A silhouette of a person in mid-air, jumping over a gap between two dark, jagged rock formations. The background is a bright blue sky with scattered white clouds and a large, glowing sun with prominent rays. The overall mood is one of triumph and overcoming challenges.

Adolescent Transition

A Trust Strategy

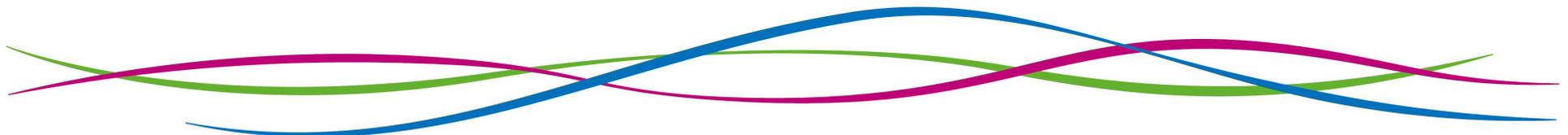
Transition

A purposeful, planned process for adolescents with chronic physical & medical conditions as they move from child-centred to adult orientated health care.

A process that addresses their

- Medical needs
- Psychosocial needs
- Educational/vocational needs

*Note that transfer is a single event



The need for good transition...

Children make up 20% of the population but are 100% of the future....

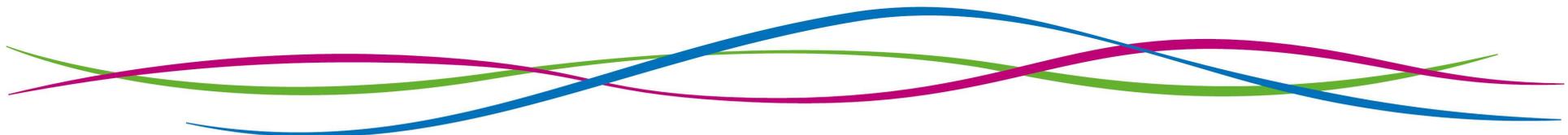
Adolescent and Young Adulthood represents an opportunity to influence adult health

Poor/no transition process associated with poor outcomes

Support independent use of health care and progression into further education/employment

Prevent condition complications occurring into adulthood

Support proactive/preventative care around late effects of previous treatments



Outcomes for young people within 2 years of transfer to adult services	No transition	Using a Transition programme e.g Ready Steady Go	Comments
Kidney transplant patients: % who lost their transplant or died	25%	0%	<i>Prestidge et al 2012</i>
Diabetes patients: % of YP attending clinic in adult services	57%	78%	only had time to complete 'Go' as patients older <i>SCH unpublished</i>
Diabetes patients: Mean number of emergency admissions	1.01	0.45	50% reduction only had time to complete 'Go' as patients older <i>SCH unpublished</i>



Good Transition Results in....

Improved follow-up

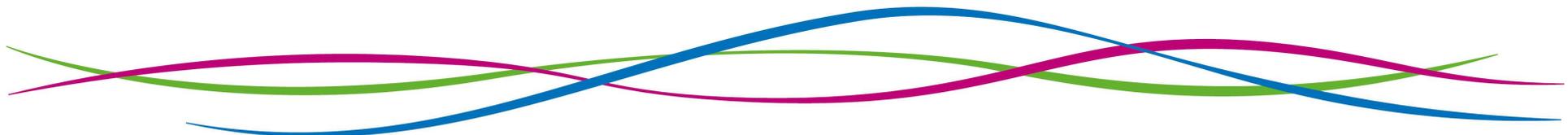
Improved patient & parent satisfaction

Improved disease control & disease knowledge

Improved documentation of adolescent issues

Improved health related quality of life

Vocational readiness



What do Young People Want?

