

## Efficient Multidisciplinary Model of Care to Support Young Adults

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### Background:

The Young Adult Support Unit (YASU) is a specialist multidisciplinary team who adopt a developmentally sensitive, trauma informed and systemic approach to supporting adolescents and young adults with chronic and complex medical conditions. The team consists of psychology, social work, psychiatry, nursing, adolescent and young adult medicine and, youth consumers. Service is provided to young people under 26 years of age who have a chronic or complex medical condition.

### Approach:

The Model of Care has been revised recently. All referrals are assessed and triaged. They are triaged to be seen by the most appropriate discipline first (e.g. medical review, psychiatry review, social work review, etc.). An initial assessment is conducted and then each patient is presented to a team meeting for input from all disciplines to maximise quality care. Up to 10 sessions of treatment is provided, either by one or many professionals. Often a patient will see at least two different professionals during their time with YASU. A patient's journey is reviewed every 3 months by the team to ensure equitable and quality care is being provided.

### Outcome:

- Over 250 patients currently receiving care from YASU from the equivalent of 4.6 staff
- Increased knowledge of holistic care provided to medical clinics
- Increased liaison with medical teams
- Reduction in patient anxiety and increase in mood

### Innovation and Significance:

YASU is a unique service however it is an exciting time in AYA care in Queensland. New funding and opportunities are arising. However, YASU provides an example of a small team providing a quality service to a large number of young people. Psychosocial and holistic care should be considered and provided in the upcoming expansion of AYA healthcare.

### Disclosure of Interest Statement:

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