

Transitional care – practical approaches

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Aims

- Over view of Newcastle transitional care process
- UK national guidance
- Sharing top tip tips for transition
- Inspire you to review your service offered to Young People



Background

- In NHS Children & Young People (CYP) are treated by specialist teams of paed nurses, consultants, AHPs
- Regional services – 14 centres in UK
- Transfer to adult services occurs between ages 16 – 18
- Timing influenced by service pressures, educational & work pathway
- NHS provides ‘free’ care and medication



Process in Newcastle

- All children from age 13 -> specific YP clinic
- Longer appointments
- Clinic led by clinical nurse specialists (CNS)

Transition

Engage, Educate, Prepare

Transfer



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Engagement

How can you move from parent focused to YP focus consultation ?



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Strategies

- All YP seen alone by CNS prior to medical consultation
- Improve communication skills
- Encouraged to discuss condition and treatment
- Improve knowledge and understanding
- Opportunity to speak confidentially
- Encourage parents to 'let go'



Tools for Nursing Assessment

HEADSS

Assessment tool - history taking proforma for adolescents

- Home
- Education
- Activities
- Drugs
- Sex
- Something else

Ready, Steady, Go

DoH transitional care documentation

Ready – approx 12 years

Steady – approx 14 years

Go - approx 16 years

Prompts – To Improve Discussion

“Ask 3 things”

- Tell me 3 things you can remember about your medication?



Question of the month

- When will I move to adult services?
- What jobs should I be having at this time of year?
- I'm going on holiday what do I need to do with my medicines?



“A spoonful of questions”

- Selection of questions available to choose from to take in to medical consultation
- Encourages discussion during the consultation.
- Tackles ‘controversial’ issues, may be hard to bring up without a prompt
- Key questions → generic health issues



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Medical consultation

- YP encouraged & empowered to see Dr alone or supported by CNS initially
- Ask 3 questions, spoonful of questions placed in envelope and clipped to notes
- Parents encouraged to take a 'back seat'



Include the parents too....

- Explanation & involvement
- Understanding/empathy
- Inclusion in process
- Letting go.....

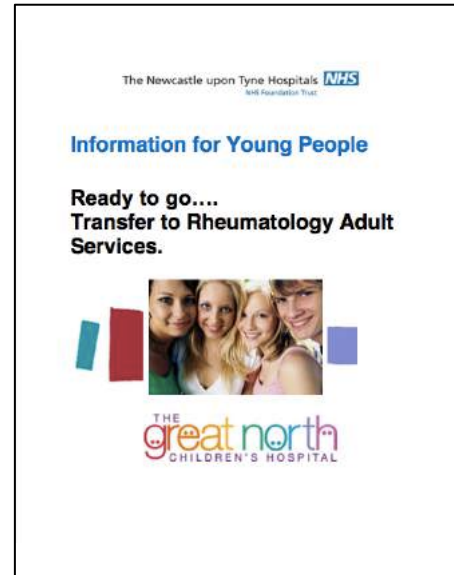


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Adult services

- Paed services establish links with adult teams
- Ideally 'interest' in young people
- Education & understanding about JIA & differences with RA – collaborative working
- Preparation for adult care to be realistic
- YP understands how adult services differ



Transfer – the event

- Different models – need adaption accordingly
- Ideally face to face
- YP meets new consultant prior to transfer
- Dialogue over phone, email, letter



UK Transition Resources



Royal College of Nursing (2004) Adolescent transition care – guidance for nursing staff (002313)



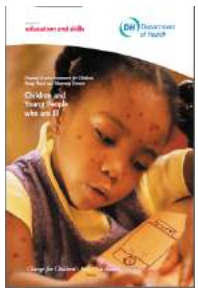
Department of Health (2006) Transition: getting it right for young people (271558)



Royal College of Paediatrics and Child Health (2003) *Bridging the Gaps: Health care for Adolescents*
www.rcpch.ac.uk



You're Welcome guidelines for young person friendly care
www.youngpeopleshealth.org.uk/yourewelcome/about



Department of Health (2004) *National Service Framework for Children, Young People and Maternity Services*. London: DOH.



Toolkit for developmentally appropriate healthcare
www.northumbria.nhs.uk/quality-and-safety/clinical-trials/for-healthcare-professionals/

Free Resource

www.pmmonline.org/nurse

Thank you

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