To start transition early

Individualised approach

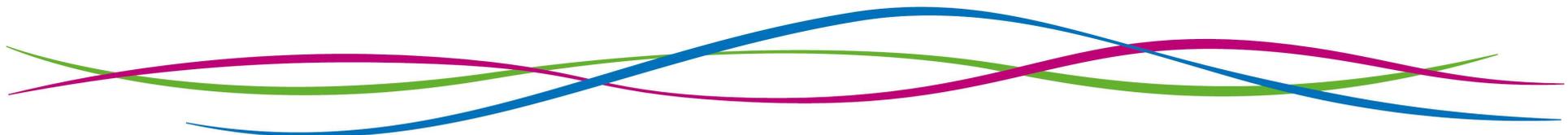
Honest explanation of adolescent condition and associated health care

Continuity in health personnel

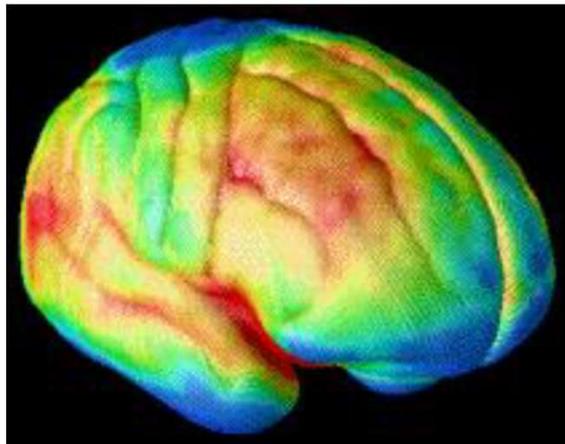
Opportunity to see health professional without parents

Able to express opinions and be involved in decisions

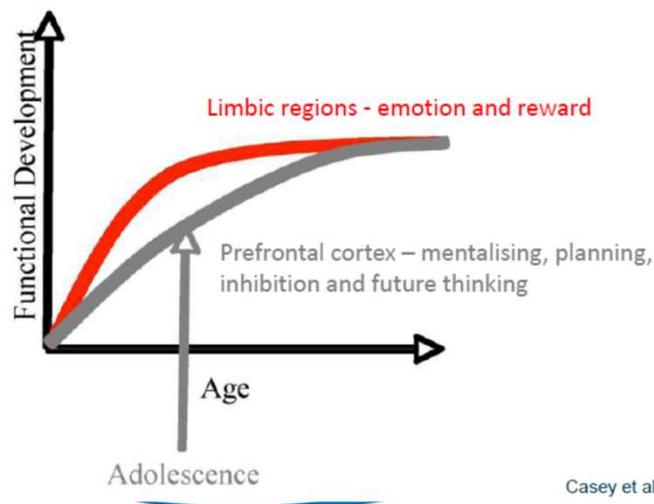
Address medical, psychosocial, educational/vocational needs



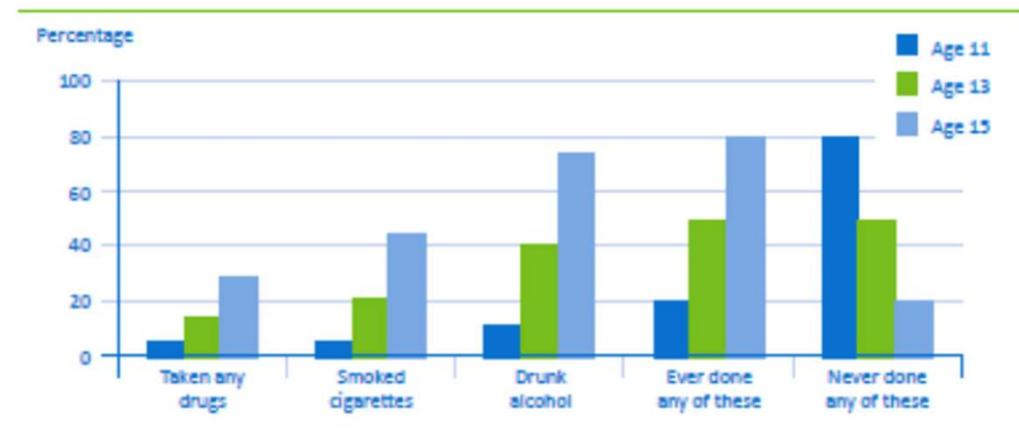
Risks taking in adolescents and young people



