



Transition from Pediatric to Adult Health Care

Year in Review

2024-2025

Transition of Care Committee

Who we are:

The Transition of Care Committee (TOCC) is a **passionate, collaborative team** of patients, caregivers, health care providers and community partners from across the Maritimes.

What we do:

Together with our partners, we created a **Transition from Pediatric to Adult Health Care Framework**. This Framework serves as a guide for a **structured, coordinated, individualized and consistent approach** to the transition to adult care that is **evidence-informed and grounded in patient, family and provider experience**.

Our goal is to **integrate the Transition Framework into practice across IWK Health's Children's Health Program** and with our health care partners across the Maritimes to improve health outcomes for youth during the transition from pediatric to adult health care. We connect locally and nationally to advocate for improved transitions of care.

Caregivers

20.8%

Patients
37.5%



Healthcare & Community
41.7%

Why we do this:

With our personal and professional experiences, we understand what local and international research articulates; the **transition to adult care carries additional risk of serious incidents and poor health outcomes**. Improving the transition from pediatric to adult care must be a health system priority as outlined in Children's Healthcare Canada's Transition Guidelines and the Canadian Pediatric Society's Call to Action on Transition.

How we do this:

By engaging experiences and perspectives of transition from across the pediatric, primary and adult care continuum, we strive for a **collaborative and inclusive approach reflective of the complexity and diversity of transition** to:

- ✓ create accessible resources for patients and caregivers,
- ✓ provide engaging support to providers,
- ✓ support purposeful evaluation and research and
- ✓ advocate for system change to improve health outcomes for youth and young adults with health conditions



The Transition Framework reflects IWK Health's Road Forward



System Leadership, Partnership & Advocacy

- Co-designed with patients & caregivers
- Health equity & complex care guidelines
- Endorsed by Nova Scotia Health



Research, Innovation & Applied Science

- Implementation Science approach leads to design of the Transition Framework
- TOCC models a Learning Health System



Responsible Stewardship

- Using a structured approach to address patient safety risks & poor health outcomes associated with transition



Achieving as a High Reliability Organization

- Our aim is to transform the delivery of safe, high-quality care for youth by embedding a standardized approach to transition



Transition of Care Committee: Highlights from the road we travelled 2024-2025

System Leadership, Partnership & Advocacy

Leading as a system partner and advocating for women, children and families

- Recruited **10 new members** from across the Maritimes
- Collaborated with **Union of Nova Scotia Mi'kmaq, Inclusion Nova Scotia, Health PEI & NSH** to draft transition **guidelines for youth with complex needs**
- Partnered with **Brigadoon** to promote You're in Charge
- Highlighted the importance of improved transitions of care as part of **IWK's Age Mandate discussions**
- **Nova Scotia Health** Integrated Acute & Episodic Care Network **prioritized the transition from pediatric to adult care** in their pillars for transitions of care
- **Presented the Transition Framework locally & nationally**
 - IWK Pediatric Grand Rounds, IWK Board Strategy Strategy Poster Event
 - Children's Healthcare Canada Conference
 - CHC Transition Hub Annual Meeting
 - Genetic Aortic Disorders Association Canada

Research, Innovation & Applied Science

Transforming care through integrated, internationally recognized research

- Comparing local health care utilization pre and post transfer of care to identify factors that affect transfer outcomes partnership with the **Maritime SPOR Support Unit (MSSU)** leading to definitions for 'landing' and 'secure attachment' based on health data
- Presented the efforts and outcomes of the Transition of Care Committee as an example of a **mini-Learning Health System** at the Maritime Health Research Summit
- Developing a **national set of Quality Indicators for Transition** as part of a Canadian Institute of Health Research (CIHR)-funded consensus process
- Co-authored '**Establishing Effective Patient Engagement** Through a Terms of Reference to Foster Inclusivity and Empowerment in Research' published in Health Expectations

Responsible Stewardship

Using resources wisely, adding value and managing risk

- **"Medication and Health Insurance" IWK Patient Learning Pamphlet** available on the IWK website to support medication access and health literacy
- Sponsored **Doctors NS Physician Leadership Project** to tackle transition as a critical health system issue
- Established three **goals to improve transition for youth with medical complexity** in partnership with Nova Scotia Health
 - enhance **access to primary care** before transfer with pathways to a health home for unattached patients & ongoing collaboration with primary care
 - build in **transition navigation supports** for youth and families to navigate the complexity of their care
 - create a **model of care** tailored to the unique needs & strengths of young adults with medical complexity

Achieving as a High Reliability Organization

Providing safe, high quality care through connected leadership and robust quality improvement

- Working to transform the delivery of safe, high quality transition care by outlining a **long-term plan to implement the Transition Framework** across the Children's Health Program using the COM-B model of behaviour change to standardize transition and improve health outcomes for youth
 - Collaboration with three health care teams at IWK and NSH is well underway to embed the Transition Framework into care through our **Translating Research into Care funding**.
 - Findings from this research will help shape how we **scale and spread** the Transition Framework across Children's Health, Primary and Adult Care
- **Engaged with One Patient, One Record** to highlight transition within the electronic medical record
- Submitted abstracts to both **NSH & IWK Quality Summits**

Transition of Care Committee members engaged in initiatives both locally and nationally this year to improve the transition to adult care.



