

Healthcare Needs of 16-25-year-old Patients with Type 1 Diabetes: Meta-synthesis

Yueh-Tao Chiang*¹, Chi-Wen Chang¹, Hsing-Yi Yu¹, Fu-Sung Lo²

¹College of Medicine, School of Nursing, Chang Gung University, Taoyuan, Taiwan ²Pediatrics, Chang Gung Memorial Hospital, Taoyuan, Taiwan



Background: Sixteen to twenty-five year-old patients with type 1 diabetes face multiple transitions in their career and development. Moreover, their disease control may exacerbate and speed up disease progression, which may lead to early occurrence of complications and an increase in the frequency of disease-related hospitalization, as well as negatively affect their quality of life. Providing patients with intervention measures meeting their healthcare needs can reduce the impact during the transition period.

Purpose: The purpose of this study is to understand the healthcare needs of 16-25-year-old patients with type 1 diabetes during the transition period.

Method: This study performed meta-synthesis and used keywords, such as type 1 diabetes, adolescents or early adulthood, transition period, healthcare needs, and qualitative research, to systemically search for literature in both Chinese and English published in databases, such as MEDLINE, CINAHL, PsycINFO, PubMed, Cochrane library, Pro Quest Health, and Medical, that were completed before August 2017. This study used The Joanna Briggs Institute Critical Appraisal Tools as the research tool. Three researchers concurrently implemented a rigorous literature evaluation to screen the literature.

Results: Eleven studies in total conforming to the research purpose were included in the analysis. The results showed that ages 16-25 cover the critical period when patients with type 1 diabetes transform themselves from attachment to de-attachment. Patients' healthcare needs change from health control to the dynamic process of seeking spiritual comfort. After their needs are met, they eventually intend to become the chief executive officer of their own disease. The 5 themes of healthcare needs are: **(1) health:** patients need a medical team to provide them with individualized disease self-management information in order to properly control their blood sugar level and reduce any discomfort caused by the disease; **(2) autonomy:** patients need to learn how to communicate with other people to grasp the gaps between dependence on primary caregiver and independence and to bear their own responsibility of disease care; **(3) interpersonal interaction:** patients desire to create a friendly and compassionate space to reduce the occurrence of interpersonal frustrations; **(4) society:** patients need to develop support networks of social resources and patient groups to increase their confidence in becoming independent; **(5) spirituality:** patients need to find faith and acquire spiritual comfort when faced with the disease's unpredictability.

Conclusion: There presently is a lack of studies in the literature investigating the consistency and importance of healthcare needs during the transition period from the diversified perspectives of patients, parents, and medical personnel, as well as studies conducted in Asian countries. Future studies may perform in-depth investigations on these two dimensions. Moreover, the research results are offered as a reference for empirical guidelines of clinical care and developmental intervention measures to increase disease control. Attention should naturally be paid to cultural differences.

Keywords: Type 1 Diabetes, Transition, Healthcare Needs

Abstract summary :

The purpose of this meta-synthesis is to investigate the healthcare needs of people 16-25 years old during the transition period, including 5 themes: health, autonomy, interpersonal interaction, society, and spiritual. The results are offered as a reference for the empirical guidelines of clinical care.

Author information: Yueh-Tao Chiang, Email address: lischiang@mail.cgu.edu.tw