

# Merging the Gap: Standardizing Healthcare Transition for Youth with Spina Bifida

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## Background & Significance

Healthcare transition is the process of shifting from a pediatric, family-centered model of care to adult care. Poor transition is associated with negative outcomes and increased morbidity for youth with chronic conditions such as spina bifida.

## Aim

To guide multi-disciplinary transition preparation, discussion and education, we sought to develop and implement a standardized process to transition pediatric patients with spina bifida to adult care.

## Methods

- Protocol development using the GOT Transition Model and Guidelines for the Care of People with Spina Bifida Framework
- Protocol for transition-eligible patients (ages 12 and up) incorporated the standardized TRAQ-SB questionnaire to assess transition readiness
- Plan-Do-Study-Act cycles guided the project
- Data measures included: Protocol utilization evidenced by documented education, transition orders and screening tool use

## References



## Successful Transition is Dependent on Consistent, Confident Skill Building and Preparation

### Results

**PDSA Cycle 1:** Development of transition questionnaire utilizing the TRAQ-SB and Transition Barriers Questionnaires

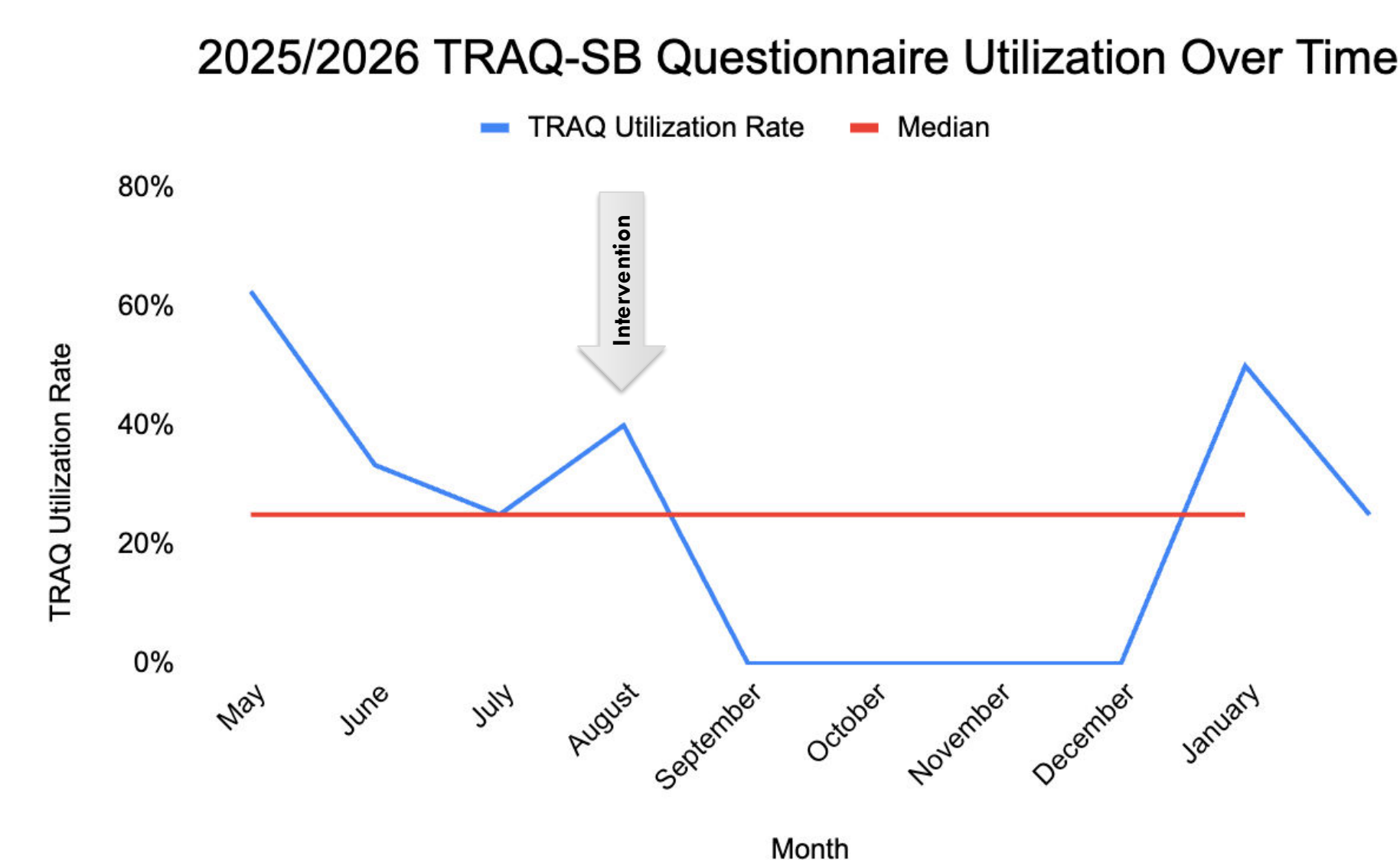


Figure 1: Questionnaire Completion pre and post intervention

**PDSA Cycle 2:** Revision of education documentation and provider feedback

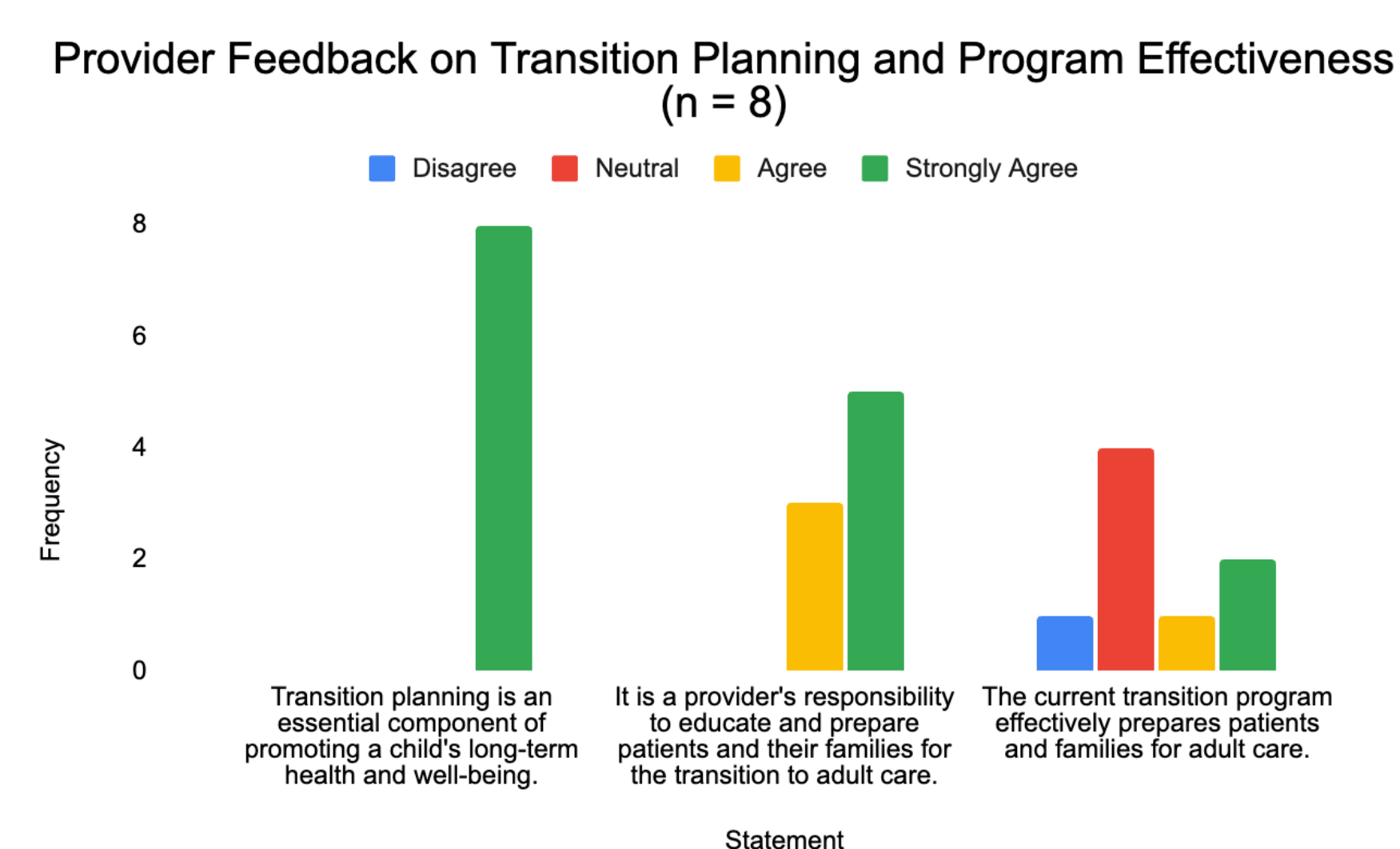
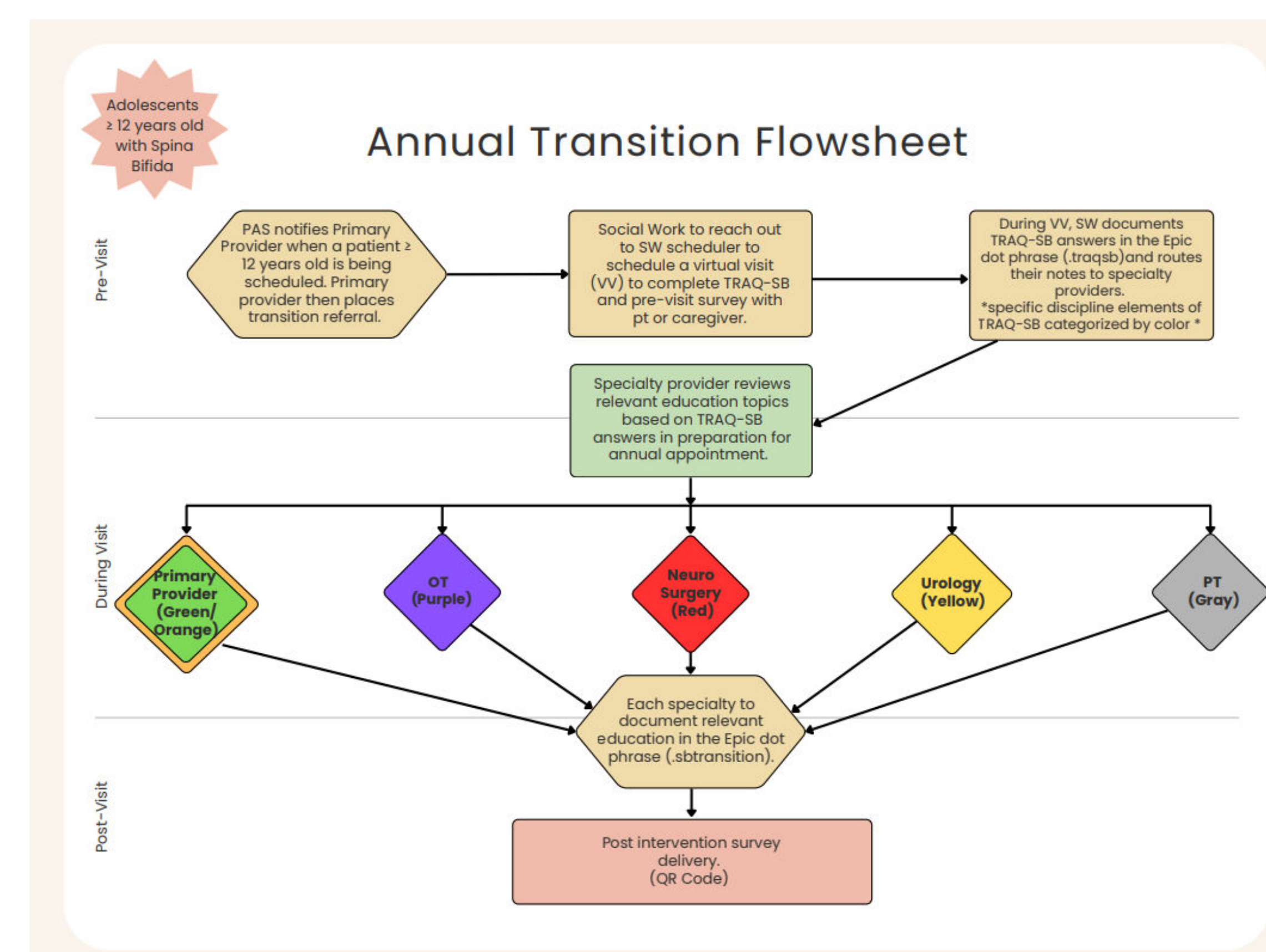


