



Literature Review: Transitioning Medically Complex Adolescents to Adult Care

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What I learned

Adolescents transitioning to adult care require an effective transition plan to ensure continuity of patient centered care

Background

- This population is unique and involves complex medical exams and extensive care
- Adolescents with pediatric diseases are living longer and requiring care into adulthood

Objective

- Identify medical and social needs of medically complex adolescents transitioning to adult health care
- Identify key elements needed to improve health outcomes for adolescents transitioning from pediatric to adult health care.

Methods

- PubMed/CINHAL utilized to find studies published between 2015 and 2018
- Search terms: transitioning care, medically complex adolescents, transition policies

Sample

9 of 28 articles reviewed

- 4 Quantitative
- 2 Qualitative
- 3 Mixed methods

Studies organized into 4 themes:

- Patient perspective
- Pediatric provider perspective
- Adult provider perspective
- Transition Policy

Results

Ineffective transitioning leads to:

- **Increased morbidity**
- **Increased hospitalizations**
- **Discontinuity of care**
- **Reduced access to services**
- **Lapses in health care coverage**
- **Loss of patient function/independence**

Conclusions

- A detailed transition plan is needed to navigate the transition of care from pediatric to adult
- Care providers must adhere to a transition plan to ensure patient centered care delivery

Recommendations

Follow the standards of the National Center for Health Care Transition's Six Core Elements:

1. Transition Policy
2. Transitioning Tracking
3. Transition Readiness
4. Transition Planning
5. Transfer of Care
6. Transfer Completion

