

# GUIDED TRANSFER STUDY

You were referred by your pediatric endocrinologist to participate in a project aiming to improve the transition from pediatric to adult endocrine care. Please review the information below for more details on the study purpose and what to expect

## STUDY OVERVIEW

The **purpose of this study** is to see if a Guided Transfer visit improves the experience for patients transferring from a pediatric to adult provider for their endocrinology care. It is a randomized trial. Participants will be randomized to either the Direct Referral or Guided Transfer arm. Expectations in each arm are outlined in page 2.

Your participation will last until you have completed two visits at the adult endocrine clinic (a minimum of 8 months). Visits can occur in person at a Stanford clinic or via Telehealth

**You are eligible if you:** are  $\geq 16$  years old, have a chronic endocrinology condition for  $\geq$  year, and are currently followed in a Stanford affiliated pediatric endocrinology clinic and ready to transfer to adult clinic.

## STUDY CONTACTS

**SEE PAGE 2 FOR WHAT TO EXPECT AND FAQs**

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Assistant Professor, Pediatrics - Endocrinology and Diabetes

### If interested in participating, please contact:

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*For complaints, concerns, or participant's right questions, contact 1-866-680-2906*

# GUIDED TRANSFER STUDY

*A project improving the transition from pediatric to adult endocrine clinic for patients*

## WHAT TO EXPECT

### ZOOM MEETING WITH STUDY CRC (~40 MIN)

- Review and sign informed consent form (ICF)
- Answer a few questions about yourself and medical history
- Complete a 36 question survey
- Be randomized into either the Guided Transfer or Direct Referral arm

## IF RANDOMIZED TO...

### DIRECT REFERRAL

- Your peds endo will submit a referral to the adult clinic
- You should receive a call in a few months to schedule your first visit at the adult clinic

### GUIDED TRANSFER

- The peds clinic will contact you to schedule your Guided Transfer visit at one of the peds clinics (in person or TeleHealth)
- **At the Guided Transfer visit:** The adult endo will put in a referral to see him/her in the adult clinic if you both agree you are ready to transfer to adult care

## FREQUENTLY ASKED QUESTIONS

### What if my insurance doesn't cover care at Stanford's adult clinic?

The referral process to the adult clinic will go through your insurance before we can schedule a visit. If your insurance denies coverage for the Stanford adult clinic, we will put a new referral in for an adult endo that is in network. You will then be officially withdrawn from the study

### I have an upcoming clinic visit with my peds endo scheduled. Should I still go to that visit?

No. You will be asked to cancel that visit with your peds endo. You should be ready for your next visit to be with the adult endocrinologist before signing up for the study

### Will my peds endo also be at the Guided Transfer visit?

We will let him/her know and invite them to the scheduled visit if available. However, there is no guarantee they will be able to join as lining up the schedules can be difficult