Figure 2: Provider Feedback on Transition Needs and Importance

### PDSA Cycle 3

Development of transition protocol and algorithm

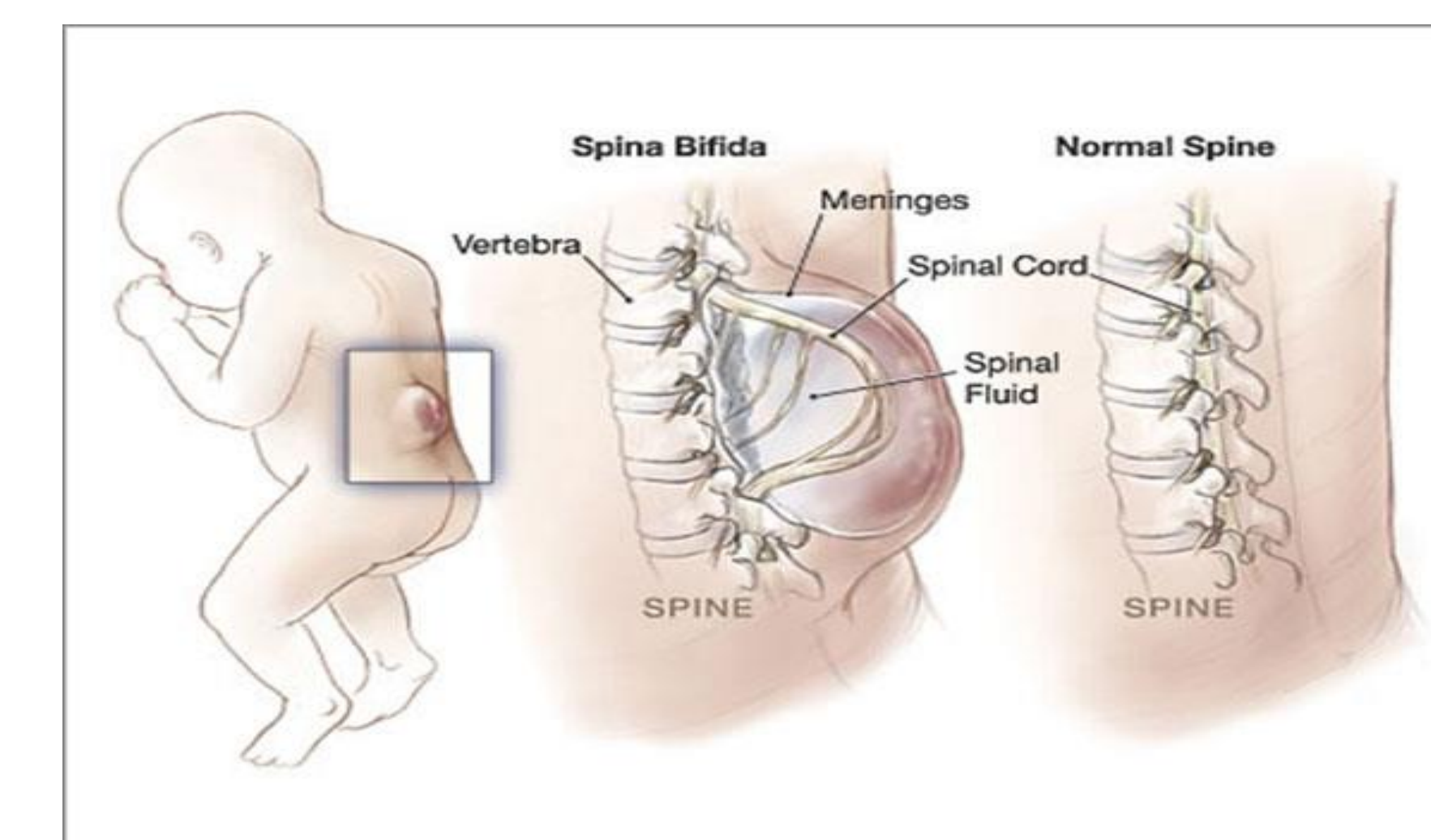


## Conclusions & Discussion

- A gap remains between identifying lagging readiness skills and the delivery of provider-led education to resolve these prior to adult care transition.
- Our results suggest standardized transition protocols are necessary for successful transition to identify transition readiness, barriers and shape age-appropriate education and skill-building.
- Greater specificity and standardization of educational pathways will ensure all children get the necessary skills needed to transition successfully to adult care.

## Next Steps & Implications for Practice

- Refine protocol by breaking down educational topics and necessary skills by age
- Plan to implement protocol and collect patient satisfaction and protocol efficacy data from providers in next PDSA cycle.



## SIX CORE ELEMENTS™ APPROACH AND TIMELINE FOR YOUTH TRANSITIONING FROM PEDIATRIC TO ADULT HEALTH CARE



## Contact

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