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### Transition Skills Lab: A Telehealth Intervention for Improving Healthcare Transition in Youth with Special Health Care Needs

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## INTRODUCTION

- Few interventions exist to provide hands-on practice of key health management tasks to youth with special health care needs (YSHCN)
- The Transition Skills Lab was adapted from Jerlym Porter's (2017) work and piloted as a virtual intervention

## METHOD

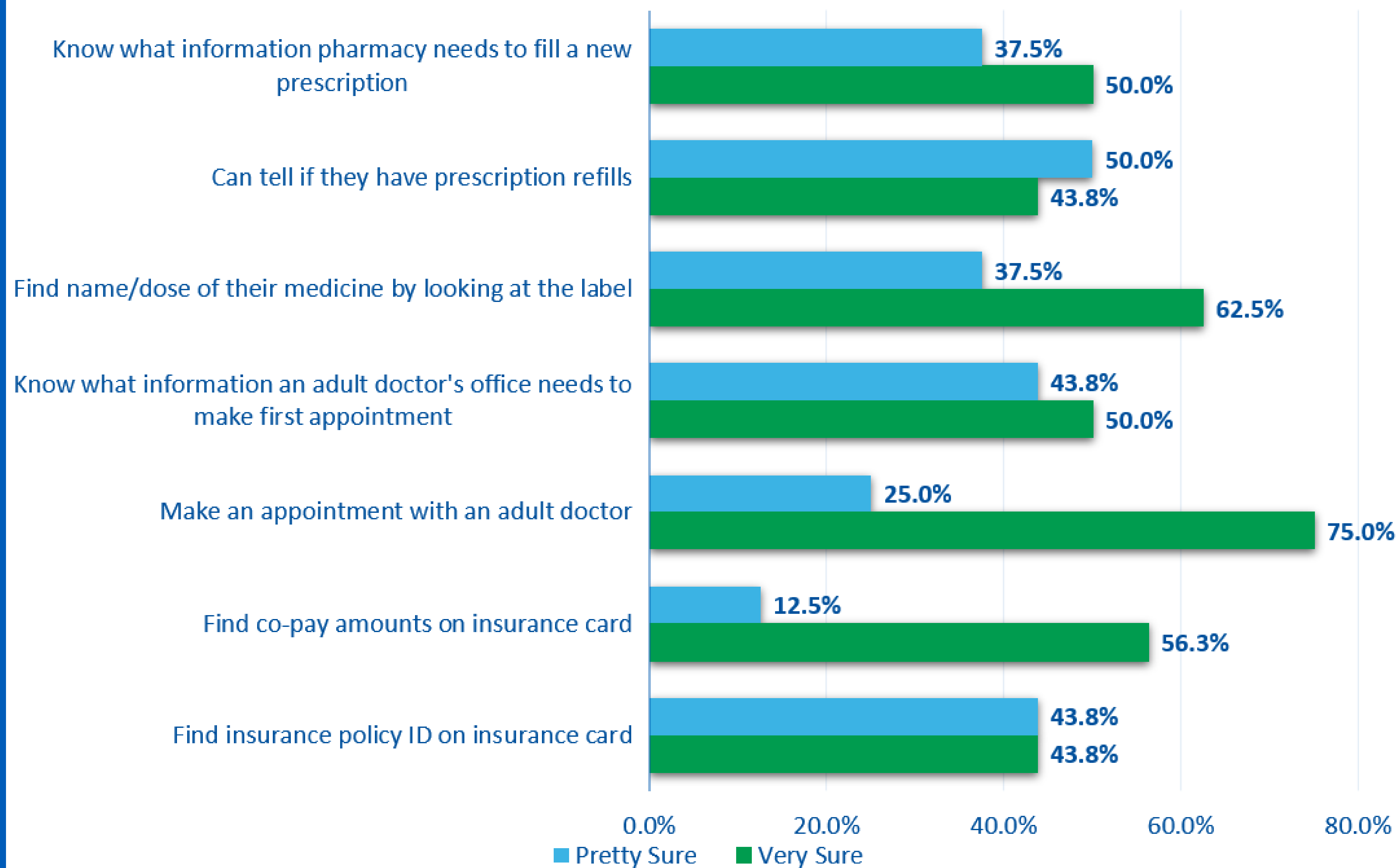
- 16 young adults participated in the virtual Transition Skills Lab, during which they practiced three key patient competencies with a health care professional: 1. Reading an insurance card, 2. Reading a pill bottle label, and 3. Scheduling an initial visit with an adult doctor
- Participants were asked to rate their confidence on skills taught on a four-point scale from 'very unsure' to 'very sure'

# Transition Skills Lab: A Telehealth Intervention for Improving Healthcare Transition in Youth with Special Health Care Needs

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## Confidence Ratings Across Health Management Tasks



## RESULTS

- Findings revealed increased confidence and skills across all levels of healthcare task management following completion of the intervention
- See graph for further details

## DISCUSSION

- The virtual Transition Skills Lab increased youth skill-building and confidence across several key health care tasks
- Future research should replicate these findings in a larger sample
- Transition skills should also be assessed longitudinally to understand the long-term impacts of the Transition Skills Lab in YSHCN