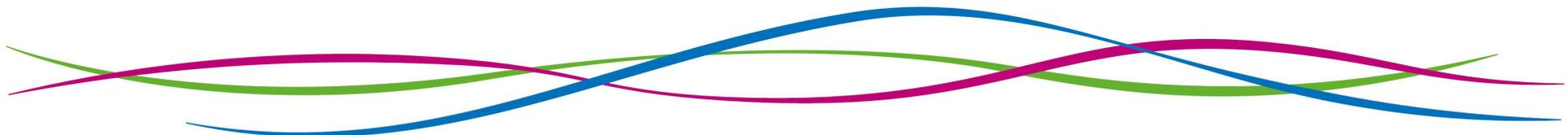
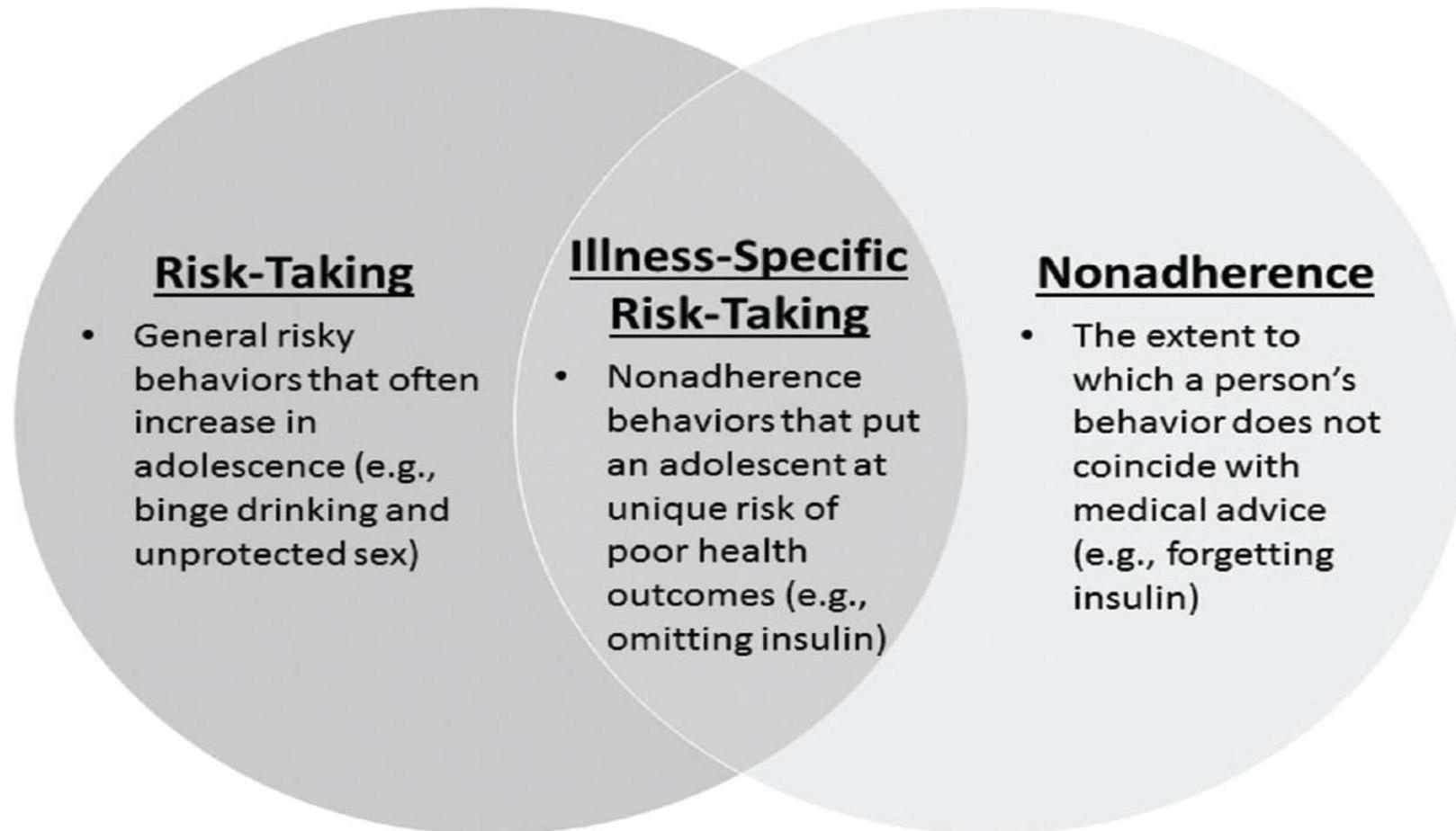
Five of the top 10 risk behaviours for disease burden are initiated and shaped in adolescence



