



December 4, 2015

Timeline achievement.

Awarded \$8,385 on July 1, 2014
IRB approval (7/11/14)
Subject recruitment through MSU listserv, Metro Detroit JDRF, and word of mouth
Conducted 2 focus groups, 1 with parents and one with adolescents (July – September 2014)
Conducted interviews (parents, nurses, and adolescents) (July – September 2014)
Transcriptions (August – October 2014)
Analyzed results – two master students (September 2014- February 2015)
15th Annual Pediatric Day (March 2015)
Manuscript (June 2015)
External Reviews (x3)
Editor (x2)
March – presented at 15th Annual Pediatric Day
Allowed to develop apps that could be used in app – May 9
Hired student to produce videos (May 2015)
Grant proposal to ADA (April 2015) – Funded (\$590,544)
R21 Grant proposal to NIH (June 2015) - Scored

Budget spending progress.

For this project we spent, \$5914.30
Categories of spending include: focus group incentives, master student help, focus group and interview transcription, external reviews, editing of grant proposals, incentives for video participants, and student video producer.

Summary of achieving Specific aims.

We were able to conduct some pilot qualitative work. This study included 12 teens, 9 parents, and 5 pediatric diabetes nurses from across Michigan. Subjects participated in a focus group or interview designed to examine the transition process, barriers to the transition, and perceptions of communication.

This study found four common themes among all three stakeholder groups that are specific to the transition period: 1) characteristics of parent/child communication; 2) characteristics of provider communication; 3) barriers to self-management; and 4) facilitators to self-management.

The transition process from parent management to self-management is a very important time, which has important long-term health implications for the teens. The findings demonstrate the common perceptions among teens, parents and diabetes educators. These insights can be used to help address these common challenges. Implications of this study suggest that improving

parent involvement, providing more social support and educational opportunities can be possible avenues for new interventions.

Through this we have been able to present our research at one conference and have a manuscript under review. We are also submitting the research to the Kentucky Conference on Health Communication.

Videos – The videos will be used in the app that is being developed. I'm meeting with Julie Dunneback on Dec. 30, 2015 to discuss the use of the videos in her clinic.

Conference:

Holtz, B., Hershey, D., Cotten, S., Holmstrom, A., Dunneback, J., Wood, M. (2015). "Three Perspectives on the Transition to Self-Management." Presented at 14th Annual Pediatric Research Day, Detroit, MI, March.

Manuscript:

Holtz, B., Hershey, D., Dunneback, J., Cotten, S., Holmstrom, A., & Wood, M. (under review). Understanding the Transition from Parent Management to Self-Management Among Adolescents with Type 1 Diabetes: Three Perspectives. *Communication in Health Care*.

Grant proposals

Through this funding this project was able to secure American Diabetes Association. "Using an mHealth app to transition care of Type-1 diabetes from parents to teens." Grant submitted to the American Diabetes Association. (4/16/15). Principal Investigator. \$ 593,042. (Funded)

We submitted and were scored on both NIH grant proposals.

It's Up to You: Parent and Teen management of Type-1 diabetes mHealth App. Grant submitted to the National Institutes of Health (NIDDK). (6/16/15). Principal Investigator. \$404,982. (scored)

Using an mHealth app to transition care of Type-1 diabetes from parents to teens. Grant submitted to the National Institutes of Health (NICHD). (11/11/14). Principal Investigator. \$405,641. (Scored)

Barriers to implementing study.

The transcription service was required to be HIPAA compliant. It took a little more time to find a service, additionally they are more expensive than those that are not. My transcripts did not have any information in them that needs to be covered under HIPAA, so I am not sure it was a necessary safeguard in this particular situation.

It was difficult to schedule focus groups with enough people. I think because the sample population is smaller. I am happy we went with interviews.

Getting the student on payroll was a bit of a challenge at first. However, it was resolved and became much easier.