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Implementation of a Transition Readiness Assessment and Transition Discussion Documentation in a Type 1 Diabetes Clinic

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Implementation of a Transition Readiness Assessment and Transition Discussion Documentation in a Type 1 Diabetes Clinic

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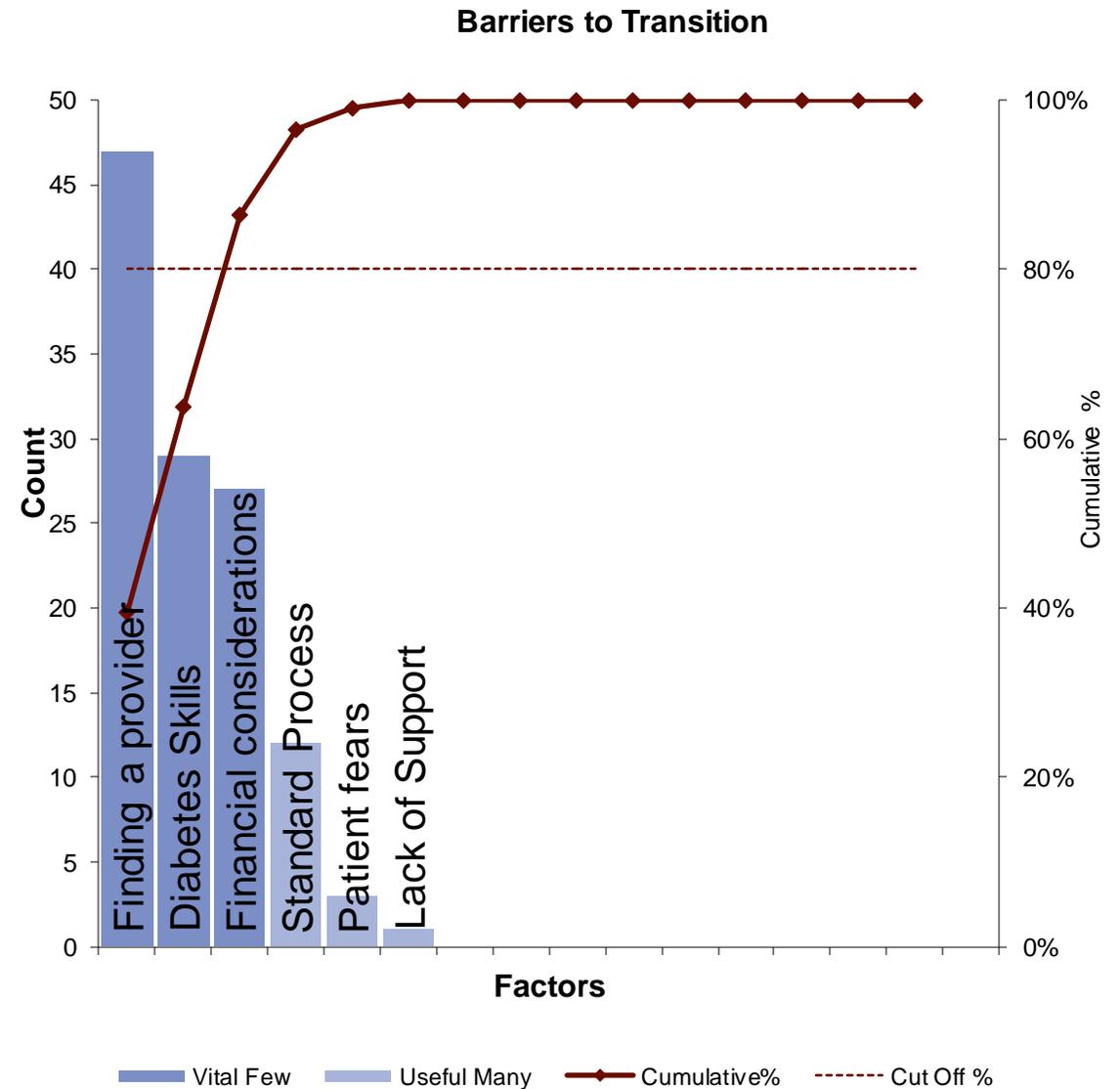
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What are the barriers to transition?



Transition Assessment

- Patients rate six areas of knowledge and eight skills
 - Yes! I can do this
 - I am learning how to do this
 - I want to learn how to do this
 - Someone else will have to do this. Who?
 - N/A

Knowledge

- I can describe my medical problem
- I can list my medical history
- I can talk about how my medical problem could affect my sex life
- I can talk about how alcohol, drugs or cigarettes could affect my medical problem
- I can tell someone what health insurance plan I have
- I can list my medications
- I can tell someone how my medications work

Skills

- I refill my prescriptions by myself
- I take my prescriptions by myself
- I can get to my doctor appointments on my own
- I talk with my doctor by myself
- I keep a list of my medical problems
- I can recognize an emergency for my health problem
- I carry my health insurance card every day

Goals

- Patients rate confidence in ability to transfer care successfully prior to age 22
- Patients select a goal for their next visit.