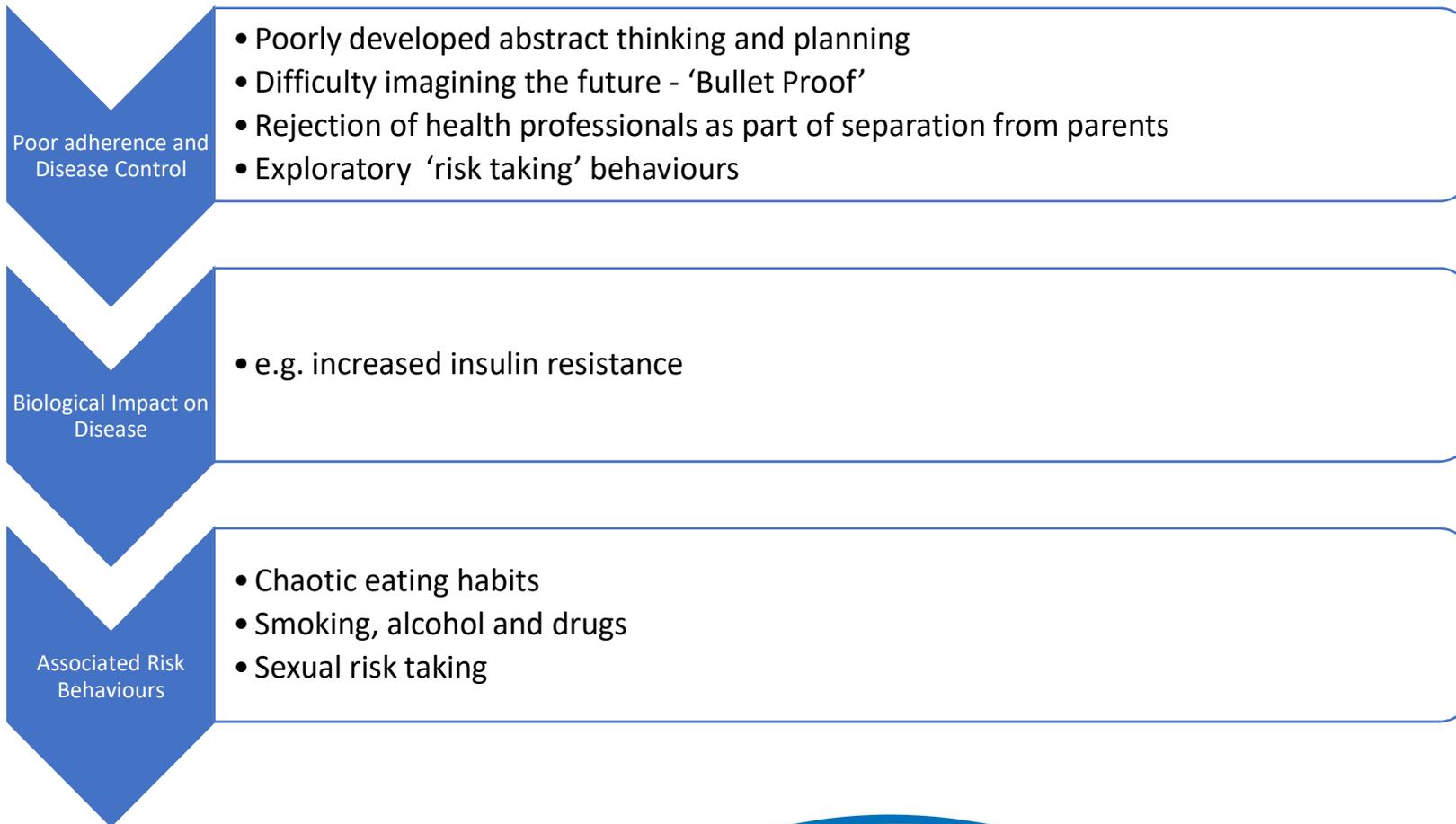
Casey et al. 2008



Source: Smoking, Drinking and Drug Use among young people in England in 2011, Health and Social Care Information Centre. Download data



Effect of Adolescence on Having a Long Term Condition



