TRANSITION HISTORY: SEPARATE INITIATIVES

- CF center
- Diabetes Transition
- Adult survivorship oncology clinic
- MP Grand Rounds Speakers
- MP attending and Resident physicians taking care of individual patients
- Kamala Cotts adult with physical and cognitive disabilities practice
- Sara Platte: Transition Patients at Friend Family Health Center
- Nancy Fritz La Rabida: Transition Grant
**Transition Initiatives: Sparked by Resident Interest/Enthusiasm**

- Two Med-Peds Residents wrote for an internal grant to study and improve transition care at UCMC.
- Comer Classic Fund was awarded to the residents.
- Their research and initiatives resulted in a Pediatrics Grand Rounds presentation and outstanding resident research award.
- The residents created and completed a multi-institutional transition care elective (PLA’s were obtained).
- The UCMC-wide Transition Steering Committee was formed.
UCMC STEERING COMMITTEE GOALS

- Identify Youth and Young Adults with Special Health Care Needs (YSHCN) in our community
- Determine the transition needs of YSHCN in our community
- Study outcomes of YSHCN to determine frequency of lapses of healthcare, lapses of insurance coverage, ER/ hospitalizations
- Educate medical students, residents, fellows, faculty, nurses, social workers, legal advocates, patients and families regarding transition care
GOALS (CONTINUED)

- Create a centralized transition care website containing educational materials and a toolkit of resources
- Create a transition care elective rotation for students and residents
- Organize transition care educational days (geared toward providers and patients)
- Secure funding to improve transition care and transition education
- Study the effect of transition educational interventions on students, residents, faculty and patients.
TRANSITION ACTIVITIES TO DATE

- Comer Classic Grant funding obtained by two University of Chicago Med-Peds residents to improve transition care and education at the University of Chicago Medical Center (UCMC)

- IRB exemption obtained to study resident and faculty comfort with transition care: Baseline data obtained and presented locally and internationally by resident physicians, Amy Johnson Lo and Jen McDonnell (to be presented in future slides)

- Transition care toolkit started with handouts for providers, patients and families developed by Purvi Patel, JD/MPH

- Transition care website developed: [http://transitioncare.uchicago.edu](http://transitioncare.uchicago.edu)

- UCMC Transition Care Steering Committee subcommittees formed (Education, Outreach, Grants/ research)
RESIDENT KNOWLEDGE, ATTITUDES AND PRACTICES REGARDING TRANSITION CARE: AMY JOHNSON LO, MD AND JENNIFER MCDONNELL, MD

To define:
- IM, pediatrics and M/P resident knowledge regarding transition care
- IM, pediatrics and M/P resident attitudes toward providing transition care
- IM, pediatrics and M/P resident practices regarding transition care

Information to be used to help develop a transition care curriculum
METHODS

- Surveys distributed to IM, pediatric and combined IM/pediatric residents
  - total number of surveys distributed was 175.

- Data entered and analyzed using frequencies and chi-squared statistical analysis
## Resident Demographics

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Response Rate (n = 75)</td>
<td>42.8%</td>
</tr>
<tr>
<td>Male</td>
<td>35%</td>
</tr>
<tr>
<td>Female</td>
<td>56%</td>
</tr>
<tr>
<td>Internal Medicine (% of total responders)</td>
<td>53%</td>
</tr>
<tr>
<td>Pediatrics (% of total responders)</td>
<td>35%</td>
</tr>
<tr>
<td>IM/Peds (% of total responders)</td>
<td>12%</td>
</tr>
<tr>
<td>Year 1 or 2 in Training</td>
<td>67%</td>
</tr>
<tr>
<td>Year 3 or 4 in Training</td>
<td>33%</td>
</tr>
<tr>
<td>Intend to work in primary care</td>
<td>24%</td>
</tr>
<tr>
<td>Intend to subspecialize</td>
<td>49%</td>
</tr>
</tbody>
</table>
**Resident Familiarity with Transition Care**

Figure 1. IM, IM/pediatric and pediatric resident familiarity with transition.

Figure 2. Resident familiarity with transition, IM residents vs. Pediatric vs. IM/ped residents.
FAMILIARITY WITH TRANSITION CARE BY INTENDED CAREER PATH

<table>
<thead>
<tr>
<th></th>
<th>Familiar</th>
<th>Unfamiliar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Care as a Profession</td>
<td>67%</td>
<td>33%</td>
</tr>
<tr>
<td>Subspecialty as a Profession</td>
<td>62%</td>
<td>38%</td>
</tr>
</tbody>
</table>
RESIDENTS’ PERCEIVED BARRIERS TO TRANSITION CARE AT UCMC
Transition care is an important part of medical education.
Pritzker Medical Student Research

- Pilot Study on Dr. Cotts’ patients with intellectual and physical disabilities (40% had Medicare, 40% had Medicaid and 20% had Private Insurance)

- Confirmed difficulty with obtaining specialty/sub-specialty care for these patients for:
  - Neurology
  - Psychiatry
  - Orthopedics
RETROSPECTIVE TRANSITION STUDY

- IRB submitted
- To describe the frequency of outcomes of transition to adult care among young people with special health care needs
- To assess pre-transition factors which are associated with greater risks of poor transition outcomes.
- To compare the frequency of outcomes of transition among young people with different chronic medical conditions.
- Ultimately, the information obtained from this study will be used to design a transition program to promote successful transitions to adult care for pediatric subspecialty patients.
RETROSPECTIVE TRANSITION STUDY

- **Group 1**: Patients ages 19 to 26 with a current or previous diagnosis of JIA or SLE, who received pediatric rheumatology care at UCMC between the ages of 15 and 18 years.

- **Group 2**: Patients ages 19 to 26 with a current or previous diagnosis of Diabetes Mellitus who received pediatric endocrinology care at UCMC between the ages of 15 and 18 years.

- **Group 3**: Patients ages 19 to 26 with a current or previous diagnosis of Cystic Fibrosis, who received pediatric pulmonology care at UCMC between the ages of 15 and 18 years.
RETROSPECTIVE TRANSITION STUDY: METHODS

- Telephone Surveys
- Chart Audits
- Autonomy Checklist Completion
OTHER STUDIES PLANNED

- Patients 13 - 28 yo with DM, JIA, SLE: Prospective study regarding transition outcomes

- Retrospective and prospective transition studies for patients with HIV and patients with cognitive and physical disabilities.

- Survey of ACP and AAP regional resident attitudes about transition care