

# Implementing Transition of Care and Transfer of Care Systems in Pediatric IBD

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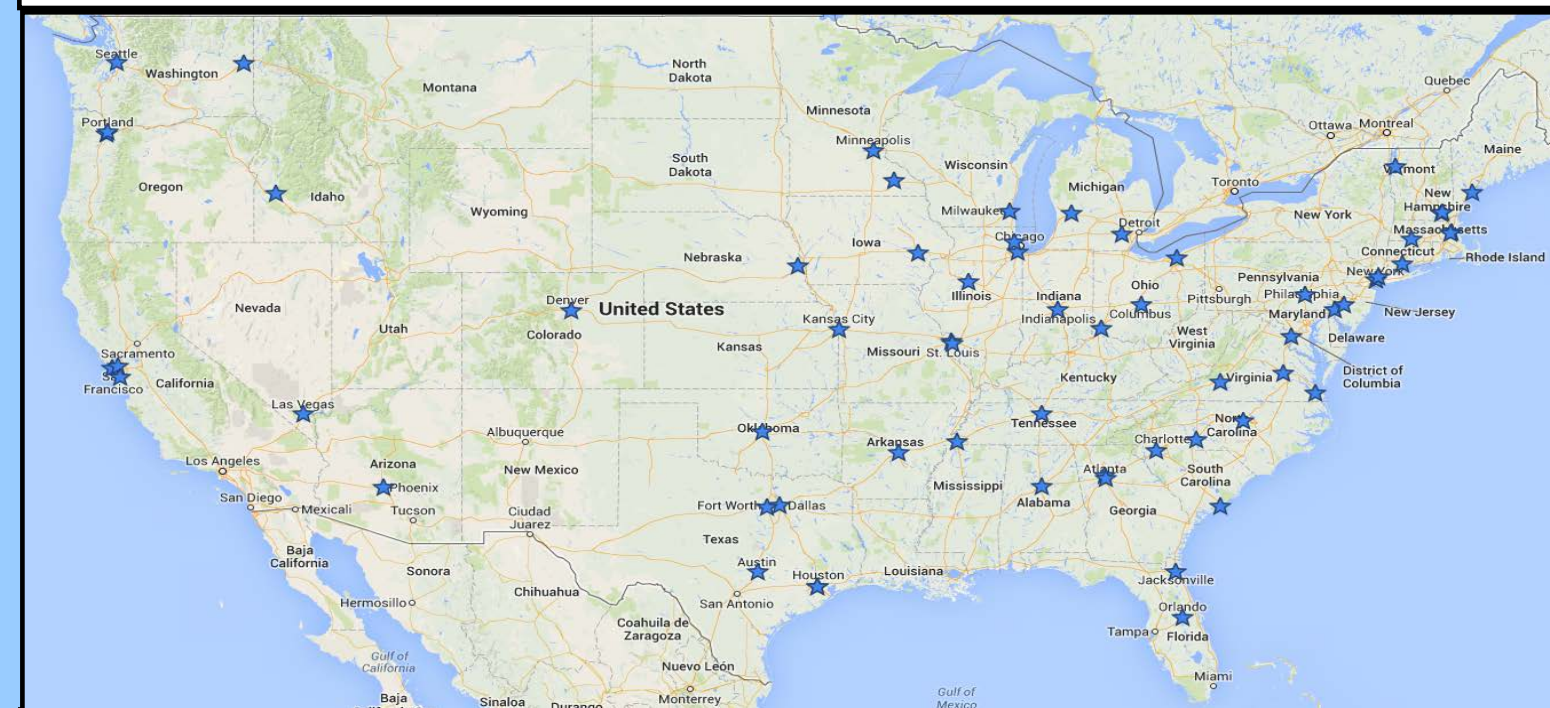


## Background & Methods

**Background:** Studies of transition readiness in young adults with inflammatory bowel diseases (IBD) suggest that patients often lack disease-specific knowledge and are not confident in their ability to manage their IBD. This can lead to worsening disease activity and increased healthcare utilization. It is crucial that pediatric IBD healthcare providers prepare young adults for the transition to adult gastroenterology, but it is unclear how well they utilize transition readiness tools. To address this, the Transition of Care Innovation Community within ImproveCareNow (ICN), a pediatric IBD quality improvement collaborative, designed a survey to identify and measure how pediatric IBD centers assess transition readiness and implement the transfer of care.

