



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

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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:

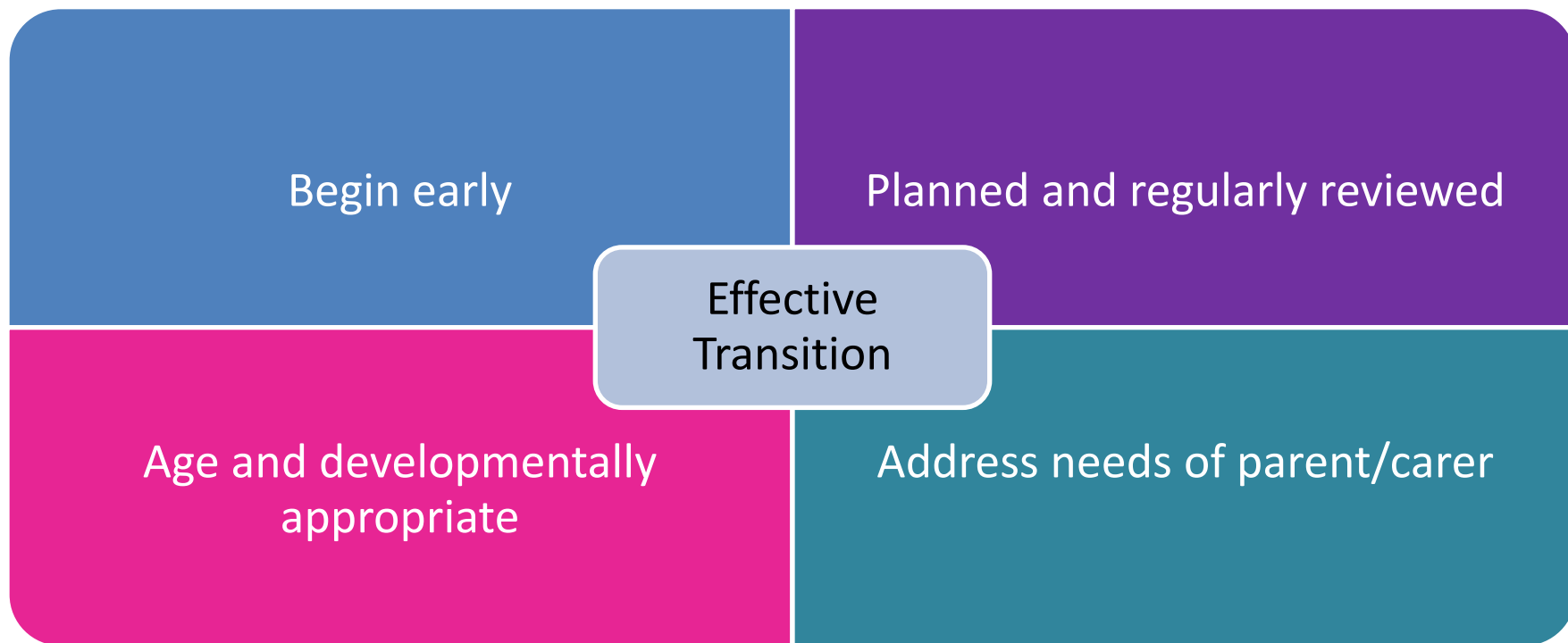
- ➡ ***“A passing or passage from one condition, action, or place, to another.”***

Transition in Healthcare (NICE):

- ➡ ***“A purposeful and planned process of supporting young people to move from children’s to adults’ services.”***



Transition in Healthcare





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?

	Can you advise/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)		

at 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			
I exercise regularly/have an active lifestyle			
I understand the risks of drugs, alcohol and smoking to my health			
I understand what appropriate eating means for my general health			
I am aware that my condition can affect how I develop e.g. puberty			
I know where and how I can access reliable information about sexual health			

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 can my friends outside school/college/work		

Ready

Steady

Go





Ask 3 Questions

Ask 3 Questions

There may be choices to make about your healthcare.
Make sure you get the answers to these three questions:*

- What are my choices?
- How do I get support to help me make a decision that is right for me?
- What is good and bad about each choice?

???

Your healthcare team needs you to tell them what is important to you.
It's about shared decision making.

