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