**Methods:** Pediatric gastroenterology centers participating in ImproveCareNow were invited to complete a 27-item electronic survey via REDCap in the fall of 2015. One medical provider completed the survey for each institution. The chi-square test was used for statistical analysis and p <0.05 was considered statistically significant.

**FIGURE 1. ImproveCareNow Centers (as of Fall 2015)**



Of 75 ImproveCareNow centers that received the survey, 49 (65%) completed the survey.

**TABLE 1. Characteristics of Responding Centers (n = 49)**

Practice Setting	
University Hospitals	71%
Private Practice	14%
Other	15%
Pediatric Gastroenterologists	
2 - 5	29%
6 - 10	37%
11 - 20	26%
More than 20	8%
Mid-level Practitioners	
Yes	90%
No	10%
Fellows	
Yes	53%
No	47%
Have an IBD Clinic	
Yes	57%
No	43%
IBD Patient Population	
≤100	6%
101-250	31%
251-500	49%
>500	14%

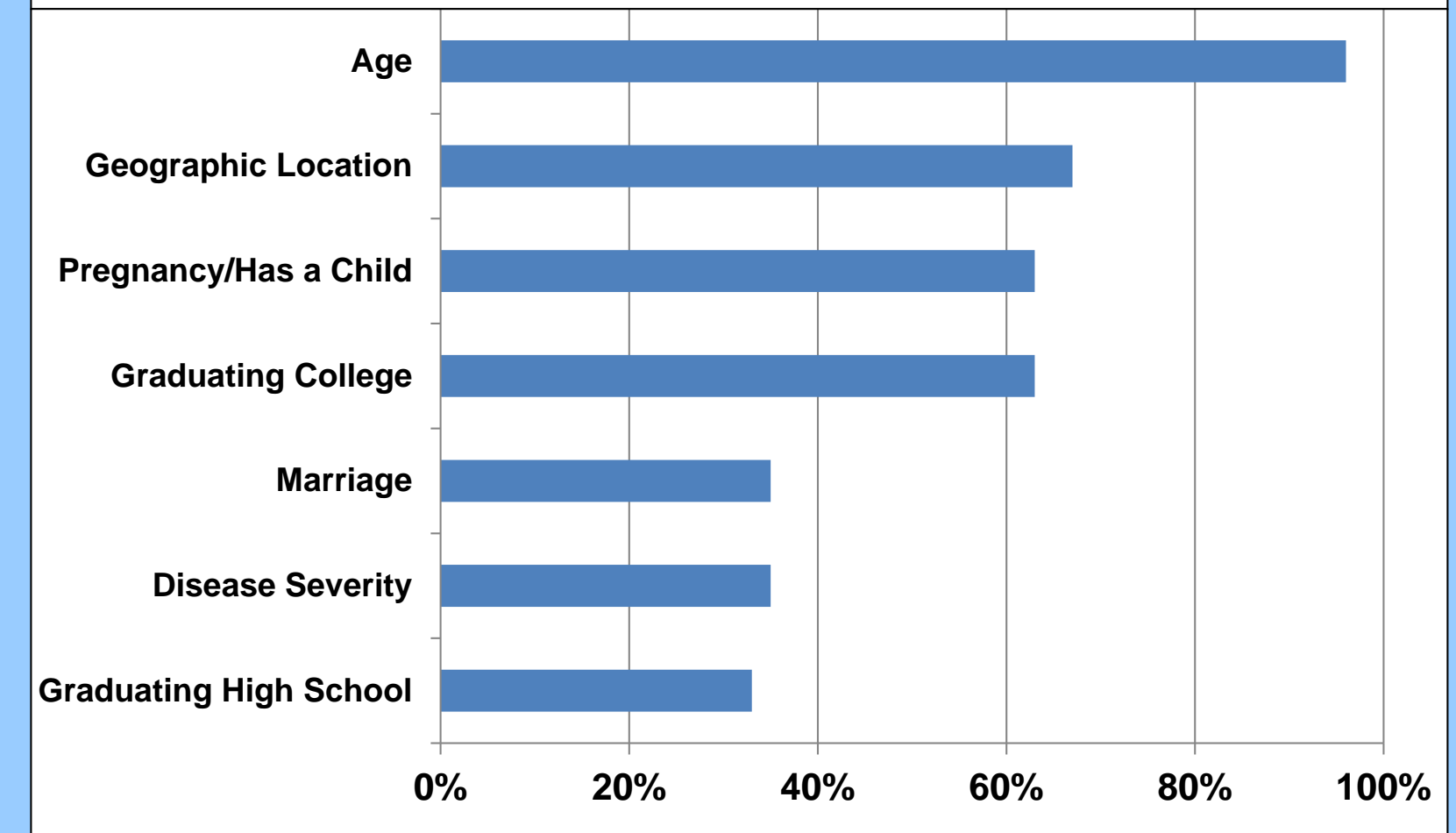
**TABLE 2. Centers Using a Transition Checklist (n = 17 (35%))**