Rate on a scale of 1-10

- How important is it to you to prepare for/change to an adult doctor before age 22?
- How confident do you feel about your ability to prepare for/change to an adult doctor?

Goals

- Create a 3- sentence summary describing my medical condition
- Be able to describe my medical condition and care I have needed
- Provide a list of my medications
- Explain how alcohol and drugs can affect my medical problem
- Know when to ask for help in an emergency
- Carry my insurance information and list of medical providers
- Create a My Health Passport
- Enroll in Patient Portal
- Find an Adult Provider

Documentation

- Discussions are documented in the medical record.

Transition Details

Division completing form today: Endocrine

Transition to Adulthood Policy Statement reviewed with patient and caregiver: Yes No Transition Policy Reviewed On: no jpa jpa

At the time of transition on or before their 22nd birthday:

Consult Social work at age 16 if patient in need of supported decision-making.

Patient is expected with training to become independent in managing their own health care
 Patient is expected to need some ongoing parent/ guardian assistance in managing their own health care
 Patient is expected to need total support to manage their own health care

Patient Transition Survey Responses

Patient Transition Responses:
No qualifying data available.

Transition goal chosen to work on during this next year

NOTE: Goal(s) selected moves to Depat Instructions

- 3 Sentence Summary - create to describe my medical problems to review with my doctors
- Medical History and Condition - be able to describe my medical condition and care I have needed
- Medications - provide a list to any outside providers, school nurse and college campus health clinic
- Alcohol, Drugs, and Tobacco- explain how these could affect my medical problem
- Emergency Care and Asking for Help - knowing when to ask for help when I have medical problems
- Contact Information/ Insurance- keep insurance card and list of medical providers in phone/ wallet
- My Health Passport - create and keep a copy in my wallet or copy it to my cell phone
- Patient Portal - enroll in and explore
- Guardianship Options - work with agencies and a lawyer to establish limited or full guardianship at age 18
- Adult Provider - work with team to find and contact a new adult doctor or nurse practitioner
- Other:

Barriers to transitioning patient:

None
 Do not know a provider
 No insurance coverage
 Unable to find provider willing to accept patient due to type or complexity of medical condition
 Patient/family resistance
 Guardianship/ Decision-making capacity status not finalized
 Other:

Patient will continue to receive care at CMH past their 22nd birthday: Yes No

Reason:

Adult provider identified? Yes No

Adult provider information:
provider name/ facility/ address/ contact number

Anticipated date of transition: no jpa jpa Appointment date with adult provider: no jpa jpa

Is this the last scheduled visit? Yes No

Additional Comments:

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Plan:

