Lived Experiences of Teens and Parents in the Early Transition Group

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The Good 2 Go Program at The Hospital for Sick Children

BACKGROUND

• Due to medical advancements, an increase in the lifespan of youths with chronic conditions has placed a growing need for services to support the transition of patients and their families from pediatric to adult health care (Kaufman & Pinzon, 2007; Kingsnorth et al., 2011).
• Inadequate preparation for transition has been associated with low treatment adherence, limited self-management skills, and increases in health-related complications (Kaufman & Pinzon, 2007).
• The Good 2 Go Program piloted the Early Transition Group (ETG), for youths with chronic conditions (ages 12-14) and their parents.
• The ETG used cognitive behavioural therapy to increase protective factors during 8 weekly sessions.

PURPOSE

To explore the effectiveness of the ETG in enhancing transition-related knowledge and skills among adolescents and parents; as well as identify the participants perceptions of program components

METHODS

• A post-test mixed methods approach was used for data analysis.
• Participants completed a satisfaction survey to identify the effectiveness of program components using a rating system [0 (not helpful) – 5 (very helpful)] (See Figure 1-2)
• Semi-structured interviews with youths (n = 8) and parents (n = 8) were conducted to explore perceptions of program outcomes.
• Using a grounded theory approach, interview responses were analyzed thematically (Strauss & Corbin, 2008). (See Figure 3)
• Qualitative findings were used to cross-validate, explain and expand quantitative results.

RESULTS

• Participants found the majority of program components to be helpful
• Inclusion of a separate parent group was identified as the most helpful

• Majorit y of the intervention exercises were identified as being helpful
• My Health Passport was identified as the most helpful
• Overall, participants found the ETG to be helpful

Figure 1: Participant Ratings of Program Components

Figure 2: Participant Ratings of Intervention Exercises

Figure 3: Categories from interview responses

<table>
<thead>
<tr>
<th>Program Perceptions</th>
<th>Psychosocial</th>
<th>Skill Gained</th>
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<tbody>
<tr>
<td><strong>Hope</strong></td>
<td></td>
<td></td>
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<tr>
<td>Not alone</td>
<td>Sense of belonging</td>
<td>Time management skills</td>
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<tr>
<td>Planning for the future</td>
<td>Increase self-confidence</td>
<td>Coping strategies</td>
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<tr>
<td><strong>Environment</strong></td>
<td>Fun</td>
<td>Communication skills</td>
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<tr>
<td>Safe forum for difficult discussions</td>
<td>Being with other youths with chronic health conditions</td>
<td>Promoting youth independence</td>
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<td>Knowledgeable and supportive instructors</td>
<td>Building new relationships</td>
<td>Thinking ahead</td>
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<td><strong>Program curriculum</strong></td>
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<td>Recognizing the need for help</td>
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<td>Informative</td>
<td></td>
<td>Preparing for medical appointments</td>
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<td>Rich discussions</td>
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IMPLICATIONS

• The data revealed themes of development of self-management skills, increased youth autonomy, hope for the future, and improved psychosocial well-being and familial relationships.
• Parent sessions taught family members how to best support their youths and promote independence.
• Youths showed enhanced motivation for self-care.
• Families may benefit from future clinical initiatives in transition care that incorporates a family-centered approach
• This project will inform prevention work, improve the quality of care and increase patient safety in the areas of transition care.

CONCLUSION

• Advanced practice nurses will integrate the findings of this project into the development of future transition programs at Sick Kids.
• The ETG highlighted the need for further research to identify additional strategies to enhance patient preparedness for the transition from paediatric to adult care.

REFERENCES