

# Improving Transition of adolescents from Pediatric Rheumatology to Adult Rheumatology

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## INTRODUCTION

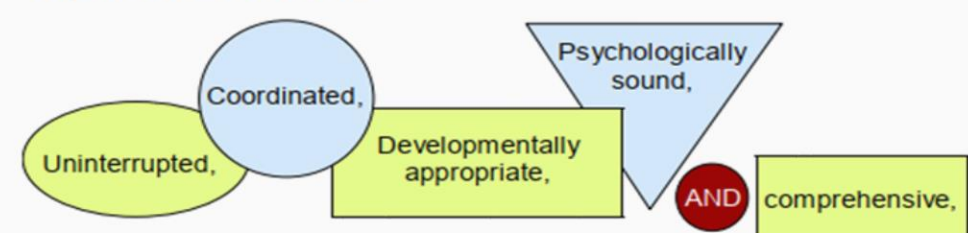
In order to better prepare our adolescent patients for transition to adult Rheumatology care, we wanted to standardize how our transition education and visits are conducted in the Pediatric Rheumatology Clinic. After researching transition literature, initially we composed a transition letter to parents and teens explaining the reason for transition education and developed a transition policy for consistency across the division. We then selected a transition readiness assessment questionnaire tool called TRAQ and asked every patient 16 years and older to complete at each visit. We also created a transition brochure for families with patients 14 years and older to introduce them to the concept of the transition process. The 2020 improvements were established through our division PR-Coin team which is a national registry and quality improvement organization.

## GOAL AND OBJECTIVES

### Goals & Objectives of Transition Planning

#### GOALS

To provide health care that is:



prior to, and throughout, the transfer into the adult health care system.

#### OBJECTIVES

- To assist the youth in developing autonomous health care skills.
- To ensure the youth and family have continuous care into the adult system.
- To reduce the youth's risk of secondary disease or disability.
- To provide every youth with the opportunity to achieve a level of self-sufficiency and self-worth.
- To assist youth in their physical, emotional, and social maturation.
- To support parents and families in their adjustment to the changing needs and desires of their adolescent.

## METHODS

Reviewed use of transition checklist and determined it was not being used consistently at every adolescent visit. (Some of this was due to the increased use of telehealth during COVID19 and getting the tool to the family through email and returned). To improve use of transition tool and education, the committee met with iConnect staff to add a radio button (yes, no, free text) for "Was transition discussed at this visit?" and a button for where patient will be transferred. Also, in August 2020, we started emailing a letter to parents and patients, 16 years old and up, to let them know we would be discussing transition at each visit.

Fig. 1

## NEW ICONNECT RADIO BUTTON

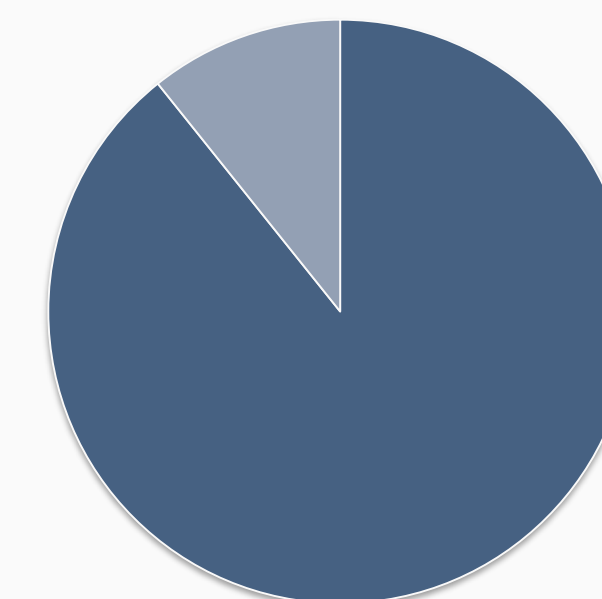
## RESULTS

Results: 1/1/2020 – 7/25/2020 332

Patient visits/241 patients:

- patients included if they have  $\geq 2$  rheum visits,  $\geq 16$  years old at visit
- Transition YES discussed at 29 (8.7%) visits

### Percentage visits where transition was discussed



■ All qualifying transition patients

Fig. 2

## CONCLUSION

In August, after we added a checkbox in our electronic medical record to track transition tasks, we obtained two months of data. Through standardization of pre-visit planning and review and discussion of the transition tool at each visit we are improving the transition education of more patients. We have also established a transition clinic with the Rheumatology Med-Peds Fellow and Pediatric attending (or PNP) to offer continuity to our patients prior to being transferred to the adult setting. In December we plan to review our data from the previous 6 months to evaluate outcomes; this will be captured through the radio button in iConnect regarding if transition was discussed at the visit. Our goal is to increase number of visits that transition was discussed from 8.7% to 50%. An additional goal will be to follow-up with transition patients 6-12 months after integration of care in adult Rheumatology to gain feedback on our transition program and how it can be improved.

## REFERENCES

Measuring the "Triple Aim" in Transition Care: A Systematic Review. Megan Prior, Margaret McManus, Patience White and Laurie Davidson. Pediatrics 2014;134:e1648; originally published online November 24, 2014; DOI: 10.1542/peds.2014-1704

[www.GotTransition.org](http://www.GotTransition.org)

[www.jatransition.org](http://www.jatransition.org)

<https://www.rheumatology.org/Practice-Quality/Pediatric-to-Adult-Rheumatology-Care-Transition>

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