The National Alliance To Advance Adolescent Health

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Delineation of Health Care Transition Activities and Tools

Pediatric Care
(ages 12-21)

Core Element 1: Transition and Care Policy/Guide
- Development of the practice's transition policy to share with youth/family

Core Element 2: Tracking and Monitoring
- Development of the practice's process to track youth receipt of transition services (e.g., flow sheet or registry)

Core Element 3: Transition Readiness
- Transition readiness assessment (for youth and parent/caregiver) and education

Core Element 4: Transition Planning
- Preparation/update of medical summary and emergency care plan
- Preparation of plan of care with HCT goals for youth with special health care needs
- Referral, if needed, for supported decision-making
- Discussion and practice of an adult model of care at age 18
- Assistance with identifying an adult clinician

Core Element 5: Transfer of Care
- Preparation of transfer package and transfer letter
- Outreach to adult clinician to confirm appointment adherence
- Sequenced transfers (if seeing multiple clinicians)

Core Element 6: Transfer Completion
- Consultation support to adult clinicians, if needed
- Feedback from youth/young adult and parent/caregiver

For full pediatric package, click here. To request a customizable version, click here.

Transfer
(ages 18-22)

- Transfer package exchange
- Communication/confirmation between pediatric/adult clinicians
- Introductory joint telehealth visit (click here for a joint telehealth visit toolkit)

Adult Care
(ages 18-26)

Core Element 1: Transition and Care Policy/Guide
- Development of a transition policy for accepting young adult (YA) patients into the practice, and sharing of the policy with YA/family.

Core Element 2: Tracking and Monitoring
- Development of the practice's process to track YA receipt of transition services (e.g., flow sheet or registry)

Core Element 3: Orientation to Adult Practice
- Identification of adult clinicians to care for YAs
- Preparation of FAQs and orientation information

Core Element 4: Integration into Adult Practice
- Pre-visit outreach and appointment reminders

Core Element 5: Initial Visits
- Review of new patient records
- Initial face-to-face visit with YA (click here for sample content for initial visit)
- Update of medical summary and emergency care plan
- Medication reconciliation
- Update of plan of care (especially for those with special health care needs)
- Self-care skill assessment and education

Core Element 6: Ongoing Care
- Assistance in establishing referrals for medical specialists/behavioral health/reproductive care/ community supports
- Feedback from young adults

For full adult package, click here. To request a customizable version, click here.

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