How do we address these needs?



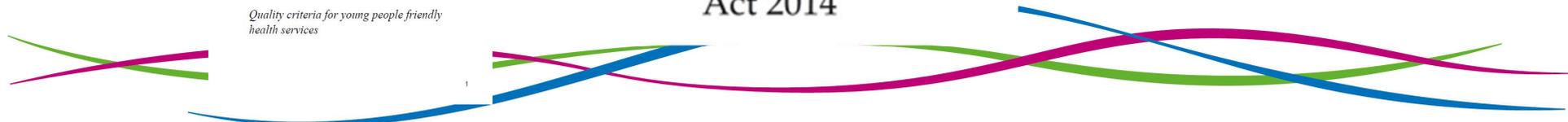
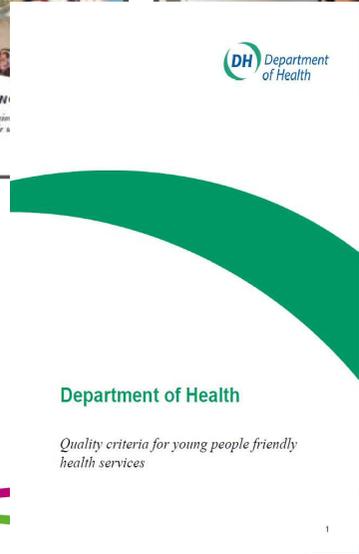
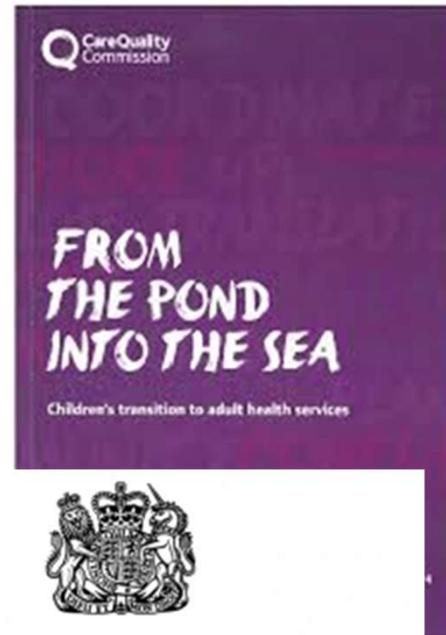
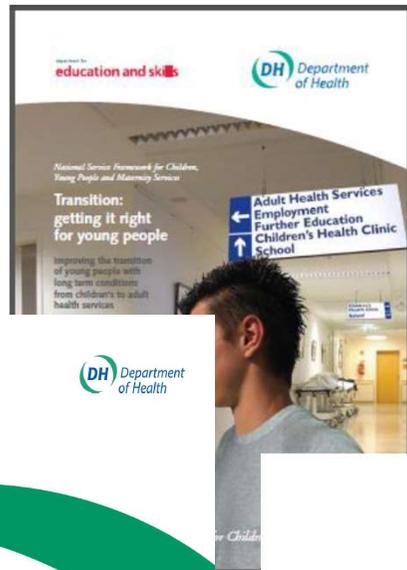
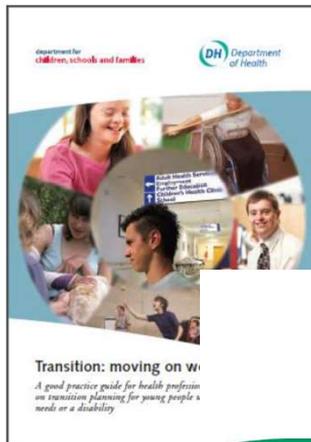
Developmentally Appropriate Healthcare

