

Transition Readiness in Adolescents/Young Adults Approaching Transfer to Adult Care:

How are they doing and how can we
improve?

12/14/2013

Wendy N. Gray, Ph.D.

Auburn University & Cincinnati Children's Hospital Medical Center

Disclosures

Nothing to Disclose

Background

- Barriers to transferring patients to adult care exist at many levels
- Self-management deficits in older adolescents¹
- 79% of adult gastroenterologists report inadequacies in patients transferred from pediatrics²

1. Fishman et al. (2010); 2. Hait et al. (2009)

Transition Task Force

- Benchmarks for Transition Readiness:
 - 90% mastery of transition readiness skills
 - Mild or quiescent disease
 - Patient has identified a PCP
 - Pediatric staff confidence in transition readiness

Purpose

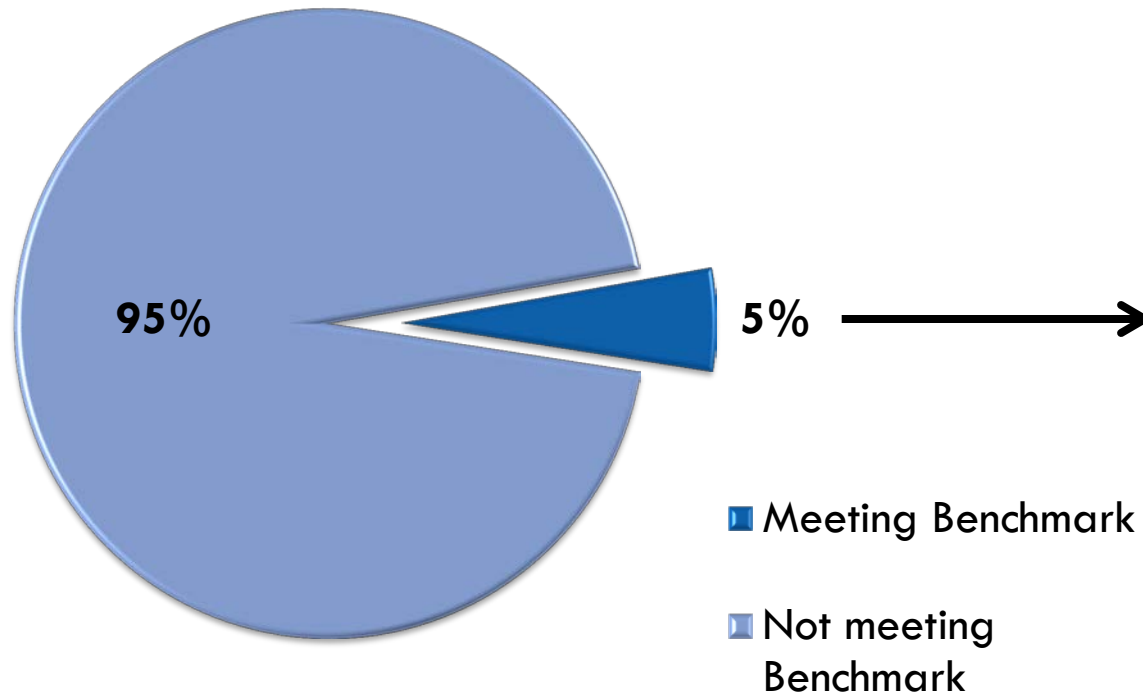
- Examine transition readiness skill acquisition in adolescents and young adults
- Identify gaps in transition readiness that should be addressed prior to transfer to adult care

Method

- Data collected December 2012 - August 2013
- Inclusion criteria:
 - Patient with Crohn's or colitis (N = 145, 56.6% male)
 - Treated at Cincinnati Children's Hospital Medical Center
 - Age 16 or older (M = 18.08 ± 1.86 years)
- Transition Readiness Assessment Questionnaire (Version 5.0)