210

Readiness Checklists
scanned into
the health record
this year!

Congratulations to our Readiness Checklist Champions



2024-2025

Gastroenterology
Social Work
Rheumatology

You too can become a Readiness Checklist Champion!

Use the Readiness Checklist (IWK_RECH) to help youth (family) to set goals for their health care management & add the completed checklist to the health record

“ About 2.5 years ago my doctor said it was important to start early. She helped me to set goals and then checks in on me. She encourages me just enough. ”
~ Molly, TOCC Member presenting at the Transition Community of Practice

With multiple clinics seeing hundreds of youth each year, we have lots of opportunities to increase use of the Readiness Checklist and to help youth & families set goals to build their health care skills as they prepare for adulthood.

Need help adding the Readiness Checklist to your practice? Reach out to Jackie Pidduck, Transition Coordinator
Youth & Families can find the Readiness Checklist on the IWK website at iwkhealth.ca



This peer-led workshop is a valuable experience for youth (13 years+) with a health condition and their caregivers, to start the conversation about transition of care. Through small group discussions and activities, youth will build on their self-management knowledge, skills and learn to manage their health condition(s) with more confidence. With the help of peer facilitators, youth will set a health goal and plan to practice a new health care skill. Caregivers will discuss parenting through this transition and the shift in roles as youth take on more responsibility for their health care.



For more information check out iwkhealth.ca/clinics-programs-services/youre-charge



Transition of Care Committee

Our goal is to create a space where people feel valued and where a diversity of experiences from across the Maritimes helps us to make transition better for everyone.



What we heard from committee members in our annual feedback survey

"Everything we do is inline with our purpose. Always working to better transition"

"It is good to know that our voices are heard for the process of creating change in the transition process, & that these will help our kids in the future."

"Has helped with my team's transition clinic and transition process"

100% of TOCC members Agreed or Strongly Agreed

- I am able to express my views freely
- I feel valued as a member of the teams
- I think our work makes a difference to the work of the IWK and beyond

We're Recruiting!

Are you interested in joining the Transition of Care Committee? Do you know a patient or caregiver who could add a new perspective to our team? Check out the IWK website for more information and an application form.



Thank You

Our work is supported by incredible youth, caregivers, healthcare providers & partners who volunteer their time & expertise to TOCC and by countless health care providers & partners who work tirelessly to improve health outcomes for youth as they transition from pediatric to adult care.



Transition to Adult Care Community of Practice for Healthcare Providers & Community Partners

Connecting Transition Champions

Looking to improve your transition practice? The Transition Community of Practice provides **education** on the Transition Framework, opportunities for **collaboration** with colleagues across the Maritimes, and a focus on **implementation** of your transition practice goals.

Contact Jackie at IWKTransition@iwk.nshealth.ca to be added to our distribution list.

Jackie Pidduck

Transition Coordinator

902-266-4054

IWKTransition@iwk.nshealth.ca

Amanda Higgins

You're in Charge Program Facilitator

902-399-4684

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Find more information online at iwkhealth.ca and on Pulse

2024-2025

OCTOBER

Welcome

- New member orientation and community building.
- Setting priorities for the year including supporting the You're in Charge program.

DECEMBER

Redefining our Purpose

- Outlining what we value, what we are good at, what we are passionate about and what is needed as we start to redefine our purpose.

MARCH

Redefining our Purpose

- Continuing our work to reshape our purpose 'to embed the Transition Framework into practice'.

MAY

Supporting the Framework

- Brainstorming initiatives and strategies to help us fulfill our purpose in the years to come.

SEPTEMBER

Age Mandate

- Advocating for improved transitions of care to be part of the age mandate discussion in a special meeting with IWK Executive Lead.

NOVEMBER

Grand Rounds

- Highlighting the Transition Framework with practical strategies to support implementation and patient perspectives to enhance motivation to make change.

JANUARY

Translating Research into Care (TRIC)

- Advising the TRIC care teams on their plans to implement the Transition Framework, including a 'Welcome to Adult Care Clinic' patient resource.

APRIL

Quality Summits

- Designing submissions for the IWK and NSH Quality Summits to feature the development of the Transition Framework.

JUNE

MSSU Healthcare Utilization Research

- Reviewing findings from our quantitative study comparing health care use before and after transfer to help define "landing" in adult care.