Adolescence and Young Adulthood should be recognised across the health service as an important developmental phase (From the Pond Into the Sea, 2014)

- Preparing for adulthood (adolescent clinics, self advocacy, visits)
- Continuity of care (overlap with clear boundaries and responsibilities)
- Young person focused (involvement in decisions, holistic)
- Knowledge and Skills (Promote self efficacy)
- Training for professionals (RCP survey 2017 - 73% no formal training)
- Lead Coordinator
- Funding (reflect need rather than age)



Guidance and Legislation



Commissioning for transition to adult services for young people with Special Educational Needs and Disability (SEND) NHS England July 2018

Strategic vision across children's and adults' services....

Each local area should develop a joint mission or vision statement that clearly sets out the goals for young people and their families, and how services will work together to achieve a smooth transition.

The vision should be developed with young people, their families and professionals, and include information on how services will work together to help young people prepare for adulthood, with particular focus on:

- education and employment
- independent living
- having friends and relationships, and being part of the community
- being as healthy as possible – it is important to look at young people's health needs in a holistic way, including emotional and sexual health.

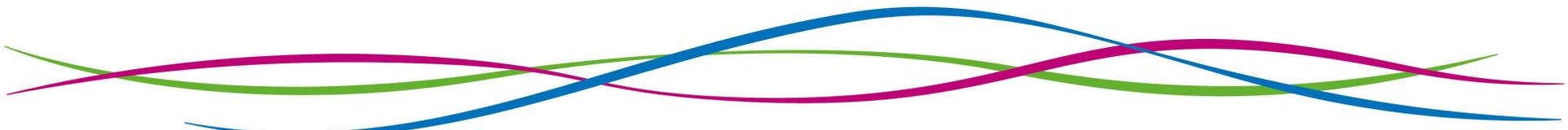


NICE Guidance

56 recommendations and 5 quality standards

Quality Standards

- Planning
- Annual Meeting
- Named worker
- Introduction to Adult Services
- Engagement after missed appointment



Ready, Steady, Go, Hello

What is it? - A purposeful , planned process for adolescents with chronic physical and medical conditions as they move from child centred to adult orientated health care

Why do it? – Reduce morbidity and mortality, promote vocational success.