Results

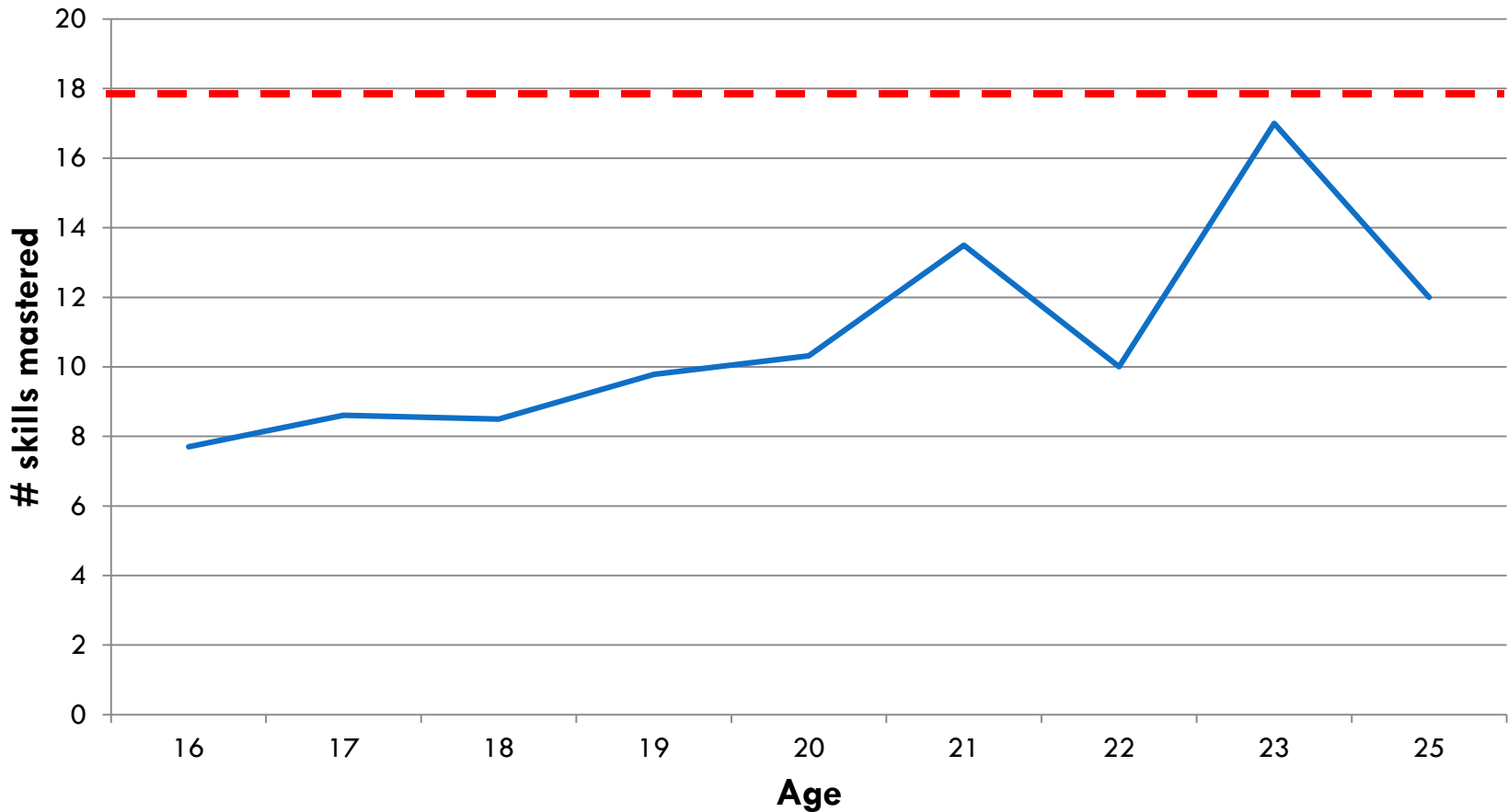
- Number of patients meeting transition readiness benchmark



