

Healthy Transitions

Family-to-Family Health Information
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Faculty

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We Hope to Learn

- What health transition is all about
- More information, including data
- What tools are available and skills in using them
- How to partner

Benefits of Transition

- Primary and preventive care
 - Screen and treat adult health issues
 - Promotes responsibility, self-care, decision-making
 - Addresses sexuality, reproductive health
 - Addresses addiction issues

Benefits of Transition

- Specialty care
 - Expertise with adult chronic conditions
 - Access to adult services and subspecialists
 - Promotes adherence with therapeutic regimens

Critical First Steps

- Identified health care professionals attentive to unique challenges of transition
- Identified core knowledge and skills
 - Part of certification/training
- Prepared and maintained portable, accessible medical summary

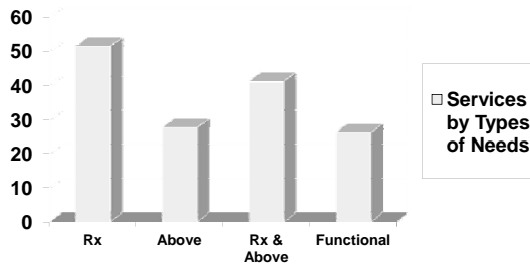
Critical First Steps

- **Written plan developed by age 14**
 - Reviewed and updated annually
- **Primary and preventive care guidelines applied for all youth and young adults**

Critical First Steps

- **Affordable, continuous health insurance coverage ensured**
 - Planning and care coordination
 - Costs covered

MCHB NPM #6, Transition



Data Resource Center for Child and Adolescent Health
www.childhealthdata.org

Activity

- **Scenario**
 - 19 year old woman with spina bifida
 - Followed in a pediatric spina bifida clinic
 - Starting college

Practice Cultures

- **Pediatric practice culture**
 - Multidisciplinary, developmental, flexible, informal, psychosocial supports, family/professional partnerships

Practice Cultures

- **Adult practice culture**
 - Requires autonomous and independently functioning patient, focus on disease process, formal, patient centered, procedure and lab based, compliance driven

Systems Change to Promote Healthy Transitions

- **Develop health care transition policies and procedures**
- **Create framework of institutional support**
- **Develop health care transition plans**
- **Promote pediatric adult provider meetings**

Systems Change to Promote Healthy Transitions

- **Build relationships and networks**
- **Develop curricula**
- **Monitor and measure transition practice**
- **Research, research, research**

Family Practices for Successful Health Care Transitions

- **Childhood**
 - **Teach developmentally appropriate information about their special health care need**
 - **Teach self-care skills**
 - **Assign chores**

Family Practices for Successful Health Care Transitions

- **Pre-adolescence**
 - **Help child interact directly with doctors, therapists, etc.**
 - **Build on child's understanding of personal health care needs**
 - **Encourage hobbies and leisure activities**

Family Practices for Successful Health Care Transitions

- **Encourage decision-making skills**
- **Ask child, "What will you do when you grow up?"**

Family Practices for Successful Health Care Transitions

- **Adolescence**
 - **Help teen keep record of medical history**
 - **Help teen be responsible for own health care responsibilities**
 - **Fill-in gaps of understanding personal health care**

Transition Tools

- Transition action care plan
- Care notebook
- Electronic medical record
- Portable medical summary
- Checklists
- IEP/504
- Other

Activity

- Scenario
 - 19 year old woman with spina bifida
 - Followed in a pediatric spina bifida clinic
 - Starting college
 - History of anxiety, LD, inattention

Additional Issues at 18

- Legal
- Governmental
- Educational
- Vocational
- Recreational
- Social
- Residential
- Personal

Partnerships

- Individuals
- Community
- Organizations

A Few Excellent Resources

- Family Voices: www.familyvoices.org
- National Health Care Transition Center: www.gottransition.org
- Data Resource Center for Child and Adolescent Health: www.childhealthdata.org
- HRTW: www.hrtw.org

Thank You

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