





Improving the Transition process of children and young people with Spinal Cord Injury - Moving into adult care

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MASCIP 27th Annual Conference — 13th Nov 2025







Aims of this session

- What is Transition .
- 'Ready, Steady, Go, Hello' programme.
- What is 'Ask 3 Questions'.
- Implementations at NSIC
- What happens at the NSIC at 19yrs







What is Transition?

Definition according to the Oxford English Dictionary:

"A passing or passage from one condition, action, or place, to another."

Transition in Healthcare (NICE):

"A purposeful and planned process of supporting young people to move from children's to adults' services."







Transition in Healthcare

Begin early

Planned and regularly reviewed

Effective Transition

Age and developmentally appropriate

Address needs of parent/carer







Why is Transition important in healthcare?

- Reduce poor health outcomes
- Improve long-term outcomes
- ◆ NHS long-term plan 2019
- ◆ NHS long-term plan 2025







Aims of Transition in Healthcare

- Skills, knowledge, confidence
- Parental/carer support
- Barriers
- Additional support
- Use of Ready, Steady, Go, Hello







What is Ready, Steady, Go, Hello?

	advice/help with this	
KNOWLEDGE		
I can describe my condition		
I know when to take my medications, names, doses, how often, etc		
I know who's who in the medical and nursing team		
I understand the differences between children's and adult health care		
I know about resources that offer support for young people with my condition		
SELF ADVOCACY (speaking up for yourself)		

or each clinic visit and to ask my own questions		
I understand my right to confidentiality		
I understand my role in shared decision making with the healthcare team e.g. Ask 3 Questions		
HEALTH AND LIFESTYLE		
l exercise regularly/have an active lifestyle		
I understand the risks of drugs, alcohol and smoking to my health		
I understand what appropriate eating means fo my general health	r.	
I am aware that my condition can affect how I develop e.g. puberty		
I know where and how I can access reliable		

EDUCATION/WORK AND YOUR FUTURE		
I have had work/volunteering experience		
I have a Career Plan (please specify)		
I am aware of the potential impact (if any) of my condition on my future career plans		
I know how and what to tell a potential employer about my condition (if applicable)		
I know who to contact for careers advice		
LEISURE		
I can use public transport and access my local community, e.g. shops, leisure centre, cinema		
I caa my friande outeida echool/collana/work		

Ready

Steady

Go







Ask 3 Questions









What improvements have been made to the Transition process at the NSIC?

- CNS role to support
- Record
- Pathway
- QR codes





Capturing data

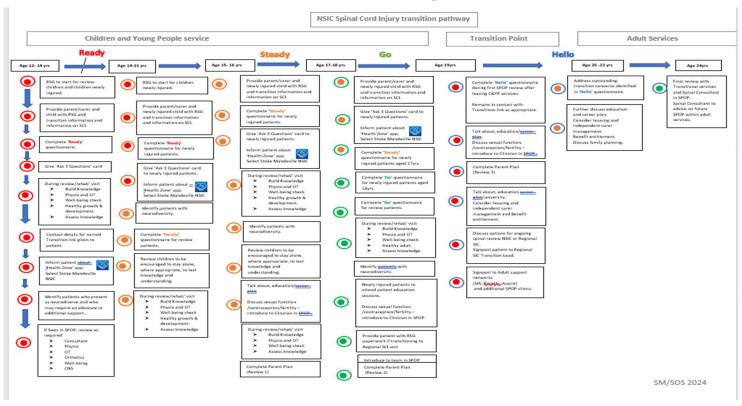
Inpatient vs Out-patient completion rate







NSIC Transition Pathway for CYP with SCI









Transition in Spinal Cord Injury

Knowledge and understanding

Growth and Development

Preparation

Well-being review

Identify limitations







NSIC - What happens at 19yrs?

- Regional SCI centre
- MDT report/Clinic letter
- Remain under consultant at NSIC
- **◆** 19yrs − 25yrs
- Hello Questionnaire







'Hello' to adult services

The Ready Steady Go transit	ion	progra	mme - Hello	
The medical and nursing team aim to support and I	help y	ou develop th	ne confidence and	
skills to take charge of your own healthcare.			Read	v
Filling in this questionnaire will help the team create Please answer all questions that are relevant to			- July	Ge
Name:	Da	-	are unsure. programm	2
Knowledge and skills	Yes	I would like	Comment	
knowledge and skills	res	some extra advice/help with this	Hell	ılt
KNOWLEDGE			to addi service	es
I am confident in my knowledge about my condition and its management.				
I understand what is likely to happen with my condition in the future				
I understand what each of my medication/ treatment is for and their side effects				
I order and collect my repeat prescriptions and book my own appointments				
I know who to contact if I have any concerns about my health				
I call the hospital myself if there is a query about my condition or treatment				
I know about resources for young people or adults with my condition				
SELF ADVOCACY (speaking up for yourself)				
I feel confident to be seen on my own in clinic				
I understand my right to confidentiality I understand my role in shared decision making with the healthcare team e.g. Ask 3 Questions*				
HEALTH AND LIFESTYLE				
Lexercise regularly/have an active lifestyle				
I understand the effect of smoking, drugs and alcohol on my condition and general health				
I understand what appropriate eating means for my general health				
I am aware that my condition can affect how I feel and function e.g fatigue, sexual function, fertility				
I know where and how I can access providers for accurate information about sexual health				
I understand the implications of my condition and				

Knowledge and Skills	Yes	I would like some extra advice/help with this	Comment
DAILY LIVING			
l am independent at home – dressing, bathing, preparing meals etc			
I know how to plan ahead for being away from home, overseas trips e.g. storage of medicine and vaccinations			
I can or am learning to drive			
l understand my eligibility for benefits (if applicable)			
COLLEGE, WORK AND YOUR FUTURE			
I am managing at college/work e.g getting to and around, nature of work, friends etc			
I have had experience of working/volunteering			
I have a career plan - please specify			
I am aware of the potential impact (if any) of my condition on my future plans			
I know how and what to tell a potential employer about my condition (if applicable)			
I know who to contact for careers advice			
LEISURE			
I can use public transport and access my local community e.g shops, leisure centre,cinema			
I have friends and see them socially			
MANAGING YOUR EMOTIONS			
l feel confident in telling people about my condition e.g. friends, family, employers			
I know someone I can talk to if I feel sad/fed-up			
I know how to cope with emotions such as anger or anxiety			
I would like more information about where I can get help to deal with my emotions			
I am comfortable with the way I look to others			
l am happy with life			
Please list anything else you would like help or we have to see the second of the sec			Thank you allead for transform case at footherpton Chidden's Hospital, in the additional Contemporary National Cost 2006, Oceanities 13-16 (Originally all, Chill Hand) Case 2006, Originally all, Child 2007,





Developing the transition process of CYP with SCI

- Facilitate contacts
- Promote use of 'Hello' questionnaire.
- Information to patients





Useful information

- NICE: Transition from Children's to adult's services for young people using health or social care services. NICE guideline NG43 Published 2016
- www.readysteadygo.net
- NHS long-term plan 2019
- NHS long-term plan 2025
- BHT guidelines Transition of Young People to Adult Services





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Any questions?

