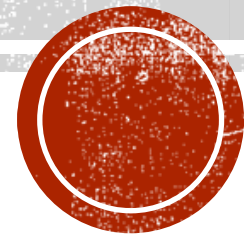




HEALTH CARE TRANSITION: PEDIATRIC TO ADULT CARE

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 FAMILY VOICES[®]

TRANSITIONS: COMMON FACTORS

Regardless of system, transition requires a few key elements:

- Knowledge of individual needs / self advocacy,
- Knowledge of system / resources, and
- Planning to insure smooth movement and consistent access to required services.



HEALTH CARE TRANSITION

- is the *purposeful, planned* movement of adolescents and young adults from a *child-centered care* to an *adult-oriented* health care system.



GOALS OF HEALTH CARE TRANSITION (HCT) PLANNING

- Ensure that all youth have continuous access to needed care; and
- Ensure that each youth is prepared to participate in care as fully as possible, with the right level of support when needed, and
- Ensure that an alternative caregiver is prepared to support the healthcare needs of the youth when caregiver support will always be required.



PONDER...

- Does the ability of youth and young adults to manage their own health care impact transitions to college, employment, independent living?
- How do we address this in transition planning across systems?





TIPS ON ENGAGEMENT

Goal(s) beyond high school.

- Do goals involve living on their own?
- Going on to further learning?
- Getting a job?
- What does the youth need to know / learn in order to achieve this goal?



ASSESSMENTS

Readiness Assessments are *tools* used to:

- Begin discussion with youth about health-related skills
- Identify
 - Areas of strengths, interests, skills / knowledge
 - Areas of skill opportunity to be addressed in goals

They provide the *foundation* for the work.



TRANSITION READINESS ASSESSMENT QUESTIONNAIRE (TRAQ)

- Three studies have been conducted to revise, update and validate the TRAQ. The most recent version was published in 2021.
- It contains four subscales:
 - Appointment Keeping
 - Tracking Health Issues
 - Managing Medications
 - Talking with Providers

Patient Name: _____ Date of Birth: ___/___/___ Today's Date ___/___/___ (MRN# _____)

Transition Readiness Assessment Questionnaire (TRAQ)

Directions to Youth and Young Adults: Please check the box that best describes **your** skill level in the following areas that are important for transition to adult health care. There is no right or wrong answer and your answers will remain confidential and private.

Directions to Caregivers/Parents: If your youth or young adult is unable to complete the tasks below on their own, please check the box that best describes **your** skill level. **Check here** if you are a parent/caregiver completing this form.

	No, I do not know how	No, but I want to learn	No, but I am learning to do this	Yes, I have started doing this	Yes, I always do this when I need to
Managing Medications					
1. Do you fill a prescription if you need to?					
2. Do you know what to do if you are having a bad reaction to your medications?					
3. Do you take medications correctly and on your own?					
4. Do you reorder medications before they run out?					



ADMINISTRATION OF TRAQ

- Introduce TRAQ as tool used to identify the areas of strength and opportunity related to managing health care.
- TRAQ should be completed by:
 - Youth; with or without support, or
 - Alternate caregiver if youth is unable to complete due to level of disability.



STAGES of CHANGE MODEL & TRAQ

Stage	Definition	TRAQ response
Pre-contemplation	No intention of action in next 6 months	No, I do not know how
Contemplation	Intends to take action in next 6 months	No, but I want to learn
Preparation	Intends to take action within the next 30 days / has taken some action	No, but I am learning to do this
Action	Has changed behavior for less than 6 months	Yes, I have started doing this
Maintenance	Has consistently changed behavior for more than 6 months	Yes, I always do this when I need to





REVIEW OF TRAQ

Discuss responses to confirm that they represent the actual level.

Discuss whether the current skills will allow them to achieve future goals.

Goals + needed skills shifts from thinking to action...

Discuss with youth and caregiver options for youth to work on needed skills.

Acknowledge changing roles, and the anxiety this may induce!



Four main areas of skill building:

- Medication
- Appointments
- Health Information
- Health Insurance



SAMPLE GOALS

Medication:

- By (insert date), student will ...
 - Name their medication(s) with _ % accuracy.
 - Identify what time(s) they take their medication(s) with _ % accuracy.
 - Contact their doctor's office or pharmacy for refills with ___ % accuracy.



SAMPLE GOALS

Appointments:

- By (insert date), student will ...
 - Name their doctor(s) with _ % accuracy.
 - Identify how often they should see the physician with _ % accuracy.
 - Know options for contacting their doctor's office with questions or to make an appointment with ___ % accuracy.



SAMPLE GOALS

Health information:

- By (insert date), student will ...
 - Identify allergies with _ % accuracy.
 - Identify chronic health conditions with _ % accuracy.
 - Identify sources of basic health information with ___ % accuracy.



RESOURCES

- Got Transition
- NH Family Voices
- YEAH Council



QUESTIONS?



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