

### **Letter of Invitation (Youth/Young Adult)**

#### **Perspectives on a T1DM Pediatric-to-Adult Transition Clinic in Vancouver, Canada**

When youth with type 1 diabetes (T1DM) turn 18 they are transitioned from pediatric diabetes care to adult diabetes care. The International Society for Pediatric and Adolescent Diabetes (ISPAD) has published recommendations on how to make the transition as easy as possible. One of their recommendations is to establish a young adult diabetes clinic where members of the pediatric and adult diabetes teams work together to make the transition process easier.

***This study will gather perspectives from youth, young adults, and their parents on their transition experiences and their preferences for a transition clinic in Vancouver.***

You are being invited to take part in this research study because you are aged 16-35 and have T1DM. Our research team is comprised of doctors and researchers from BC Children's Hospital, BC Children's Hospital Research Institute, and the University of British Columbia. The Principal Investigator of this study is Dr. Shazhan Amed, who is a Clinical Associate Professor with the Department of Pediatrics and a pediatric endocrinologist at BC Children's Hospital.

As part of study procedure, you will be asked to attend a focus group or interview session at BC Children's Hospital with other youth and young adults with T1DM. You will fill out a short questionnaire about yourself. You will then discuss your experiences in the pediatric-to-adult transition in T1DM care. You will also discuss the preferred features of a T1DM transition clinic. Your discussion will be audio recorded, but the final results will be anonymized.

The results of this study will be used to advocate for health services that better serve the needs of young people with diabetes who are transitioning from pediatric to adult diabetes care. The results will be shared with key individuals who influence the delivery of health care in BC and Canada, such as doctors, nurses, and decision makers.

If you are interested in participating in this study or would like more information, please contact:

Dr. Joseph Leung: [jmleung@alumni.ubc.ca](mailto:jmleung@alumni.ubc.ca); 604-910-7717

Thank you for considering being part of our study.

Sincerely,



Shazhan Amed MD FRCPC MScPH  
Associate Clinician Scientist | BC Children's Hospital Research Institute  
Clinical Associate Professor | University of British Columbia  
Pediatric Endocrinologist | BC Children's Hospital