

Transitioning from Adolescent to Adult Providers: Bridging the Gap in Pediatric Heart Transplant Care Through the Development of a Transition Program

Abstract

- Survival in pediatric and adolescent heart transplant recipients has increased in recent years
- Adolescents/YA have many issues moving from pediatric focused health care to adult focused care
- There are no programs available to assist this special population to transition to adult providers
- Implementation of an organized transition program will improve outcomes for this special population
- This program can lead to cost effective, high quality care delivery

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Table 1 Benefits of Organized Transition Programs in Other Subspecialties

Stable or improved disease	diabetes; CF*
Increased HRQOL	JIA*
Increased disease knowledge	JIA; diabetes
Increased adherence to appointments	JIA; Diabetes
Improved self management	Diabetes
Increased patient satisfaction	CF; JIA
Increased Parent Satisfaction	JIA

*CF: Cystic Fibrosis, JIA: Juvenile Idiopathic Arthritis,

Population: All adolescent heart tx recipients at UVA outpt clinic b/w 15-18 years old will be enrolled in program

- English speaking
- > 1 year from transplant date
- Consistent care provider

Setting: Outpt pediatric transplant clinic

Program Format

- ↳Intervention every 3 mos to fit normal clinic schedule
- Intervention has curriculum, handouts & teaching points
- Clinic visits go from 20 to 40 mins

2 Go Timeline

Visit 1	Consent, RTQ, Transition Notebook
Visit 2	Curriculum set 2- Disease Knowledge
Visit 3	Curriculum Set 3- medications
Visit 4	Curriculum Set 4- health/disease management
Visit 5	Curriculum Set 5- Getting a refill/making an appointment
Visit 6	RTQ, feedback, wrap-up

Primary Aim

To develop a sustainable and coordinated evidence based transition program to successfully move adolescent heart transplant recipients to adult care providers



2 Go

Principles of Program Development

- Adolescent development
- Self-efficacy
- Transition Readiness
- Disease Knowledge
- Self-management
- Medication Adherence



Table 2 Readiness to Transition Questionnaire (RTQ)

Taking medication daily as prescribed	1 2 3 4
Explain your medical condition to others	1 2 3 4
Communicating with medical staff in person	1 2 3 4

* Sample of RTQ questions

Benefits 2 Go

1. No other published transition programs in adolescent heart transplant literature
2. Short term benefits: improved medication adherence and transition readiness
3. Long term benefits: decrease morbidity and mortality. Decrease Cost
4. Easily adaptable to other chronic illness specialties