

Theme: Health Care

Ways of Supporting Transition Principles in a Health Care Setting: A Collaborative Approach to Supporting Young People leaving Paediatric Services

Background:

Health care transition is everyone's responsibility. The Department of Youth and Transition within Sydney Children's Hospitals Network (SCHN) works collaboratively with sub-specialties by offering diverse ways of supporting health care transition across the Network. With our specialty service, Trapeze providing dedicated care coordination for less than 5% of young people leaving SCHN services, Youth & Transition are working towards integration of transition principles across all paediatric services.

Approach:

The Youth & Transition Department are partnering with young people, and their families/carers, paediatric subspecialty teams, and select adult counterparts to understand current early preparation practices, transition pathways, and ways of acknowledging young people transitioning and/or transferring health care from paediatric services to adult services.

Through a mix of workshops, consultations and surveys, Youth & Transition are looking to improve health literacy during health care transition through a variety of condition specific, co-designed resources and programs, each of which have feedback mechanisms in place to measure impact.

Outcome:

Data to be finalised by August 2024. Pilot data for below initiatives show improved health literacy in young people and understanding of condition, and staff's shifting attitudes towards early preparation, interest in psychosocial screening and collaboration with Youth & Transition to provide more resources for young people. Appetite for joint clinics increasing.

Innovation:

Youth & Transition have piloted multiple collaborative initiatives to fill gaps where young people do not meet eligibility criteria for 1:1 care coordination. These include; providing a consultative service for general transition and health care navigation; co-designed resources relevant to the sub-specialty patient group; development and delivery of condition specific transition webinars; support for sub-specialty teams to establish joint paediatric/adult transition clinics; and co-designed conditioned specific self-management peer support groups.

Significance:

This initiative addresses the critical need for comprehensive support during the transition from paediatric to adult healthcare for young people with chronic conditions and/or disabilities. By involving multiple stakeholders, implementing diverse support mechanisms, and collecting pilot data indicating positive outcomes, it demonstrates a holistic approach to addressing the challenges of healthcare transition for young people.