

Reimagining Trial Recruitment, Procedures, & Intervention Protocol for Young Adults with Type 1 Diabetes (T1D) Transitioning to Adult Care

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INTRODUCTION

- DiaBetter Together is a trial testing a strengths-based Peer Mentor (PM)-delivered intervention to help young adults with T1D transition from pediatric care to adult care.
- The COVID-19 pandemic delayed recruitment, thus we adapted our recruitment and intervention protocols.
- Aim: To report the first year of trial recruitment data using pandemic-adapted protocols.

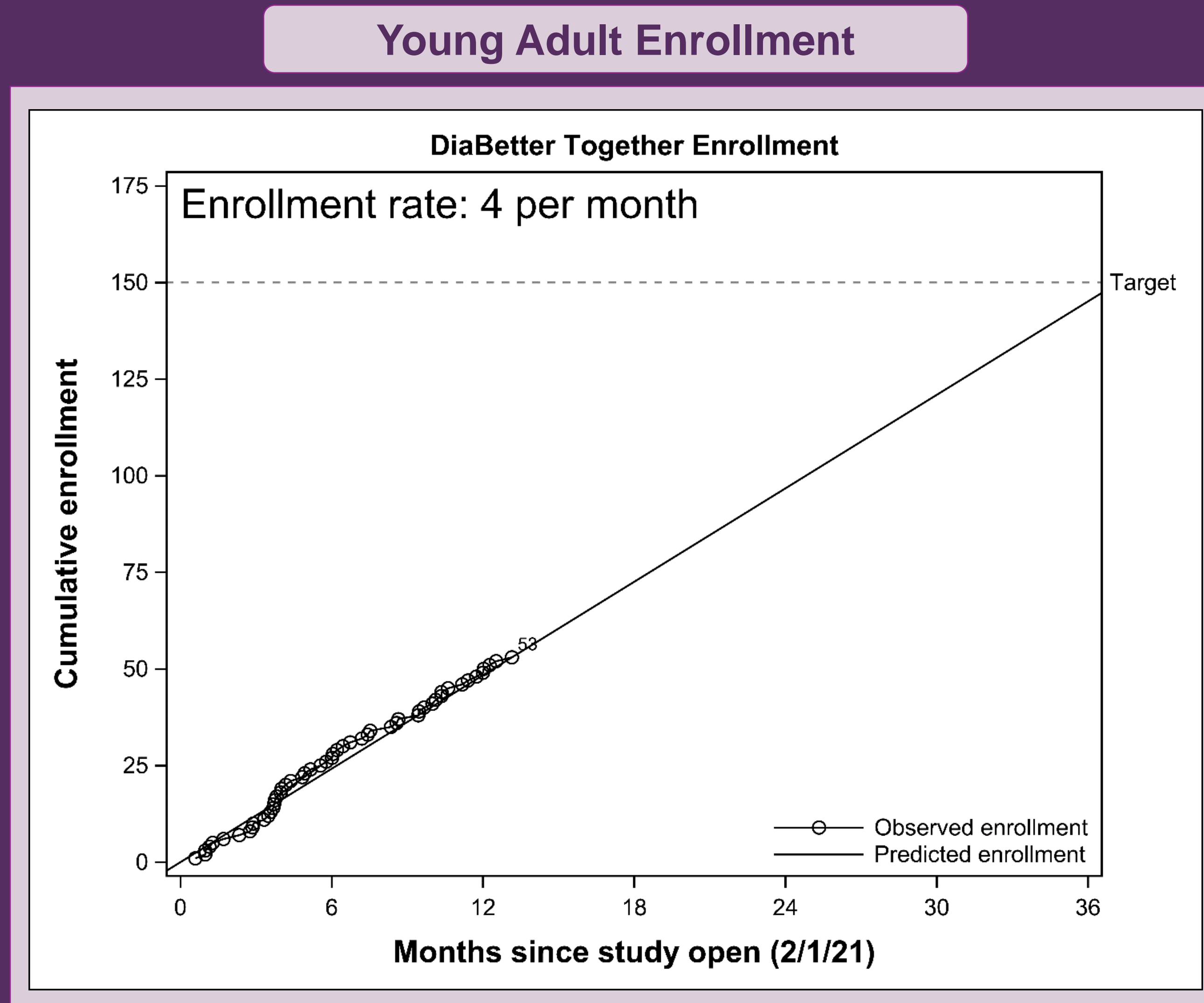
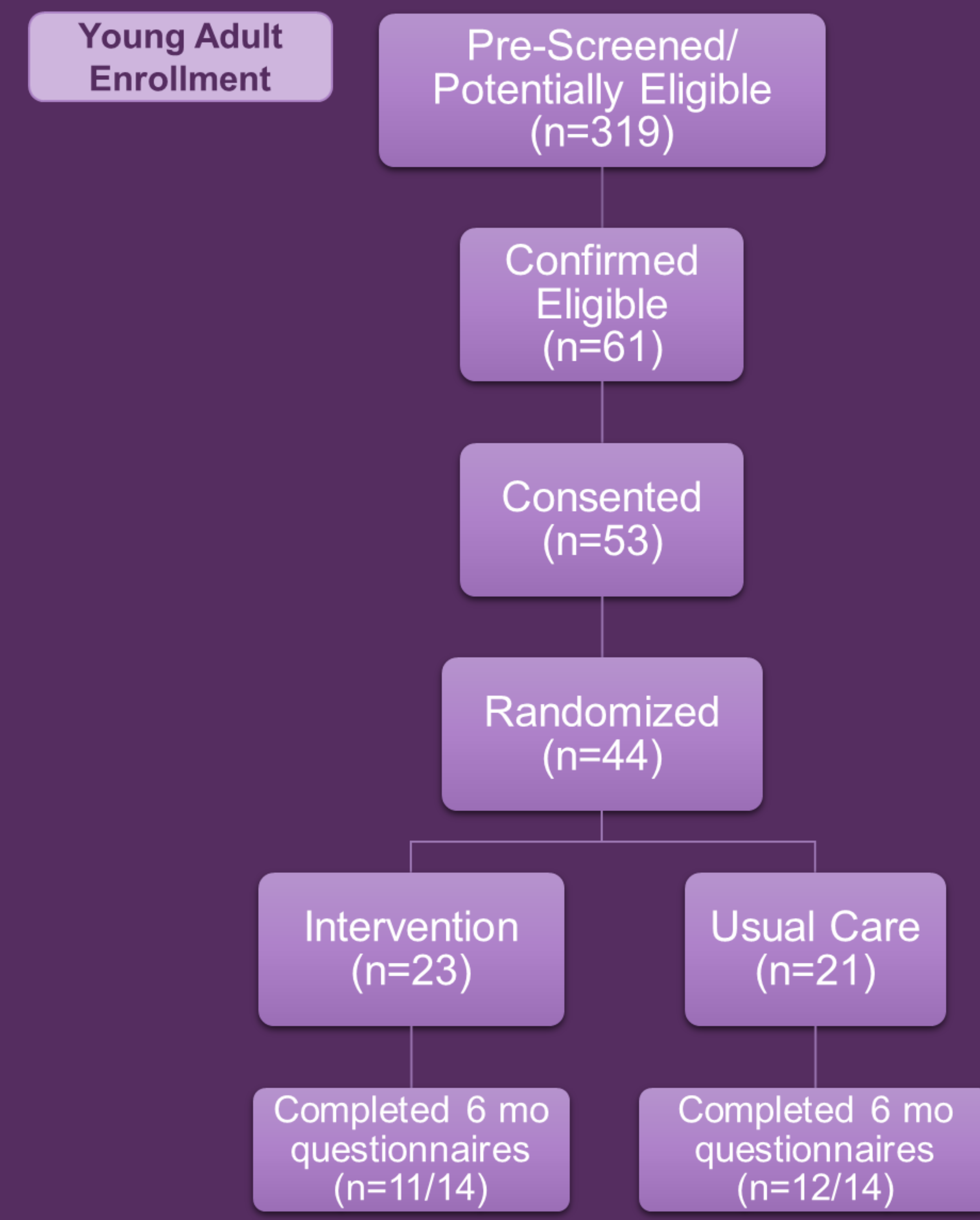
METHODS

