

The transition clinic: easing the transition from paediatric to adult services

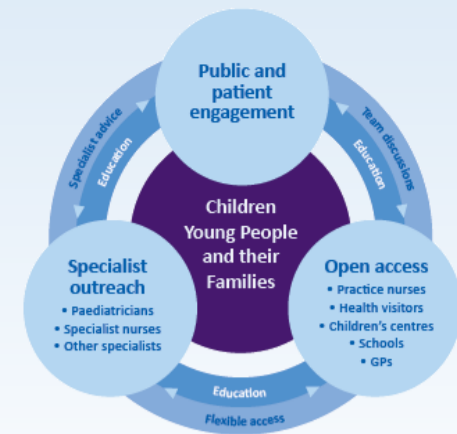
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Connecting Care for Children (CC4C) is an integrated care collaborative linking paediatricians, primary care (GPs) and local communities.

We work with six General Practitioner (GP) Primary Care Networks (PCNs) across North West London. The PCNs host specialist clinics with a GP, paediatrician and multidisciplinary team meetings.



“Transition is the purposeful, planned movement of adolescents and young adults with chronic physical and medical conditions from child-centred to adult-orientated health care systems.” Blum et al, 1993

The Problem

The transition from paediatric to adult healthcare services is often unsystematic. This may contribute to the decline in wellbeing of patients observed following transition (1).

Approximately only half of young people with long term conditions have had any preparation before moving to ‘adult’ healthcare services (2).

Aim

We aimed to evaluate perceptions of preparation for transition at a ‘transition clinic’ at St Mary’s hospital, to better support our adolescent patients and their families.

What we did



Photos from the pop up stalls at the ‘transition clinic’ on 13 Dec 2022 at the Paediatrics Outpatients, St Mary’s Hospital

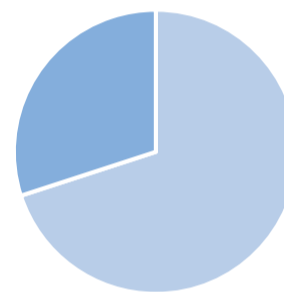
There were pop up stalls from:

- GPs
- Psychology
- Sexual health
- Rhythm Studio (charity delivering music therapy)
- asthma management
- 11to25 Hub (see QR code)

Impact

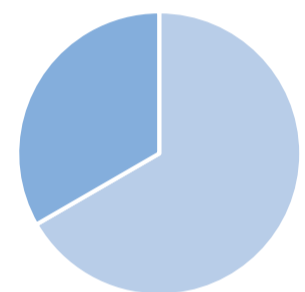
Endocrinology (Diabetes), Rheumatology and Allergy all ran clinical reviews, with paediatricians and an adult counterpart, introducing transition

How do you feel about moving to the adult specialty service?



■ Confident ■ Not confident

How do you feel about your child moving to the adult specialty service?



■ Confident ■ Not confident

Patients were between 12-21 years old, some came with a parent or guardian. We surveyed how participants (10 patients, 6 parents) felt about transition after the ‘transition clinic’

The event was well received and cost effective. All patients said they wouldn’t change anything about the event, one patient suggested “more stalls to speak to” at future events

Message to others

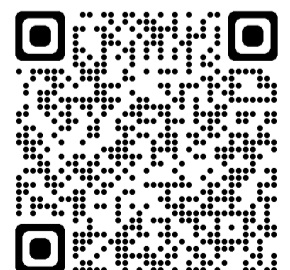
Medical services should deliver effective transition, involving communication and interaction among primary care, secondary care and young people. A ‘transition clinic’ addresses some of these needs.

Get in touch

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[1] Focus on Current Transition Care and Proposal of the “RISE to Transition” Protocol, Annals of Transplantation, Raina, R et al, 2018

(2) From the pond into the sea: Children’s transition to adult health services, CQC