Shifting emphasis to empower the young person has proven effective

Generic programme working across sub specialities makes implementation easier

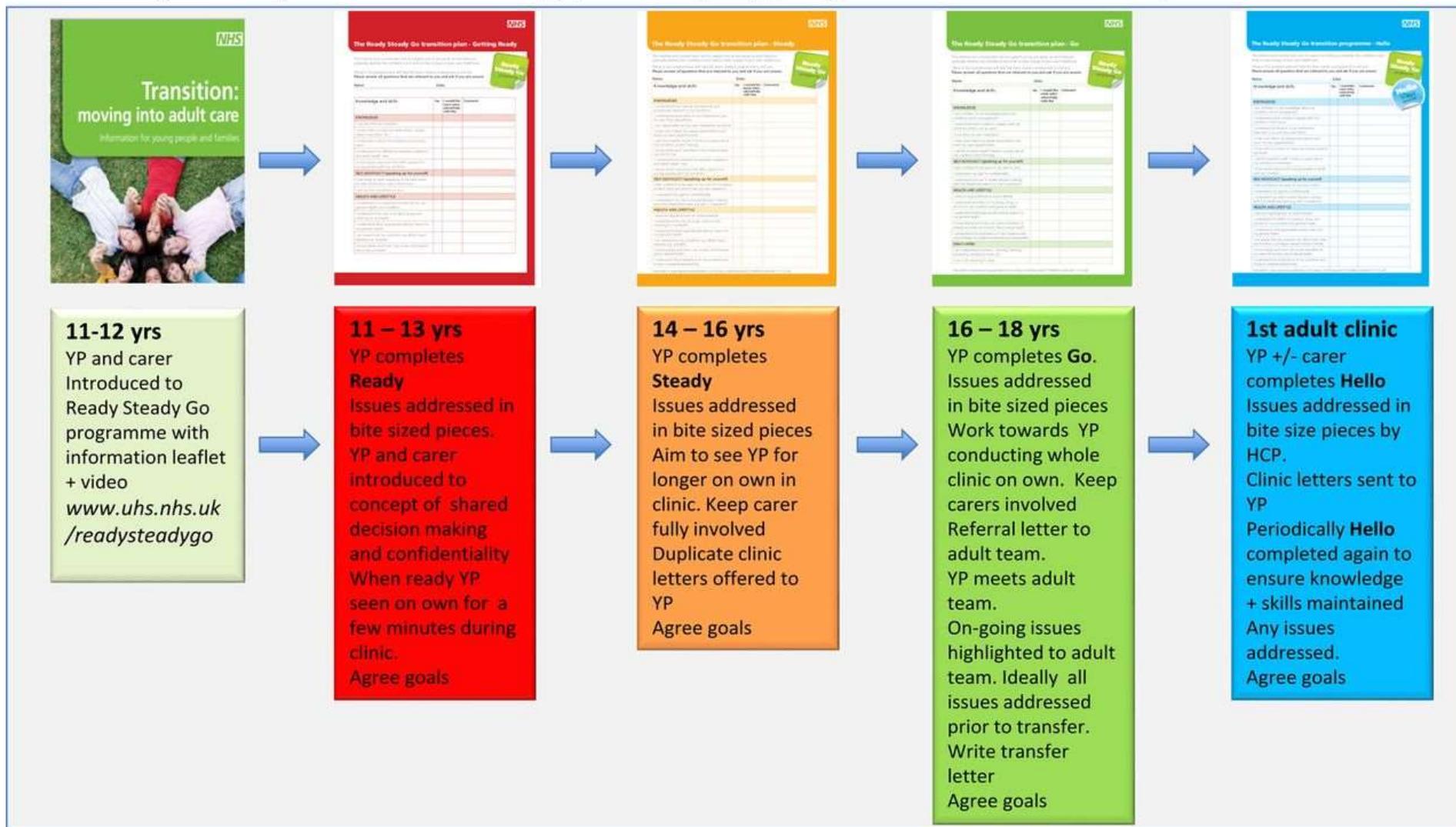
Simple to use, easy to implement, minimal cost, ‘traffic light system’ appealing

Who? – Adolescents aged >11years



Ready Steady Go: Moving through the programme

Ready Steady Go: Each Young person (YP) progresses at their own pace



Carer completes parent/carers questionnaire alongside YP questionnaires. Any issues discussed. Goals agreed.

YP with learning difficulties completes as much as possible alongside carer who is YP advocate.

Ready, Steady, Go, Hello

- Knowledge
- Self Advocacy
- Health and Lifestyle
- Education/future
- Psychological Issues
- Transition



