



Mind the Gap



Supportive Transition Education for Patients and Parents (STEPP)

BACKGROUND

Adolescence is a time of great change. Children with lifelong diseases are surviving into adulthood. By the age of 16 years, adolescents move from paediatric to adult services where they receive more suitable care, in appropriate environments. Prior to transfer, both the adolescent and family/whānau need preparation for the change of service.

Nelson Marlborough Health recognises that adolescents have specific needs (Nelson Marlborough Health, 2014), but adolescents and their family/whānau often struggle when moving from paediatric to adult services.

PROJECT REACH

Adolescents with a chronic illness, their families/whānau, and the professionals who deliver the services.

RESULTS:

1. Adolescents with chronic complex conditions and their family/whānau experience difficulty with coordination and navigation while in the Paediatric service.
2. Moving from paediatric to adult is discussed, not always documented.
3. Improve written communication between secondary and primary care.
4. Need to stagger change if tertiary Paediatric service involved.
5. Handover by multi-disciplinary team.
6. GP is from birth to death.

QUALITY IMPROVEMENT METHOD

Root cause analysis:

PROCEDURES

- No standard approach
- Paper-based communication

METHODS

- No standard approach
- Paediatrician to Physician/GP

ENVIRONMENT

- No adolescent clinics
- Separation of paediatric and adult services.

PEOPLE

- No coordinator
- Reliance on adolescent/family/whānau
- No tracking system.

Adolescent and family/whānau unprepared for move to adult services.

RECOMMENDATIONS:

Apply "Core Elements for Transition":
(Center for Health Care Transition, 2014)

Core Element	Local Application
Transition Policy	Clinical Pathway
Transition Tracking and Monitoring	Transition Register
Transition Readiness	Use of valid tool
Transition Planning	Clinical Pathway
Transfer of Care	Clinical Pathway
Transfer Completion	Clinical Pathway

REFERENCES:

- Nelson Marlborough Health. (2017). *Nelson Marlborough Annual Plan*. Nelson, NZ: Author.
- Center for Health Care Transition. (2014). *Transitioning youth to an adult health care provider: Six core elements of health care transition 2.0*. Retrieved from www.GotTransition.org