Clinical Outcomes of a Multidisciplinary Pediatric Program for People with Type 1 Diabetes Experiencing Elevated A1c and Frequent Admissions

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Background

Pediatric patients with type 1 diabetes (T1D) may face a variety of barriers, including clinical, social and access-related, that hinder their ability to reach target A1c goals and successfully self manage diabetes at home. Patients who need additional support may have poor glycemic control and psychosocial barriers. These barriers disproportionately drive morbidity and healthcare utilization.

To better serve these patients and address their needs, a multidisciplinary program was created.

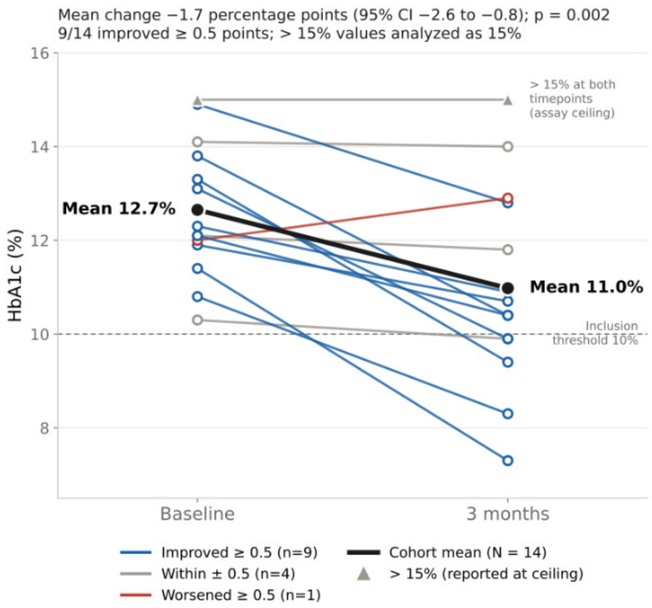
Methods

Eligible patients (HbA1c ≥10% or diabetes risk score ≥30%, T1D ≥1 year) are identified via clinician referral. A multidisciplinary team including physicians, APPs, RNs, SW, a dietitian, and community health workers (CHW) delivers wraparound support: CHW introductory call with SDOH screening, biweekly RN contacts, dietitian nutrition support, and CHW home visit.

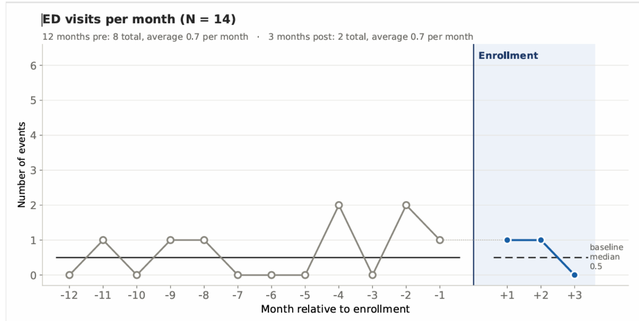


Results

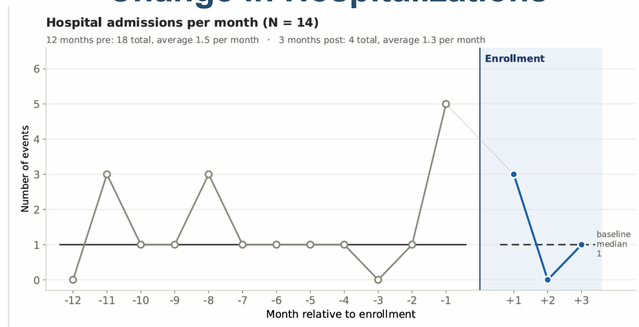
Change in HbA1c



Change in ED Utilization



Change in Hospitalizations



Conclusions

The program delivers multidisciplinary wraparound care to patients. Given positive program results, PDSA were designed to increase volumes of patient participation, targeting outreach strategies and referral optimization.

Recommendations

Due to encouraging early results, further expansion of the multidisciplinary pediatric program for people with type one diabetes are being explored to empower more patients to effectively self-manage their diabetes.