



Structured Transition from Pediatric Care to Adult Care in Type 1 Diabetes Trial (Transition Trial)

Objective:

The purpose of this study is to determine if a structured transition program for adolescents and young adults with type 1 diabetes (T1D) will improve diabetes clinic attendance and management as well as glycemic control after transition from pediatric to adult diabetes care.

Study Design:

This is a multi-center randomized controlled trial with 188 subjects with T1D aged between 17 and 20 years. Eligible subjects will be randomly assigned in a 1:1 ratio to a structured transition program that will span 18 months, or to receive standard diabetes care. Subjects will be seen in the pediatric care setting for six months and will then be transferred to the adult care setting where they will be seen for one year. There will then be a one-year follow-up period for outcome assessment.

Reason for Study:

Adolescence is a time of many changes that can be challenging for anyone. For individuals with T1D, it is a particularly vulnerable period. One of the major changes that occur in a young person's life during this time is the transition from pediatric to adult medical care. In Canada, up to 41 per cent of T1D patients drop out of adult medical care in the first year of transition, with consequences ranging from poorer glucose control, higher incidence of retinopathy, and greater hospitalization rates. Pilot studies have shown that transition support programs can improve the quality of care in young adults. This study will be the first randomized controlled trial of a structured transition program that incorporates a dedicated coordinator to aid in the transition process. The goal of the study is to improve clinic adherence and health outcomes by closing the gap in the care of this population at a vulnerable time. Results of this study may also be translatable to young adults with other chronic conditions at the time of transition and may impact clinical practice guidelines.

Study Contacts:

If you are interested in participating in the Transition Trial, please contact the study coordinator or certified diabetes educator at the clinical site nearest to you to learn more about how to enrol.

Principal Investigator: Cheril Clarkson, MD (Western University, London)

Locations: London, Ottawa, and Mississauga

London – Children's Hospital, London Health Sciences Centre

Principal Investigator: Cheril Clarkson, MD

Co-Investigators: Patricia Gallego, MD and Robert Stein, MD

Contact: Tracy Robinson (Study Coordinator)

Tel: (519) 685-8500 ext. 57130

E-mail: tracy.robinson@lhsc.on.ca

London – St. Joseph's Health Care, London

Co-Principal Investigator: Tamara Spaic, MD

Contact: Tracy Robinson (Study Coordinator)

Tel: (519) 685-8300 ext. 57130

E-mail: tracy.robinson@lhsc.on.ca

Structured Transition from Pediatric Care to Adult Care in Type 1 Diabetes Trial (Transition Trial)

Ottawa – Children’s Hospital of Eastern Ontario

Site Principal Investigator: Margaret Lawson, MD

Co-Investigator: Ellen Goldbloom, MD

Contact: Brenda Bradley (Study Coordinator)

Tel: (613) 737-7600 ext. 3055

E-mail: bbradley@cheo.on.ca

Ottawa – The Ottawa Hospital

Site Principal Investigator: Janine Malcolm, MD

Contact: Julie Maranger (Study Coordinator)

Tel: (613) 738-8400 ext. 81951

E-mail: jmaranger@ohri.ca

Mississauga – Trillium Health Centre

Site Principal Investigators: Angelo Simone, MD and Amish Parikh, MD

Contact: Elaine Wilson (Certified Diabetes Educator)

Tel: (905) 848-7580 ext. 3410

E-mail: ewilson@thc.on.ca

For more information:

Please visit the trial listing at www.ClinicalTrials.gov:

<http://clinicaltrials.gov/ct2/show/NCT01351857?term=type+1+diabetes&cntry1=NA%3ACA&rank=3>