Developing a Transition Program to Mobilize Clinicians to Engage Adolescent Patients in Health Care Transition Planning

PURPOSE
This project aimed to improve informed understanding of the state of transition planning in a group of clinicians in a pediatric primary care clinic. A major focus of this project was to develop, implement, and evaluate a transition readiness program that is easily accessible, applicable, and practical by optimizing the use of technology at a pediatric primary care clinic.

METHODS
In a multiphase process, the pediatric program developed at the participating institution centered on a curriculum to streamline the process of the transfer of the adolescent patient to adult health care. The intervention consisted of employing the PDSA (Plan-Do-Study-Act) framework to improve structural outcomes and encourage regular measurements for tests of change.

FINDINGS
The pediatric site conducted transition readiness assessments with 38% of all eligible adolescent patient encounters during a 14-week study.

CONCLUSION
The process of leveraging existing technology and tailoring it to transition needs such as integrating the transition-planning tool in the patient's electronic health records may be useful to other pediatric health care settings planning to improve health care services to their adolescent patient population. By focusing on eliciting feedback from providers and monitoring the transition readiness assessment use, the findings of this quality improvement project will someday serve as a contribution towards the evidence needed for a successful transition in the clinical practice. Therefore, exploring clinicians' perspective and maximizing current technological tools may serve to assist clinicians with overcoming logistical and care process barriers that prevent the adoption of practice behaviors aligned with current recommended guidelines.