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Teaching High School Seniors about Transitioning to Adult Healthcare



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Background

- “Health care transition is the practice of getting ready for health care as an adult. During childhood, parents usually help with medical needs—they call for appointments, fill out forms, and keep track of medications. As youth get older, managing medical needs becomes their own responsibility.
- Achieving this independence requires an organized transition process to gain independent health care skills, prepare for an adult model of care, and transfer to new providers. There are several steps you can take to make sure the transition to adult health care goes smoothly”¹.
- The purpose of this project was to assess the effectiveness of 2 classroom based education sessions to increase adolescents’ knowledge about transitioning to adult health care.

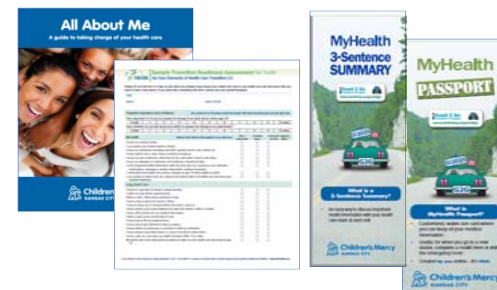
Methods

- Seniors participated in a senior seminar class at a K-12 charter school called University Academy. Children’s Mercy Kansas City offers a school-based health clinic staffed by 2 APRNs and one care assistant.
- Two educational sessions with high school seniors regarding transitioning to adult health care were provided.
- A 1:1 education visit by a school based-health clinic Advance Practice Registered Nurse (APRN) was offered.
- Transition readiness assessments were completed at the beginning of the initial class and repeated at the end of second class and analyzed. Statistical significance was determined at $p < 0.050$.
- First educational session included completion of GOTTRANSITION readiness assessment, 2 videos introducing transition planning and the 3 Sentence Summary skill. A workbook including several tools to learn about self-health management was provided. Resources regarding adult provider options, student’s current immunization records and health insurance coverage were distributed.
- The second educational session included teaching students how to complete a health passport while answering questions and offering availability for further assistance. Second GOTTRANSITION readiness assessment was completed.

Transition Readiness Assessment for Youth

Item (1-10 scale)	Pre	Post	p-value
• How important is it to you to prepare for/change to an adult doctor before age 21? (n= 31)	7.74	8.45	0.032
• How confident do you feel about your ability to prepare for/change to an adult doctor? (n=32)	6.78	7.91	0.023
Item (Yes/No)	Pre	Post	p-value
• I can explain my medical needs to others. (n=37)	29	35	0.031
• I carry important health information with me every day. (n=33)	11	20	0.012
• I understand how health care privacy changes at age 18 when legally an adult. (n=36)	15	31	0.000
• I can explain to others how my customs and beliefs affect my health care decisions and medical treatment. (n=35)	22	34	0.002
• I know or I can find out my doctor’s phone number. (n=38)	21	29	0.021
• I know where to get medical care when the doctor’s office is closed. (n=38)	18	27	0.012
• I have a file at home for my medical information. (n=37)	21	29	0.021
• I know how to fill out medical forms. (n=38)	22	33	0.003
• I know how to get referrals to other providers. (n=37)	11	23	0.002
• I have a plan so I can keep my health insurance after 18 or older (n=37)	11	23	0.000
• My family and I have discussed my ability to make my own health care decisions at age 18. (n=36)	8	25	0.000

Survey and Resources

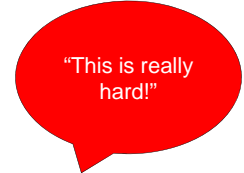


Results

- 43 students completed either the initial, second, or both readiness assessments. 37 students completed both. Analysis showed statistical significance with 13 of 23 readiness measures.

Conclusion

- Using a classroom model to increase adolescents’ knowledge about transitioning to adult healthcare proved successful.
- The addition of a 1:1 education visit did not demonstrate an increase in the number of readiness measures achieved
- This model could be replicated by school nurses or visiting providers as part of a health curriculum.



(18 year old Senior preparing a 3 Sentence Summary.)