Summary of Outcomes

**Phase 1 (2008-2010): Pilot investigation work**
- Compared service usage and diabetes outcomes at Royal Prince Alfred Hospital, Sydney, Young People's Clinic in Newcastle and rural areas of HNELHD
- Interviewed young adults in rural areas of HNELHD about engagement with available diabetes services
- Pilot care coordination model, including a telehealth proposal (based in Narrabri)

**Phase 2 (2010-2011): Scoping insulin pump therapy for young people with Type 1 diabetes**
- Cross-sectional questionnaire for young people to project insulin pump service support demand once they reach adult services
- Interviews with staff around resource requirements and challenges of providing insulin pump therapy
- Interviews with young people around costs of insulin pump therapy
- Resources developed include:
  - Insulin Pump Therapy: A Simple Guide to the management of people with type 1 diabetes using an insulin pump (flip chart)

**Phase 3 (2011-2016): Developing a care co-ordination model**
- Preparation for transition pathway (available through JHCH and CHIME), supporting fact sheets
- Development of YOuR-Diabetes Database and training materials to enable proactive co-ordination of care and service review for young adults transitioning to adult services (to age 30 years); now available to HNE staff
- Organised and/or contributed to diabetes professional meetings in regional/ rural areas
- Annual audits of service usage and outcomes (2011-2014); prediction of development of vascular complications
- Training materials developed and a telehealth service set up for young people not otherwise accessing Specialists
- Several trials of a care coordination model, none of which were successful for a variety of reasons
- Data sets still being analysed:
  - Final audit of service usage and outcomes (2012-2014)
  - Service usage of young adults for the first two years after final paediatric appointment
  - Service usage and outcomes for young people living in HNE continuously for five years up until 2015
  - Interviews with young adults about the process of transition and their experiences with adult services
  - Interviews with diabetes services staff about the process of transition