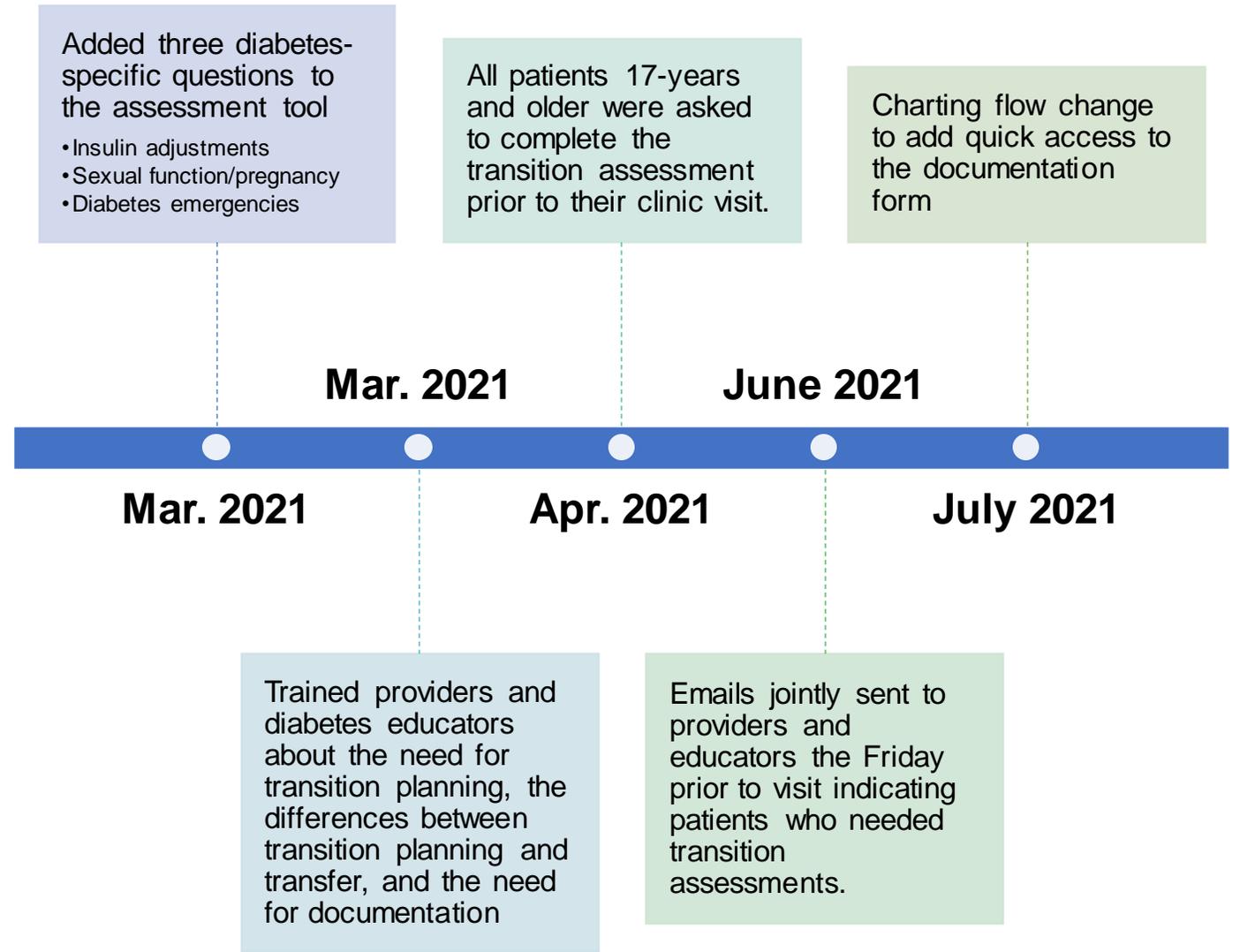
Help patient/family work on identified transition goal(s), follow up on progress at next visit
 Update emergency care plan, if needed
 Identify if guardianship or health care proxy is needed. Instruct parent/caregiver to work with social work to discuss sup
 Remind patient/family about changes to Patient Portal access at 18 years of age (parent/guardian disconnected)
 Remind patient/family to review list of adult providers related to insurance coverage to discuss at the next visit
 Other:



