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The Transition from Paediatric to Adult Healthcare Services

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This study worked to determine the needs surrounding the creation of a program to help with the transition from paediatric to adult healthcare services for paediatric patients at Windsor Regional Hospital. Currently the paediatric metabolic clinic at Windsor Regional Hospital has a transition program for paediatric metabolic patients, but there is no program available for all paediatric patients to help ease the transition to adult services. In total, fourteen individuals participated in the needs assessment- 10 healthcare providers, 2 patients, and 2 parents. Healthcare providers and parents filled out a brief survey. Patients participated in a brief phone interview. When asked, the majority of healthcare professionals stated that they have discussed the transition process with patients and their family members. Results indicated that 31% of participants believe that the best age to begin preparation for the transition to adult healthcare services is 16, followed by age 12 and then age 17. When asked about the best format to educate patients about the healthcare transition process, all three participant groups ranked internet websites as the most effective method of educating patients. Face-to-face meetings with the healthcare team were also ranked highly by all three groups. Patients also supported workshops and Skype or Facetime meetings with peers. Recommendations from participants also indicated that patient mental, emotional, and situational readiness to transition to adult healthcare services should be assessed and taken into consideration, and the transition process should be adjusted according to their current status. Recommendations for program assessment were also made by participants.