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

Table 1
Benefits of Organized Transition Programs in Other Subspecialties

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Example Subspeciality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stable or improved disease</td>
<td>diabetes; CF*</td>
</tr>
<tr>
<td>Increased HRQOL</td>
<td>JIA*</td>
</tr>
<tr>
<td>Increased disease knowledge</td>
<td>JIA; diabetes</td>
</tr>
<tr>
<td>Increased adherence to appointments</td>
<td>JIA; Diabetes</td>
</tr>
<tr>
<td>Improved self management</td>
<td>Diabetes</td>
</tr>
<tr>
<td>Increased patient satisfaction</td>
<td>CF; JIA</td>
</tr>
<tr>
<td>Increased Parent Satisfaction</td>
<td>JIA</td>
</tr>
</tbody>
</table>

*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

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

Principles of Program Development
• Adolescent development
• Self-efficacy
• Transition Readiness
• Disease Knowledge
• Self-management
• Medication Adherence

Table 2
Readiness to Transition Questionnaire (RTQ)

<table>
<thead>
<tr>
<th>Question</th>
<th>Scale 1 2 3 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taking medication daily as prescribed</td>
<td></td>
</tr>
<tr>
<td>Explain your medical condition to others</td>
<td></td>
</tr>
<tr>
<td>Communicating with medical staff in person</td>
<td></td>
</tr>
</tbody>
</table>

* 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