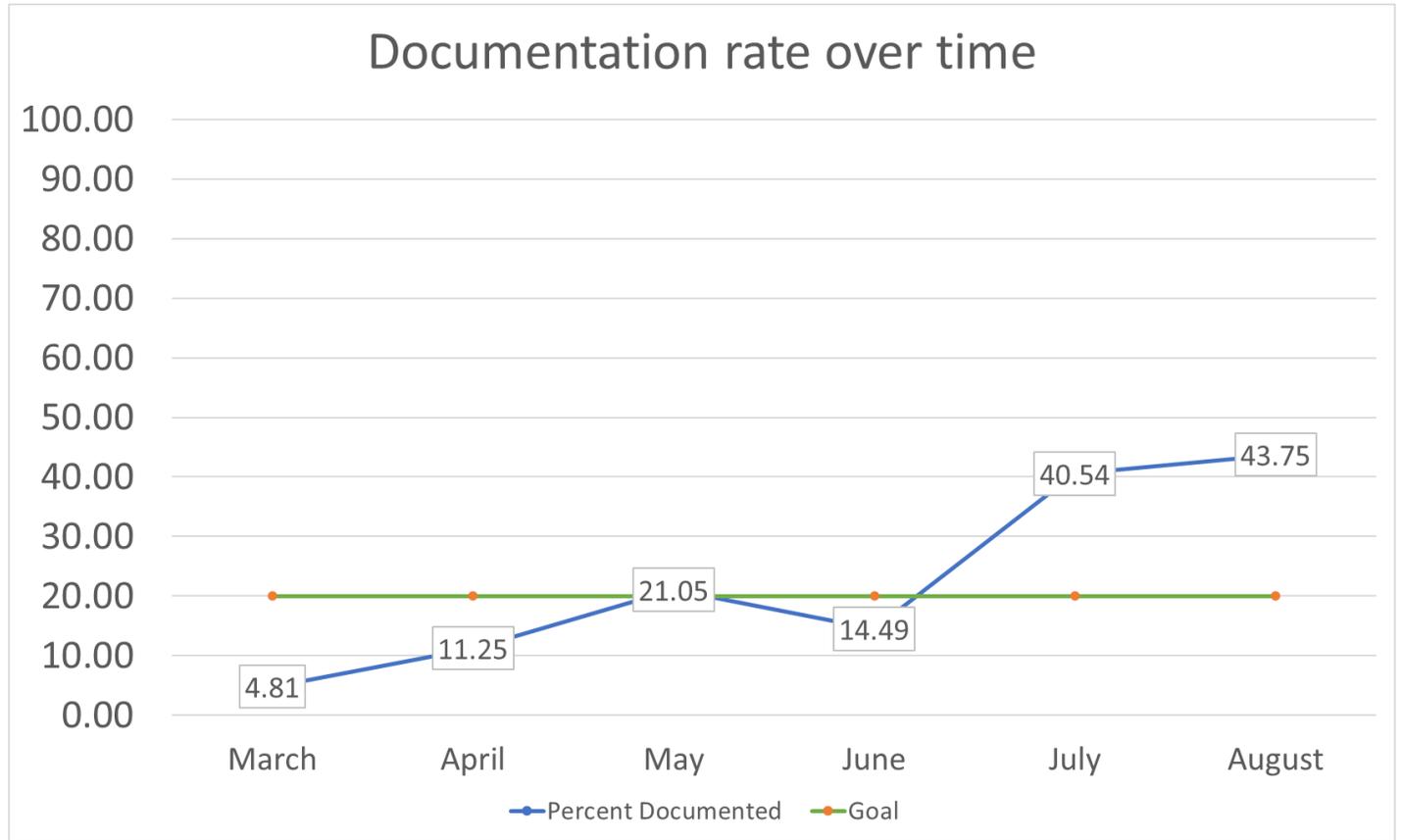
Aims

- Our aim was to implement this assessment with a 20% documentation rate after six months.

Timeline



Results



Future Directions

Different surveys for 12-14 years, 15-17 years and 18+

- Developmentally appropriate knowledge and skills

Utilize the transition assessment as a skills tracker for targeted education

Webinar implementation for education topics

- Complications and Screening
- Driving
- High Risk Behaviors
- Prescription Management
- Type 1 Diabetes Refresher
- College Transitions and Accommodations
- Pregnancy and Diabetes

How to Find a Provider



Insurance and Finances

- Does the office accept your insurance? The list of adult providers is not complete. A list of covered providers can usually be found on your insurance provider's website. It's best to confirm with the office.
- Is there financial assistance available (e.g. for payment plans) for out-of-pocket costs?
- What happens if you are admitted to the hospital? Does the office provide consultation services at certain hospitals, and, if so, are you comfortable going there? Do they do this in person or over the phone? Is this hospital in network with your insurance provider?
- Does the office charge you to fill out additional forms (e.g. FMLA paperwork)?
- Does the office charge a fee if you miss an appointment? Please review office policies when scheduling your first (or consecutive) appointment.



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QUESTIONS TO ASK WHEN FINDING YOUR NEW ENDOCRINE PROVIDER



Diabetes Devices/Lab Work

- Does the clinic download your devices (e.g. meter/CGM/pump/Bluetooth connected pen) or do you need to do that from home prior to the visit?
- Will the clinic obtain your A1c or do you need to go to an outside lab prior (e.g. Quest Diagnostics)? Will they obtain other labs in office as well?
- Will the practice offer classes or information packets on new devices (e.g. meter/CGM/pump/Bluetooth connected pen)?



Office Details

- Do you know other adults with diabetes? Consider asking their recommendations. There are social media groups available for networking:
 - o JDRF Kansas City Adult Type 1 (Facebook)
 - o Kansas City Type 1 Diabetes Support (Facebook)
- Did you know you can schedule a visit just to meet the doctor and talk? There may be a fee for their time.
- How far is the office from where you live? Do you have transportation to your appointments or resources to obtain transportation? Are telehealth options available (especially useful for college students, etc.)?
- New patient visits usually take longer, but how long is a typical follow-up appointment? Consider wait times.
- Does the office have a system for reminding you of your appointment? Do they call, text or email?
- Is there an electronic method of communication with the clinic or access to records (e.g. patient portal)?
- Is your priority to see the same provider every time or to have the most flexibility for your schedule? How far in advance do you need to make routine appointments?
- Who will you see at appointments (Certified Diabetic Educator/Physician/Physician Assistant/Nurse Practitioner)?
- Do you have access to support staff between appointments? Does the clinic have an after-hours line for emergencies? Does the office offer "urgent" or "sick" appointments?
- Is there an option to participate in research studies?

LOVE WILL.

Team Members



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