BRIDGING THE GAP BETWEEN PEDIATRIC AND ADULT HEALTHCARE
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Transition Care Program (TCP) at the University of Washington Medical Center

Mission: To support young adults with complex medical needs, their families, and their healthcare providers as these young adults move from child-centered to adult-centered medical care

- Established in 2014
- Not disease-specific (patients need to be seen by at least 2 pediatric sub-specialty providers)
- Referrals made from general pediatricians and specialty providers
- Majority of patients have cerebral palsy, autism, history of brain tumor, and spina bifida
- Multidisciplinary (one MD, RN care coordinator, and social worker)
- Currently have 104 active patients and 40 waiting to be seen and 53 graduates

Services
- Provides assistance with finding new adult-centered providers, including primary care and specialty care providers
- Answers questions and addresses concerns from patients and families regarding the transition process
- Assists with insurance issues, addressing health needs, and finding community resources
- Provides providers and families with medical summary and care plan

Pediatric Health Care Setting

"We are relying on the TCP to start the conversation about transition." (PP7, developmental pediatrician)

"The types of patients that I and a few of my colleagues refer are the patients that you worry about as how they will do as adults...Who is going to be comfortable managing all these patients? When you have all that, you start to think that maybe the TCP can help us with this." (PP9, general pediatrician)

Adult Health Care Setting

"Yes, saves time from having to take on the role of transitioning provider.[I can focus on other aspects of ongoing care. (The TCP) saves time tracking down resources in the community and for transition." (PP9, pediatric oncologist)

"A lot of the concern is more about the facilitation of care than it is actually the [medical] care...It is more the psychosocial stuff...One barrier is not knowing the complex history...and having to do a ton of paperwork and facilitation of care." (AP, family physician)

"Just having a better history from someone who bridges between children’s [hospital] and adult for care planning improves outcomes...This coordination helped keep a patient out of hospital and saved the hospital tons of money. It can really impact outcomes." (AP)

Formative Evaluation of the Transition Care Program (TCP)
The purpose of this evaluation study was: To assess how well the TCP is fulfilling its mission to support healthcare providers during the process of transitioning patients from pediatric-centered to adult-centered medical care

The specific aims of this study were:
1. Determine specific strengths and suggestions for improvement
2. Assess the value of the program
3. Explore suggestions for additional services

Methods:
- Qualitative design using semi-structured interviews
- IRB approval from Seattle University
- Interviewed pediatric and adult providers as well as program staff
- Phenomenological approach for data analysis

Reasons for Referral
- Assistance finding adult providers willing to accept medically complex patients
- Difficulty transitioning a medically complex patient
- Concern that delaying transition affects patient care

Transition Services Requested
- Help finding adult health care providers
- Care plans and medical records summaries
- Coordination of care
- Transition education and skill-building for patients and families

TCP regarded as a valuable and time-saving program

Barriers to Transition Care
- Lack of insurance
- Physical and/or cognitive disabilities
- Progressive conditions
- Mental health diagnosis
- Male gender
- Non-white ethnicity
- Poverty
- Lack of medical home
- Provider ego

Factors Related to Acceptance of Transitioning Young Adult
- Training and knowledge of diseases of childhood origin
- Transition preparation of the adolescent
- Need for family involvement

Transition Services Reported as Important
- Care plan and medical records summary
- Transition education and skill-building for patients and families
- Care management
- Psychosocial and psychoeducational assessment

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