



**Service Priorities and Programmes**  
**Electronic Presentations**

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**From Pediatric to Adult Care: A Transition Program for Adolescents with Chronic Illness**

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**Introduction**

Advance in medical care results in an increase of adolescent patients entering adult service. A major challenge for these patients is the adjustment of chronic disease coinciding with demands from adolescent physical and psychosocial developmental tasks. Poor transition care results in poor health outcomes. Transition care is a purposeful, planned process that addresses the medical, psychosocial, educational and vocational needs of adolescents and young adults with chronic medical conditions as they move from child-centered to adult-oriented health-care system.

**Objectives**

A Transition Care Program was started for patients with chronic illness to facilitate smooth transitioning of care, enhance patient self efficacy and adjustment in bio-psychosocial development.

**Methodology**

Program elements include multidisciplinary and cross-specialty transition care approach, a Shared Management Model facilitating adolescent self efficacy, developing of and application of a "Readiness to Transition Tool" which consists of "adolescent clinical encounter assessment prompts", "structured adolescent self-report and caregiver reports", "detailed medical and nursing summaries", and "adolescent pocket card" (My Health Passport). Visit to adult facilities and post transition phone follow-ups are arranged. Target patients are age 14 or above with diabetes mellitus or thalassemia major. A questionnaire was used to evaluate patient and caregiver satisfaction from July 2012 to January 2013

**Result**

The program was established to meet the needs of adolescent patients requiring transition to adult care. Response from seventeen adolescents age 14 to 18 and

twelve caregivers showed that 64.7 % patients and all caregivers finding the program very important. Adolescents had improved disease understanding and were more ready to transit to adult care. The caregivers felt the program had prepared their adolescents for adulthood and in disease self management. The Transition Care Program is an important quality care improvement initiative for adolescents with chronic illnesses. It empowers adolescent self efficacy and enhance readiness of patients and caregivers in the transition to adult health care.