Pt. Age	Pts. meeting benchmark
< 18	2/60
≥ 18	6/77

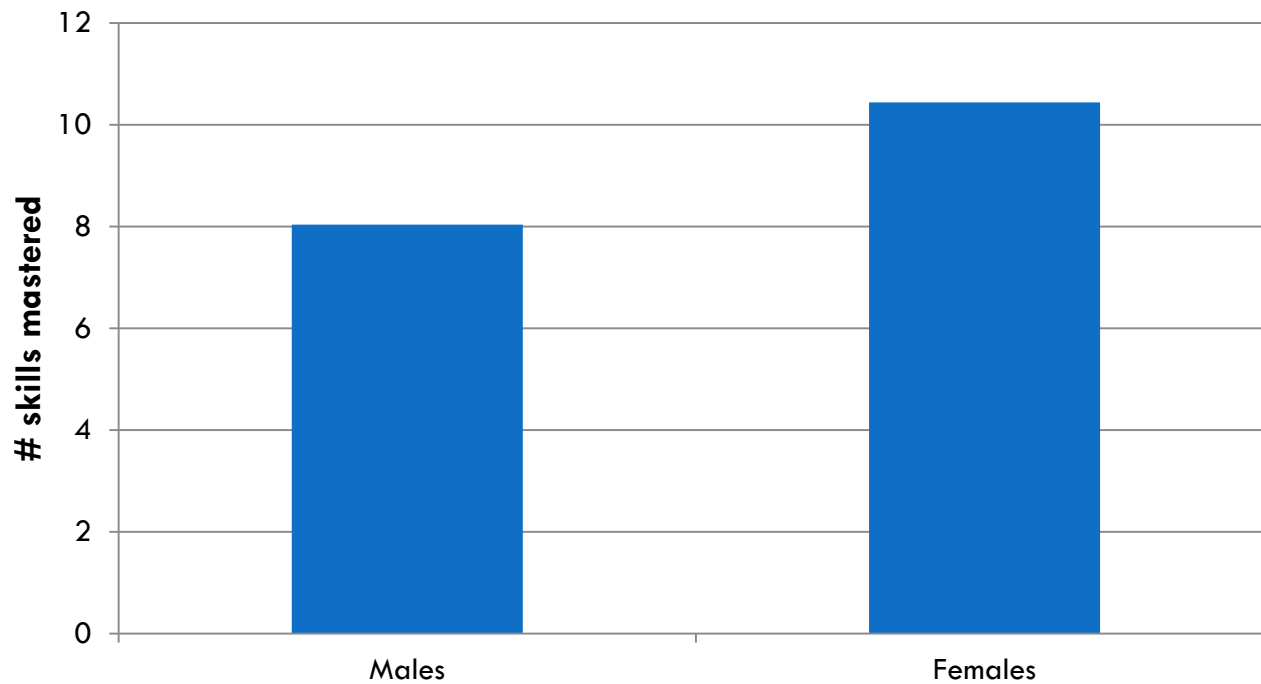
Results

□ Average # of tasks mastered = 9.08 ± 4.83



Results

- Gender differences in transition readiness (controlling for age)



$F(1, 142) = 10.45, p < .01$

Results

Skills Patients are Mastering

Answering questions from medical providers

Telling doctor or nurse what you are feeling

Taking medications correctly and independently

Know what to do when having a bad reaction to medication

Filling out medical history form including allergies

Arranging for rides for medical appointments

Keeping home/room clean and cleaning up

Utilizing neighborhood stores and services (e.g., grocery, pharmacy)

Helping to plan/prepare meals

Results

Areas to Target in Clinical Care

How to apply for health insurance coverage

Knowing what health insurance covers

Seeking financial help with school/work

Calling doctor about unusual changes in health

Calling doctor's office to make an appointment

Following up on referrals for tests or check-ups or labs

Making a list of questions before the doctor's visit

Keeping track of medical and other appointments

Filling a prescription when needed

Reordering medications before they run out

Conclusion

- Few patients on verge of transfer to adult care are meeting our benchmark for transition readiness
- Females are demonstrating more readiness than males, regardless of age
- Specific deficits exist in self-management and self-advocacy/health care utilization

Implications

- Critical to address deficits in adolescence
- Deficits observed are all modifiable behaviors amenable to intervention
- Routine assessment of transition readiness skills is needed to identify gaps in skills
- Guidance needed for patient and parents

Future Directions

- CCFA Career Development Award: Development of the Self-Management Transition Enhancement Program (STEP)
 - Key features:
 - 3 phase approach to program development
 - Objective outcome assessment
 - High level of patient, parent, & clinician engagement

Acknowledgements

- Erin Holbrook, MSW, LSW
- Pamela Morgan, BSN, RN
- Shehzad Saeed, MD
- Lee Denson, MD
- Kevin Hommel, PhD



Questions? Comments?