Checklist Type	
Transition Readiness Assessment Questionnaire (TRAQ)	47%
NASPGHAN Transition Checklist	41%
Living Well With IBD Self-Management Handbook Checklist	29%
Other resources	29%
Age Checklist First Used (years old)	
12-14	65%
15-17	35%
≥18	17%
Administering Checklist	
Annually	41%
Twice a year	35%
Transition tool consistently administered at this frequency	29%
Review transition tool results with patient	76%
Develop an action/treatment plan based on the results	47%
Time to review checklist	15 minutes (mean)

**TABLE 3. Transfer of Care (n = 49 centers)**

Age patients transferred to Adult Gastroenterology (years old)	
18	40%
19-21	66%
22	70%
>22	21%
Have a designated adult IBD specialist/clinic associated with your hospital or healthcare system	65%
Hand-off of patient history occurs at time of transfer	73%
Type of hand-off	
Summary/Transfer note	89%
Emessage/Email	55%
Phone call	47%
Adult Gastroenterologist seeing patients in a Transition Clinic	14%
Collecting data on patients accessing care/managing IBD after transfer occurs	6%

**FIGURE 2. Criteria that Factor into the Decision on When to Transfer a Pediatric IBD patient (n = 49)**



**TABLE 4. Statistical Analysis**

Analyses	Percentage	p-value
<b>Centers using a transition checklist</b>		
With an IBD Clinic	43%	0.166
Without an IBD Clinic	24%	
Psychologist in IBD Clinic	60%	0.172
No psychologist in IBD Clinic	33%	
<b>Hand off of medical information at time of transfer</b>		
With an IBD Clinic	89%	<b>0.004</b>
Without an IBD Clinic	52%	
<b>An adult gastroenterologist designated as part of an IBD transition clinic</b>		
With an IBD Clinic	14%	<b>0.034</b>
Without an IBD Clinic	5%	
<b>Collecting data on patients accessing care/managing IBD after transfer occurs</b>		
With an IBD Clinic	11%	0.122
Without an IBD Clinic	0%	

## Conclusions

- Centers with an established IBD clinic used a transition checklist more often than centers without this multidisciplinary resource. Centers were also more likely to use a transition checklist if they had a psychologist in their IBD Clinic.
- A formal transfer process was present significantly more in centers with an IBD clinic.
- A multidisciplinary approach to transition readiness and transfer is having an impact on more pediatric IBD centers assessing transition skills in their patients.