*Ask 3 Questions has been adapted with kind permission from the NHS.uk programme, supported by the Health Foundation. Ask 3 Questions is based on Dignified Ho, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options. *Academic Detail: Patient Education and Counseling*, 2013; 38: 129-35.

AQUA Health Foundation Health Foundation



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

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



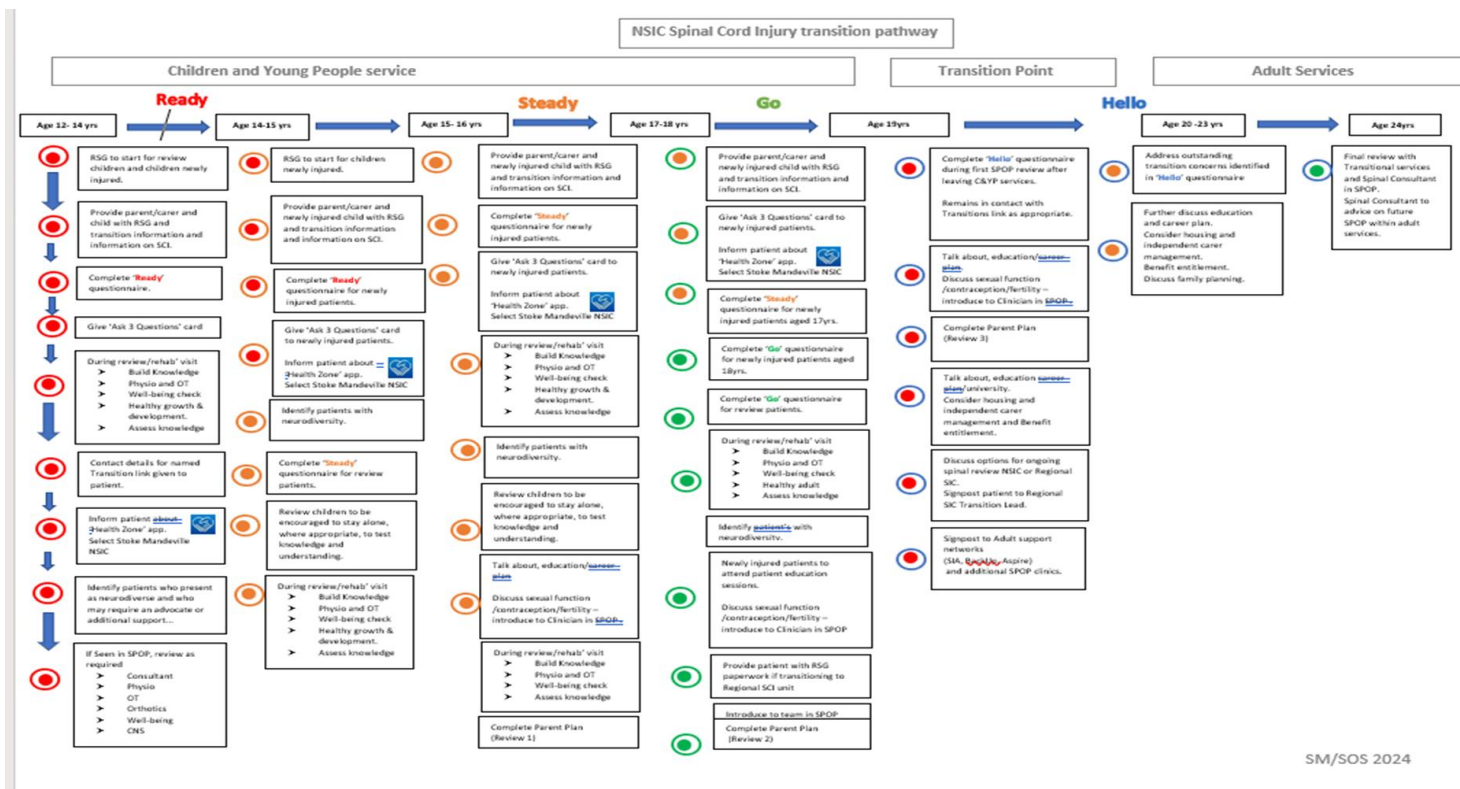
Capturing data

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







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?

