

A Special Thank You To Our Valued Partner: Lerner's LLP

Children's Health Foundation is proud to work with outstanding community leaders to support excellence in paediatric health care, research and rehabilitation. Through the generosity of our donors, we ensure each and every child receives the absolute gold standard of care and has the best opportunity to heal and go home.

We are grateful to Lerner's LLP for their investment in The Transition Readiness Adolescent Complications Clinic (TRACC) at Children's Hospital, London Health Sciences Centre.

Thank you!

Helping Patients Through a Time of Transition

Diabetes is one of the most common chronic diseases affecting children and youth in our society. Children typically have the support of their parents in managing this disease. However, as a child becomes a teen and gains independence the responsibility shifts to the individual, which can be a challenge during this major stage of development. Creating greater difficulty, at 18, teens transition from paediatric care, a family-focused program, to adult care where they may be required to make decisions about their own care with less guidance or accommodation.

With all these changes coinciding, teens with diabetes can become overwhelmed. Subsequently, in the first year of transition from paediatric centres, 41 per cent of youth with type 1 diabetes drop out of medical care and nearly 50 per cent report significant issues with their transition. The Transition Readiness Adolescent Complications Clinic (TRACC) at Children's Hospital aims to revolutionize transitional care and improve health outcomes for youth with diabetes through the development and implementation of structured assessment, age-appropriate education and complications screening.

"Nothing - especially my diabetes - will stop me!"

Nathan Finch
Foundation Ambassador



Early Intervention to Keep Teens on Track

TRACC offers a stream-lined stand-alone diabetes clinic to patients aged 15 to 18 years old at Children's Hospital. By consolidating and augmenting efforts, the clinic makes it easier for health care providers to identify adolescents who need extra support through the transition process. TRACC guides patients in developing the necessary skills to independently navigate the adult care system, schedule their own appointments, maintain prescribed medical supplies, and know what financial options are available to them for diabetes supplies.

In its first year (2015-16), TRACC served 40 patients aged 17 and older, just before they transitioned to adult care. Since the knowledge and self-management skills that lead to successful transition are better developed over time, your funding helped extend the clinic to 15 and 16 year olds and assist approximately 100 patients. Moreover, to amplify the positive impact of TRACC, the project team is creating an educational video to enhance transitional support for patients so that young people, regardless of where they live, learn to take care of themselves in the best possible way.

After engaging with TRACC, adolescents experience an increased level of confidence when entering the adult system and are able to demonstrate greater knowledge of diabetes care. They are also less likely to disengage from treatment, leading to improved patient outcomes.

Setting the Standard for Transitional Care

TRACC is the only program of its kind in Southwestern Ontario and will serve as a model of transition care. Additionally, the knowledge gained during the project could be translated to other sub-specialties in paediatrics where patients are transferring to adult care, as many challenges would be similar. The TRACC team will share the results locally, nationally and internationally through conferences and publications, widening the impact of the program.

Celebrating the Advancement of Paediatric Health Care

Children's Hospital, London Health Sciences Centre, is the regional paediatric referral centre for Southwestern Ontario and parts of Northern Ontario, serving an area of over 29,000 square kilometres and a population base of more than 2.3 million people, including 400,000 infants, children and adolescents.

In 2015-16, Children's Hospital:

- Received over 109,800 patient visits (53 per cent of those young people from outside London);
- Served over 35,000 visits to the Paediatric Emergency Department;
- Provided exemplary care to 648 extremely vulnerable kids within the Paediatric Critical Care Unit;
- Cared for 857 newborns needing intensive care;

Children's Hospital is the only Ontario hospital to provide 24/7 transport for young people from birth to age 18, from as far away as Thunder Bay to receive specialized treatment. Many children are inpatients for several days, weeks or even months – and others stay as an inpatient for more than a year.

Our Appreciation

Thank you to Lerner's LLP for supporting Children's Health Foundation to educate and empower teens with diabetes to live well. You are positively impacting health outcomes for youth, giving them the opportunity to have bright, healthy futures.