

## **Pediatric Perspective of Challenges and Opportunities of Transitioning from Youth to Adult Medical Care**

### **Faculty**

**DJ Anagnos, MD  
Pediatrician  
Prattville Pediatrics  
Prattville, Alabama**

### **Disclosures**

- My name is Dr. DJ Anagnos and I am speaking from a pediatrician's perspective on transitioning YSHCN to adult care
- I work for Montgomery and Prattville Pediatrics
- I have no financial relationships or conflicts of interest to report in connection with this presentation or event

### **What Is Transition?**

- The American Academy of Pediatrics (AAP) defines transition as "the purposeful and planned movement of adolescents and young adults with chronic conditions from child centered to adult centered care"

### **Population of CYSHCN**

- Approximately 18% of all children in Alabama have special health care needs
  - That is a little over 200,000 children

### **Population of CYSHCN**

- Nationally 40% of youth with special health care needs receive the necessary services to make appropriate transitions to adult health care, work, and independence
  - In Alabama only 35% of youth

### **Population of CYSHCN**

- **Nationally less than 25% of youth Autism receive transition services**
- **So... How is OUR practice doing providing services for children and youth with special health care needs?**

-Data from 2009/2010 National Survey of Children with Special Health Care Needs

### **Challenges to Transitioning**

- **Culture shock**
- **Doctor – Patient / Parent relationship changes**
- **Adult physician comfort level with pediatric medical issues as life expectancy advances**

### **Challenges to Transitioning**

- **Behavioral issues**
- **Current lack of networking between pediatric practices and adult primary care / specialty care**

### **What Are We Doing to Meet Transition Challenges?**

- **Starting early**
  - **Institute a transition checklist**
- **Patient Care Coordinator in office**

### **What Are We Doing to Meet Transition Challenges?**

- **Providing transition services to youth and their families to enable them to transition to adult medical care and self-management of health and healthcare**
- **Networking with adult providers and make directory available to patients**

### **What Are We Doing to Meet Transition Challenges?**

- **Working on medical home certification**

### **Healthcare Transition Timeline**

- **Before 14**
  - Able to name major medical condition
  - Begins to communicate with doctors separately from parents
  - Knows name of his / her doctors

### **Healthcare Transition Timeline**

- Takes medication with supervision
- Carries insurance card
- Carries summary of medical information
- Begin organized method of keeping personal health care record

### **Healthcare Transition Timeline**

- **Age 15**
  - Able to explain medical conditions
  - Can meet alone with doctors for part of visit
  - Knows the doctors and their subspecialties

### **Healthcare Transition Timeline**

- Knows pharmacy provider and meds taken on regular basis
- Learning to schedule own appointments
- Learning about emergency procedures

### **Healthcare Transition Timeline**

- Learns to recognize signs and symptoms that need medical attention

### **Healthcare Transition Timeline**

- **Age 16 – 18**
  - Takes part in making medical decisions
  - Begins talking with doctors about adult health care options
  - Meet alone with doctors

### Healthcare Transition Timeline

- Self manages meds and knows how to order from pharmacy provider
- SSI application if needed
- Keep schedules of appointments and knows reason for them

### Healthcare Transition Timeline

- Learning basics of insurance coverage
- Manages personal health record with supervision

### Healthcare Transition Timeline

- Age 19
  - Establish Medical Power of Attorney and / or Guardianship
  - Continues to transition to adult providers
  - Sign for HIPAA, Medical Treatment

### Healthcare Transition Timeline

- Learns about insurance options
- Knows symptoms that require quick medical attention
- Monitors and maintains medical equipment
- Knows what to do in case of medical emergency

### Healthcare Transition Timeline

- Over 19
  - Know some services may end
  - Know other community resources
  - Contacts private insurance about coverage
  - Independently manages personal health record

### D70 Project Sample Conversation

- Template for first transition conversation:
  - Doctor says: I wanted to talk to you today by yourself because you are getting close to the age when you will transition out of being cared for here at our pediatric office, and into being cared for at an adult doctor's office

**D70 Project  
Sample Conversation**

- To help us plan for that time, we want you to learn how to speak up for yourself and ask your own questions
- We will work on this for XX years, so you don't have to worry about learning everything at one time

**D70 Project  
Sample Conversation**

- To get us started, do you know how to explain to someone what your health condition is, and how it impacts you?
- Do you know which medications you are taking, and why?

**D70 Project  
Sample Conversation**

- Do you know where you usually get your prescriptions filled?
- Do you know what type of insurance you have?

**D70 Project  
Sample Conversation**

- Great!! You are already learning how to be a part of our health care team, and you will be ready when it is time to move to another doctor

**Feedback**

- As a practicing pediatrician I welcome feedback from you and I hope that this will generate a conversation throughout our state about how we can better support our youth