

May 2022

Dear Goudie Family –

Thank you for your incredible, ongoing dedication to support youth and families who seek care in our RVH Youth Diabetic clinic. Your hard work, and dedication through the Tour De T1D is truly commendable, and impactful. You are raising funds, but also importantly, awareness of the need to support those with Type 1 Diabetes.

Although you know first-hand, about the many facets of our Youth Diabetes Clinic, I wanted to give you a quick overview of some key data from the last decade which illustrates the growing need for our services.

- In 2010/11, our caseload was 111 patients, inclusive of Type One Diabetes, Type Two Diabetes, Monogenic Diabetes and Pre-Diabetic patients. Today our caseload is 190 patients.
- In 2010/11, our patient contact with a Registered Nurse was 564. Today it is 906.
- In 2011, there were 44 patients on an insulin pump. Today, there are 115.
- In 2016, there were 7 patients on a continuous/flash glucose monitor. Today, there are 122.

You may also have noticed the increased media coverage highlighting a noted phenomena of increased Ped Diabetic diagnosis, happening nationally. We are certainly challenged right now with a consistent flow and increased rate of new diagnoses.

Funds raised from Tour De T1D have historically been used to:

- purchase equipment (additional A1C machine)
- update space to be more patient-friendly
- purchase specialized supplies (such as food scales) for families in need
- In the past year, you should know we supported a family who required specialized equipment they didn't have the means to acquire. Having the funds to offer support to families in crisis is important to our team, and also to the families we serve (who otherwise would be unable to afford to provide these lifesaving supplies for their children).

In the future, funds will meaningfully impact patient care because:

- Covid stagnated (or halted in its tracks) many of our plans for the clinic in the last 24 months, however, we are now putting in place a plan to reinvigorate and improve key elements of care such as group events for patients and families as well as restarting communication vehicles, supports for new diagnoses (care kits for new patients/families) and enhancements of key elements of the clinic (dietician and mental health supports).
- Future funds (longer range) will also be beneficial as RVH delves further into its ambitious plans for development – as it will help our clinic, and all the connected areas of care our patients access, grow in step with the needs of our community including those youth with Type 1 Diabetes (i.e. supporting interdisciplinary model of care, being located adjacent to other areas of care to more efficiently share clinical resources – improving ease of access for patients to key supports).

As RVH and our community expands, our patient load grows, and the complexity of patient cases grow – the need to continually evolve the Youth Diabetic Clinic is evident. Thank you Goudie family for being there for our clinic and patients! We are very grateful for the ongoing “cycle” of support through the Tour De T1D.

Best,
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