- Young adults with T1D are paired with PMs for one year who offer support and model skills (seeking support, problem-solving, navigating the adult healthcare system) to encourage timely follow-up in adult care.
- New remote recruitment methods included:
 - Sending study letter via EMR patient portal
 - Creating a brief recruitment video
 - Partnering with pediatric providers to confirm upcoming transfers of care and to endorse the study to patients
 - Adding social media recruitment for PMs
 - Adding electronic consent
- Protocol adaptations included:
 - Shifted PM training and intervention delivery to be fully remote
 - Mailed home HbA1c kits when clinic HbA1c not available
 - Added pandemic-related content to PM training and intervention manual

RESULTS

- See tables/graphs for recruitment, enrollment, and participant demographic details.
- Primary barriers to young adult recruitment included: difficulty determining transition status/ eligibility, delayed transition due to Medicaid coverage extensions beyond age 19 in TX, and frequent missed appointments.

During the pandemic, we successfully adapted and launched the DiaBetter Together trial, enrolling racially, ethnically, and socioeconomically diverse young adults at a rate of ~1/week.

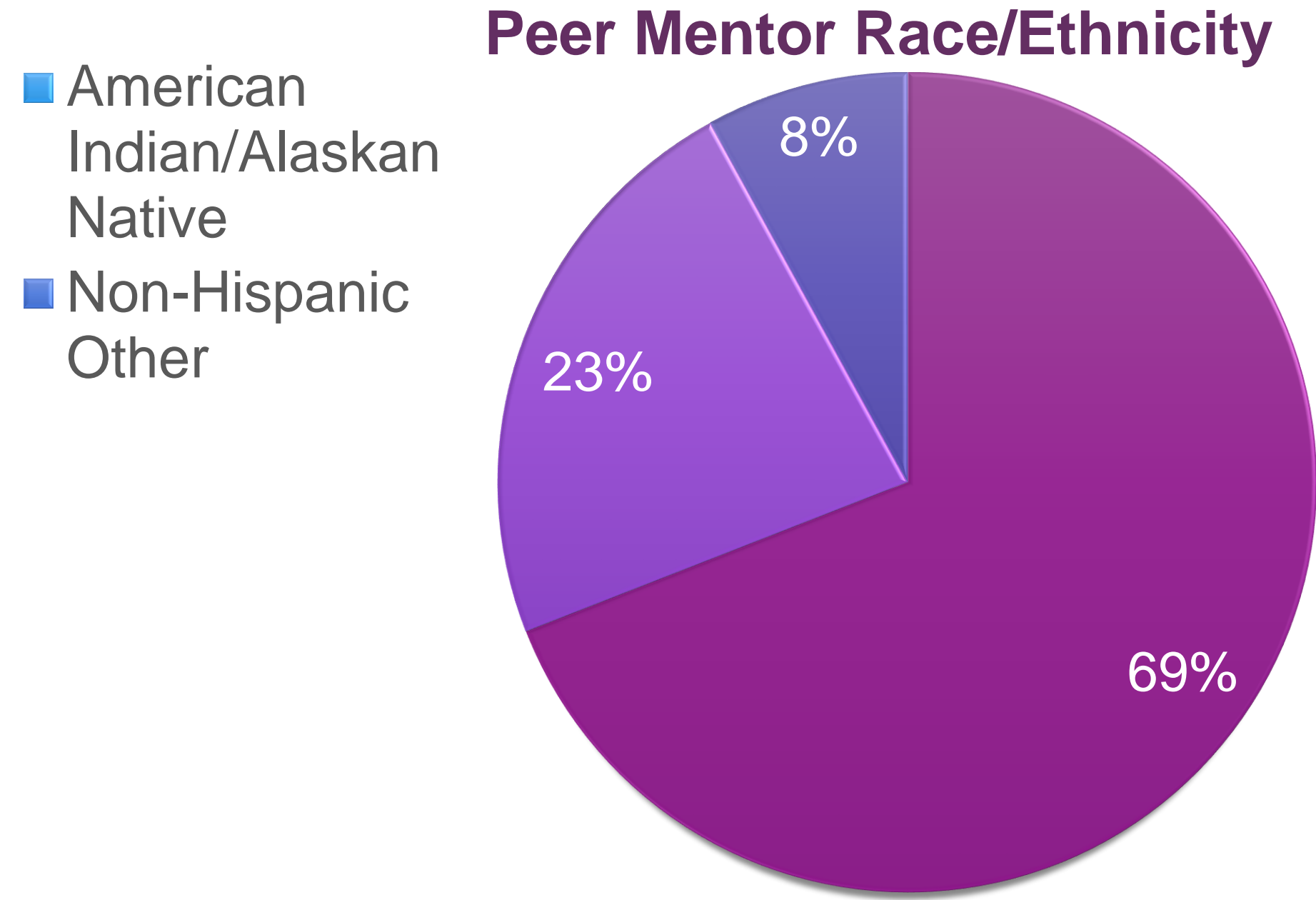
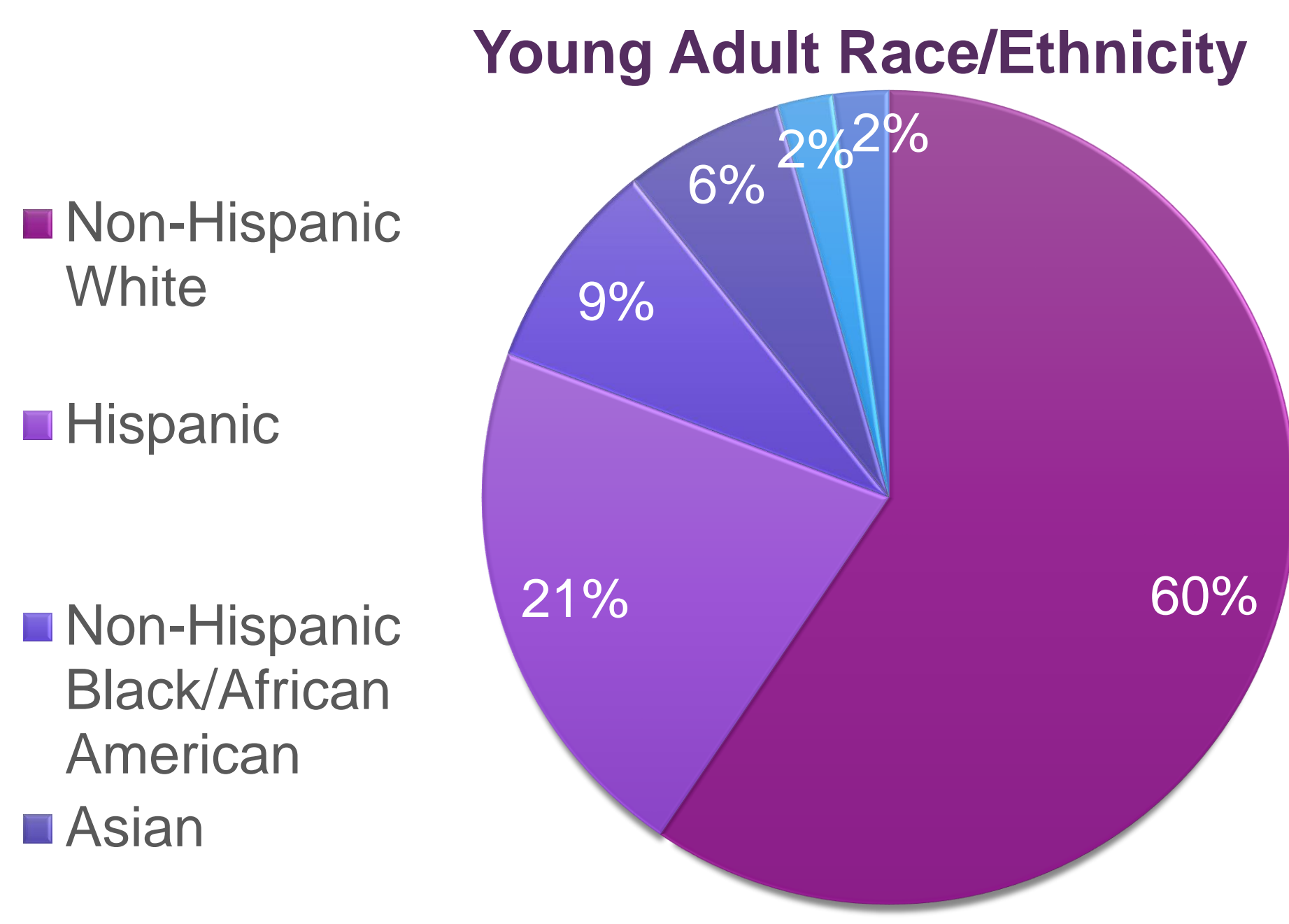


Conclusions

- Protocol adaptations made it possible to launch and maintain steady recruitment of a diverse sample of young adults with T1D throughout an ongoing pandemic.
- Trial results will determine intervention's impact on glycemic outcomes and successful transition to adult healthcare in young adults with T1D.

Participant Details

Participant Characteristics (M±SD or %)		
	Young Adults (n=53)	Peer Mentors (n=26)
Age, Years	20.0 ± 1.4 Range: 17-25	25.4 ± 3.3 Range: 20-35
Gender, Female	55.3%	69.2%
Insurance Type, Private	65.2%	96.2%
HbA1c	8.8 ± 2.2%	6.4 ± 0.7%
CGM Use	74.5%	100%
Insulin Pump Use	53.2%	80.8%



← Check Out Our Recruitment Video!

Enrollment data presented as of 3/09/2022

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