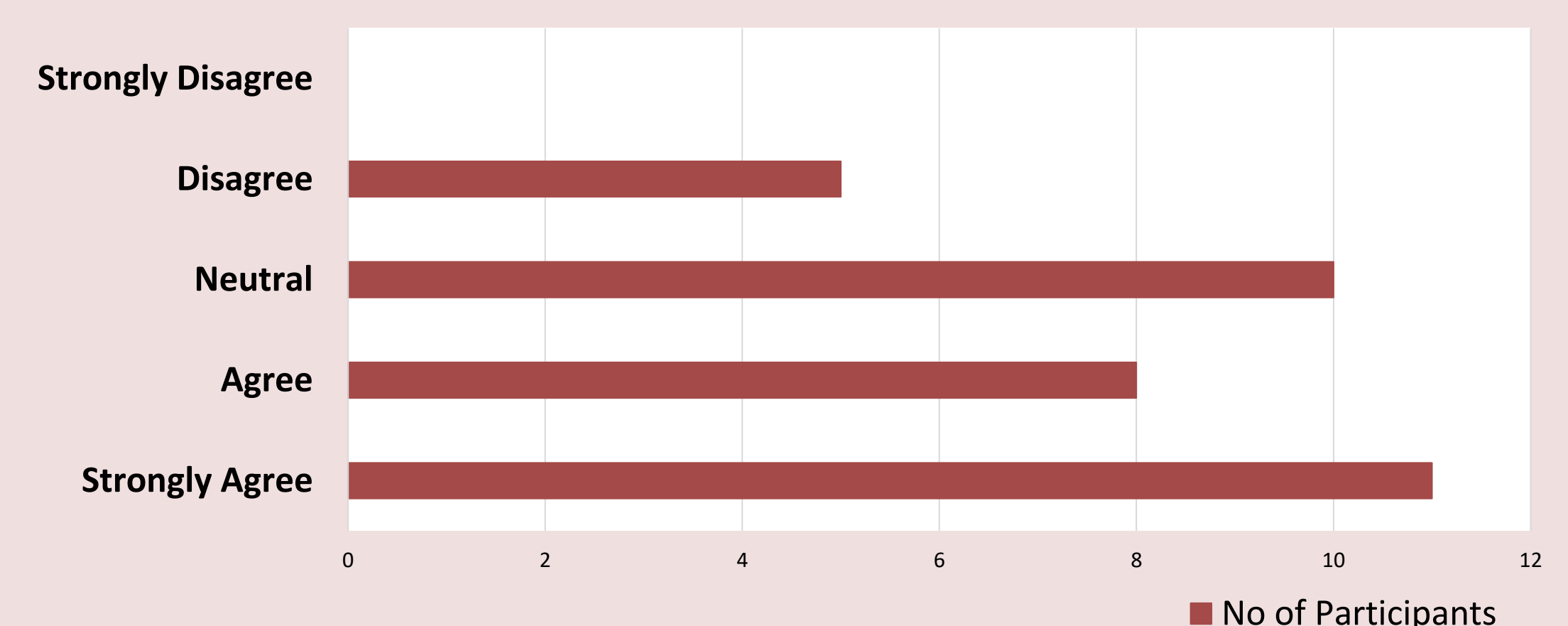


Figure 2: Level of agreement to which participants believe the pharmacist should be involved in the transition (N=34)

## CONCLUSION

Identifying challenges and concerns of patients and carers as the patients transition from paediatric to adult clinic settings may result in a smoother transition process for the benefit of the patients. This transition could be an opportunity for pharmacists equipped with the right knowledge and skills to extend their supportive role to the patients and their carers.

## REFERENCE

<sup>1</sup>Peters A, Laffel L. Diabetes Care for Emerging Adults: Recommendations for Transition From Paediatric to Adult Diabetes Care Systems: A position statement of the American Diabetes Association, with representation by the American College of Osteopathic Family Physicians, the American Academy of Paediatrics, the American Association of Clinical Endocrinologists, the American Osteopathic Association, the Centers for Disease Control and Prevention, Children with Diabetes, The Endocrine Society, the International Society for Paediatric and Adolescent Diabetes, Juvenile Diabetes Research Foundation International, the National Diabetes Education Program, and the Paediatric Endocrine Society (formerly Lawson Wilkins Paediatric Endocrine Society). *Diabetes Care*. 2011;34(11):2477–85.