

Development and Implementation of the Readiness Assessment of Emerging Adults With Type 1 Diabetes Diagnosed in Youth (READDY) Tool

Sarah D. Corathers, Joyce P. Yi-Frazier, Jessica C. Kichler, Lisa K. Gilliam, Gail Watts, Andrea Houchen, and Sarah Beal

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Supplementary Data

- Supplementary Appendix S1

Appendix 1:

READDY (Readiness for Emerging Adults with Diabetes Diagnosed in Youth)

Note: The stem for each item is, "I am able to..." Response options were closed-ended on a Likert scale coded as 1 (Haven't thought about it), 2 (I plan to start), 3 (No, I still need lots of practice), 4 (Somewhat, but I need a little practice), and 5 (Yes, I can do this). Formatted tool available by request to corresponding author.

Knowledge

- Describe diabetes in my own words
- Explain what Hemoglobin A1c (HbA1c) measures
- Recall my most recent HbA1c
- State my target HbA1c
- Understand my current health status

- Describe three long term problems that might come from high HbA1c
- Tell someone how alcohol affects blood glucose
- Explain long-term impact of tobacco on heart health in people with diabetes
- Explain the impact of diabetes on sexual health/function
- Explain the impact of glucose control before and during pregnancy (female patients)
- List examples of tests done in routine visits to identify or prevent complications of diabetes

Navigation

- Arrange for transportation to medical appointments
- Ask questions of the medical team during my clinic visit

- Call the office for treatment advice

- Have medical insurance or speak with social worker or financial counselor about getting coverage

- Call insurance company and ask about coverage for supplies and medicines

- Refill a prescription at the pharmacy
- Seek emotional support as needed (family, online community, religious services, social worker, support group, therapist, etc...)

- Identify a hospital for emergency care

- Identify a primary care provider (one main health provider I see for all my medical needs other than diabetes)

- Contact prospective schools and employers for disability accommodations (if necessary)
- Find out accurate information about diabetes (through support groups, websites, ADA, JDRF)
- Manage diabetes during illness, including when to call provider

Insulin and Pump Management

- Determine my insulin dose according to blood glucose
- Adjust my insulin doses according to blood glucose pattern over time

Insulin Pump Skills (answer only if you use one)

- Change infusion sets and fill insulin reservoirs
- Program basal rates and bolus dose information into pump setup
- Use dose calculator in pump
- Test my basal rate with coaching from my medical team
- Recognize if pump or infusion set is not working
- Administer insulin by injection if pump is not working
- Call the pump company help line if pump is not functioning

Health Behaviors

- Count carbohydrates and know where to look for carb information
- Test blood glucose before each meal and when having symptoms of low glucose values
- Perform diabetes care (take insulin, test blood sugar) in front of peers, friends, co-workers or in public when necessary
- Teach a roommate or friend about signs of hypoglycemia
- Teach a friend or roommate about treatment of hypoglycemia, including use glucagon
- Notice differences in my health, such as weight change or illness
- Answer questions about my own past medical history
- Answer questions about my family medical history
- Respond to positive ketones
- Describe strategies to prevent low and high blood glucose levels when exercising
- Manage my diabetes safely when driving (check blood glucose before driving, treat high or low values)
- Describe safe sex practices