Disclosure

- Funding from Shared Care Association, BCMA
- Specialist Services Committee BCMA/MOH
- Vancouver Foundation
- BC Children’s Hospital Foundation

- Co-Founder of Shift Health, product TickIT®

Why we are here today

Demographic Data
Proportion of individuals with CF over the age of 18 years

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Proportion of individuals with CF over the age of 18 years

Renal Transplant Transition
BC Children’s Hospital Data

Prestidge, Romani, Djurdjevic, Mathiola Abedi, Pediatric Nephrol 2012 27:295–302

NO TRANSITION PROGRAM
n=33
3 deaths/2 allograft losses within 24 months all unanticipated

TRANSITION PROGRAM
n=12
No death or allograft loss

“We estimate that providing transition care to adolescent renal transplant recipients is at least cost neutral and may provide a cost benefit to the healthcare system.”

“We anticipate that with reports such as ours, healthcare providers will be obliged to make transition care a priority.”

BC patients with diabetes, meeting recommended clinical guidelines lowest in 20-24 years of age

slide courtesy of Dr. Shashen Amed
Transition:
Purposeful, planned movement of adolescents with chronic medical conditions from child-oriented to adult-oriented health care.


Transition is an issue for Families
Families say “they are falling off a cliff”

- Disconnected from Community Care
- Limited access to Family Physicians
- Patients ‘lost’ or orphaned
- Inefficient transfer of health care information
- Services and benefits change at 18 years

Pediatric & Adult Specialty Care
Two Different Cultures

<table>
<thead>
<tr>
<th>PEDIATRIC</th>
<th>ADULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family focused</td>
<td>Client-centered</td>
</tr>
<tr>
<td>Parental involvement</td>
<td>Autonomy</td>
</tr>
<tr>
<td>Consent</td>
<td>Access to information</td>
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<tr>
<td>Multidisciplinary</td>
<td>Referral based</td>
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<tr>
<td>Developmentally oriented</td>
<td>Single physician</td>
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<td></td>
<td>Long term complications</td>
</tr>
</tbody>
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Closing the Gap
Youth Transitioning to Adult Care in BC

All BC children should have a Family doctor from birth

Adult Health Care provider identified one year before discharge by health authority

Data collection/outcome

A Policy Paper by BC’s Physicians
December 2012
https://www.bcm.ca/.../1164-BCMA%20Youth%20Transitions.wb.
On TRAC: Transitioning RESPONSIBLY to Adult Care Reducing Complexity

**CONTENT**
- Information
- Data
- Work Load

**SYSTEM PROCESS**
- Strategy
- Alignment
- Tools and Resources

**COLLABORATION**

**ENGAGEMENT**

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**Identified Family Practitioner**
Subspecialty Youth/caregiver dyads (n=79)

- Have FP 94%

47% of youth had a pediatrician and a family physician

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**Approach to Transitions System Change and Evaluation**

- **SYSTEM DRIVERS**
  1. Policy
  2. Data collection
  3. Evaluation
  4. Collaboration
  5. Resources
  6. Education

- **CLINICAL DOCUMENTATION**
  - Standard Templates for Preparation & Transfer
  - Transition Clinical Pathway
  - Medical Transfer Summary
  - Long Term Care Plans

- **COMMUNITY and YOUTH ENGAGEMENT**
  - Youth/Family Workshops
  - Youth Advisory Committees
  - Online Resources
  - Phone apps and tools
  - Mentorship

- **HEALTH SYSTEMS**
  - Physician Attachment - Most Responsible Physician
  - Reimbursement
  - Referral Networks
  - Physician Education & Support
  - Organization of Care for Continuity

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**Results – Caregiver Report**

**Figure 3:** Frequency of visits to FP in past 2 years

- 2 or less: 18%
- 3 or more: 32%

**Figure 4:** FP access in past 12 months

- Accessed: 65%
- Not accessed: 35%

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**Transition Readiness:**
BC Children’s Hospital patient survey: Youth (n=80)
See FP without caregiver present

- Increase engagement
- Increase independence
- Define roles of Family Practice
- Support from Specialist Care
Improving the Patient experience,
increase patient engagement / decrease staff documentation

TickIT® - Patient data entry,

Don’t turn your phone off! TURN IT ON!!

- Youth driven
  - Powered by YAC at BCCH
  - Using an existing medium

- Promotional campaign to “keep your phones on”
  - Track medications, tests, appointments, reminders, health information, etc.
  - Record images, questions, voice

- FREE – no app necessary

Links and Contacts

- [www.ontrabc.ca](http://www.ontrabc.ca)
- [http://www.youtube.com/watch?v=9tYCEiKki6c](http://www.youtube.com/watch?v=9tYCEiKki6c)
- [www.drugcocks.ca](http://www.drugcocks.ca)
- [www.shifthealth.ca](http://www.shifthealth.ca)
- swhitehouse@cw.bc.ca

Summary:

Improving the Transition experience

- Better communication between providers
- Better communication with youth