Youth Self-Assessment of Worries, Concerns, and Burdens Related to Diabetes and Preparation for Transition of Care

Consider the following statements and note how important it would be to discuss the item with your healthcare team as you are moving on from pediatric to adult diabetes care

I WOULD LIKE TO TALK ABOUT THIS

Challenged by Diabetes Burdens
1. I feel confused about managing my diabetes on my current regimen
   YES  MAYBE  NO
2. I am not sure how to keep my blood sugars in range.
   YES  MAYBE  NO
3. Diabetes keeps me from doing many things that I want to do in life now.
   YES  MAYBE  NO
4. I feel “burned out” from trying to control my blood sugars all the time.
   YES  MAYBE  NO

Social/Emotional/Cognitive Issues
5. I have trouble paying attention in class or at work.
   YES  MAYBE  NO
6. I seem to forget things more than most of my friends.
   YES  MAYBE  NO
7. I struggle to keep up with my class work or job Responsibilities
   YES  MAYBE  NO
8. Organizing my life every day is a challenge for me.
   YES  MAYBE  NO
9. I get along well with classmates and/or co-workers.
   YES  MAYBE  NO
10. I am not able to do things that others my age can do.
    YES  MAYBE  NO
11. I feel sad or ‘blue’.
    YES  MAYBE  NO
12. I worry about my future.
    YES  MAYBE  NO

Transition preparation and readiness to move on
13. I know how each of my insulins work and what to do if things don’t seem to be going right.
    YES  MAYBE  NO
14. I can refill a prescription by myself.
    YES  MAYBE  NO
15. I can make a doctor’s appointment by myself.
    YES  MAYBE  NO
16. I know what to do with my diabetes management if I get sick.
    YES  MAYBE  NO
17. I know what my insurance covers.
    YES  MAYBE  NO
18. I can get myself to my diabetes appointments.
    YES  MAYBE  NO
19. I have contacted diabetes organizations in my community.
    YES  MAYBE  NO
20. If I need to see a specialist, I know how to find one.
    YES  MAYBE  NO

Here are other topics I would like to discuss today

Here are other topics I would like to discuss in the future

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