



Symposium

Empowering young people during their healthcare transition journey to reach their full potential

Thursday 25 July - 16:00-17:30

Organiser and Chair: Faith Gibson, Professor of Child Health and Cancer Care; University of Surrey, Guildford; Great Ormond Street Hospital for Children NHS Foundation Trust; UCL Great Ormond Street Institute of Child Health, London, UK.

Enabling young people to reach their full potential is a key element of transition. This is multi-faceted and must incorporate developmentally appropriate interventions, with recognition of young people's individual needs.

This symposium will present the results of a realist review of the literature. Presentations will focus on: (1) how to improve the organisation of transition, to be young people focused, while maintaining collaboration across children's and adult services; (2) how to use evidence for stimulating the independence, self-management and improved health literacy of young people. We will present clinical tips regarding how to improve young people's care, including the private conversations, psychosocial interview ideas, and how to write to young people directly to improve engagement with their healthcare journey. Examples of good clinical practice will be shared. We will then translate this into supporting young people to use digital health platforms, in parallel with their transition preparation. An example of success will be presented from a UK Specialist Children's hospital and that will provide a vehicle for further discussion.

Presentation 1: (15 mins presentation/5mins questions)

Speaker: Dr Pippa Sipanoun, Lead Practice Educator for Health Inequalities, Great Ormond Street Hospital for Children NHS Foundation Trust; UCL Great Ormond Street Institute of Child Health, London, UK; Core20Plus5 Ambassador, UK.

Title: Interventions to improve the organisation of transition: results from the realist synthesis of the literature

This first presentation will focus on results from our realist synthesis, focusing on findings which fall under the domain of 'Interventions to improve the organisation of transition' from the 'On your own feet ahead' model of transitional care. The Context Mechanism Outcome (CMO) statements were grouped under the type of intervention, which were confirmed, refined or refuted during a workshop with subject matter experts. We present the overarching themes of what works for whom, under what circumstances, how and why an intervention contributes to effective transition.

Presentation 2: (15 mins presentation/5mins questions)

Speaker: Susie Aldiss, Research Fellow, University of Surrey, Guildford, UK

Title: Interventions to stimulate the independence and self-management of young people: results from the realist synthesis of the literature

This presentation focuses on results from our realist synthesis which relate to 'Interventions to stimulate the independence and self-management of young people' from the 'On your own feet ahead' model of transitional care. The CMOs were discussed at workshops with transitional care professionals and then with young adults with experience of transition to adult care; the young adults had the final say on whether to confirm, refine or refute the statements. Using realist methods, we are able to explore interventions more in depth. The overarching themes of what interventions work for whom, under what circumstances will be presented.

Presentation 3: (15 mins presentation/5mins questions)

Speaker: Dr Terry Segal, Consultant Adolescent Paediatrician, Clinical director adolescent specialties at UCLH, Transition Lead, University College Hospitals London, UK

Title: Putting it into practice! Clinical tips on seeing young people alone, psychosocial screening and communicating by letter TO them

This presentation will help embed the key practical elements of delivering developmentally appropriate healthcare, including how to ensure you see young people alone, explaining confidentiality and using a psychosocial screening interview such as HEADDSSS or SHADES, and writing to the young person in the first person to improve health literacy. It will include patient videos to show the impact of the approach.

Presentation 4: (15 mins presentation/5mins questions)

Speaker: Dr Pippa Sipanoun

Title: Preparation for transition: enabling and supporting young people to access their health records from 12 years of age via a patient portal

The Going Digital Study, mixed methods research pre- and post-electronic patient record and patient portal implementation in a children's tertiary centre, highlighted the need to support young people to access their digital health records in parallel to commencing the process of healthcare transition. This presentation will report considerations required to enable successful patient portal engagement, what young people want support with, how to prepare parents for gradually relinquishing control of their child's care, and ethical dilemmas that may arise.

10 minutes for final questions/thoughts

Technical requirements: PowerPoint; Ability to play videos embedded in PowerPoint presentation