

## **Transition digest #1-08 (January 1, 2008)**

In response to inquiries from a number of colleagues, I am restarting the Transition listserve.

To start off the New Year, I would like to share references for a couple of excellent articles

The first talks about integrating the "emerging adulthood" model of young adult development into medical/health care practice

Transitioning from pediatric to adult care: a new approach to the post-adolescent young person with type 1 diabetes. (Bench to Clinic Symposia: EDITORIAL REVIEW).

Diabetes Care 30.10 (Oct 2007): p2441(6).

Corresponding author Jill Weissberg-Benchell

The second provides data on the positive impact of ongoing supports for young adults with diabetes after moving into the adult system (supports which I believe are critical if young adults are to be successfully served in adult care)

A transition care programme which improves diabetes control and reduces hospital admission rates in young adults with Type 1 diabetes aged 15-25 years

Diabetic Medicine, 24, 764-769 (2007) D. J. Holmes-Walker

Also -

i recently found information about how a community is coming together to support youth and young adults with disabilities and special health care needs - This initiative recently won an award from the Ronald McDonald House national organization- (I found info about this program a couple of days ago and have send an e-mail inquiry to the director)

See:

Tools for Today and Tomorrow

<http://www.toolsfortoday.org/>

and

[http://www.clevelandrmh.org/enewsletter/pdf/09\\_07\\_07.pdf](http://www.clevelandrmh.org/enewsletter/pdf/09_07_07.pdf)

Ronald McDonald House of Cleveland (Ohio)

Also - It appears that pediatric and adult providers in Melbourne Australia have, in fact, successfully implemented a system that supports continuity of care across pediatric and adults systems. This initiative won a public health award in Australia. (I met one of the individuals who was active in putting the pieces together, including a public access web site that supports providers and youth through the transition process. See:

[http://www.rch.org.au/transition/index.cfm?doc\\_id=8143](http://www.rch.org.au/transition/index.cfm?doc_id=8143)

I would like also like to share information about products and materials we have developed at the Institute for Child Health Policy

We have an online brochure that describes and provides access to all of our health care transition products. It is available at:

<http://hctransitions.ichp.ufl.edu/hct-promo/>

Of special interest might be the video "This Is Health Care Transition".

This was developed with funding from Children's Medical Services (Florida's Title V CSHCN Program) to help youth and young adults with chronic health conditions and their families be better prepared for adulthood, especially the move from pediatric to adult-oriented health care.

This video is available on the web at:

<http://video.ichp.ufl.edu/tihct.php>

This video can be viewed as a streaming video, and can also be downloaded, and then shown to youth and families from a computer. The video has been distributed on DVD to CMS offices, which are showing it in waiting rooms, and providing copies to families.

Also new is

Since You're Not A Kid Anymore: It's Time To Be More In Charge Of Your Health Care

This 31 page booklet, also developed with funding from CMS, is a health care transition guide for teens in middle school. It includes information and activities designed to help young teens with special health care needs take a more active role in their own health care. It is available for download as a full color PDF document.

The booklet is available, as a PDF at:

[http://hctransitions.ichp.ufl.edu/pdfs/cms\\_synaka\\_lowres\\_07.pdf](http://hctransitions.ichp.ufl.edu/pdfs/cms_synaka_lowres_07.pdf)

Finally, a request.

My training as a counseling psychologist, and the conversations I have had with youth and families and providers indicates that the ending of caring relationships is a significant problem for pediatricians, youth/patients and families; and that the vast majority of pediatric providers are not trained to identify and address the psychological aspects of termination and transfer. Further, I believe that unresolved psychological/emotional issues with their (former) pediatric providers makes it more difficult for some young adults to establish a positive working relationship with their new adult-oriented health care providers.

I have been able to find little on this topic in the literature and wondered if anyone on the list is doing work that encompasses the affective components of transfer or if you might be aware of articles - or of colleagues who may be doing work related to the therapeutic termination of health care relationships and/or addressing psychological dynamics with previous providers as part of the intake process for new young adults patients.

Hope to hear from y'all about lessons learned, new resources, and questions and challenges about health care transition.

May we have a productive new year...

John Reiss

Institute for Child Health Policy

University of Florida

<http://hctransitions.ichp.ufl.edu/>