

# CLAHRCBITE

Brokering Innovation Through Evidence

**TITLE: Transitional Care for Young People with Long Term**

**Conditions**



A CLAHRC NWC funded project supporting bringing together collaborators from Alder Hey Children's NHS Foundation Trust, the University of Liverpool and the University of Central Lancashire, to investigate current perspectives on transitional care, and to identify the processes and outcomes fundamental to quality transitional care provision for young people with long term conditions.

## Background

Young people with long term conditions can face challenges when making the transition to adult health services. Effective transition has been identified as an essential component of quality health care provision and has been recognised as a critical area needing improvement. We aimed to identify within the existing transition literature what 'processes' of transition are facilitators or barriers to transition, as well as identify what health-related 'outcomes' currently exist that measure effectiveness of transitional care. We also aimed to collect stakeholder perspectives through interviews with young people, their carers, and health care professionals involved in their care, to develop a working model of transition 'essentials' identified from the literature review.

Whilst the study focused on epilepsy and juvenile idiopathic arthritis as examples of long term conditions, it is intended that the outputs of the study will be applicable across health specialities.

## What did we do?

We conducted a scoping review to assess the transitional care literature using two long-term health conditions (LTCs): epilepsy and juvenile idiopathic arthritis (JIA).

We also conducted semi-structured interviews with young people with these conditions, and at different points on their transition journey, their carers, and health care professionals in neurology and rheumatology units, as well as clinical commissioners.

## What we found and what does this mean?

28 qualitative and quantitative papers were included in the review. Our findings show a wealth of literature concerning key 'processes' of transitional care (effective communication, continuity of care and self-efficacy). Interview data corroborated the key essentials for good transition identified from the literature. However, there is a paucity of outcomes that help define 'successful' transition and a lack of reliable research evaluating the effectiveness of transitional care interventions to support young people moving to adult health services.

## How did we involve people:

We provided drafts of study materials to young people who represented our interview sample demographic, in order to optimise ease of understanding of study information.

## What next?

It is hoped this enterprise will lead to an improvement of the quality of transitional care, associated health outcomes and inequalities across the North West Coast footprint.

## Partners / Stakeholders



## What is NIHR CLAHRC NWC?

The mission of the NIHR CLAHRC NWC is to work collaboratively with Partner organisations and other stakeholders including members of the public to co-produce and conduct high-quality, leadership enhancing, applied research designed to decrease health inequalities and improve the health of the population of the North West Coast.

## Find out more

<http://www.clahrc-nwc.nihr.ac.uk/index.php>

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