



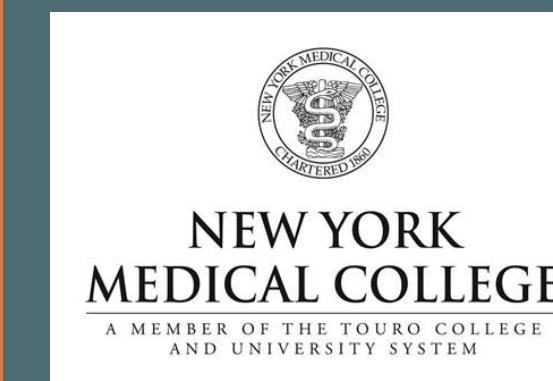
Young Adults' and Parents' Perceptions of Readiness for the Transition Process from Pediatric to Adult Renal Care

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Background

Transition from pediatric to adult renal services is an individualized, planned process that should consider individual needs. For a transition to be successful, coordination of services should include the assessment of medical, psychological and social services along with cultural factors. Non-adherence to treatment is a risk that some might face if appropriate self-management skills and needed resources are not provided.

Objectives

- Make recommendations as to those aspects and services of the transition process that could be addressed to improve perception of patient readiness.
- Compare results to last years study of families' perception of the readiness of the young adults receiving dialysis treatment.
- Provide proper recommendations for a protocol.

Methods

Design

- Non-experimental transversal- descriptive

Subjects and Settings

- A convenience sample of patients (14-19 years) treated at the Pediatric Renal Unit at the Pediatric Hospital of Puerto Rico in September-December 2014

Data Analysis

- Summarized socio-demographic data
- Frequencies of responses to other survey questions, including the adaptation scale from the Readiness for Transition Questionnaire- RTQ (Gilleland & Sandra Amaral, 2012) where patients rated their readiness level in activities related to personal care were calculated
- Responses regarding transition readiness were compared between young patients and parents

Results

- 8 young adults were selected upon availability; 62.5% male, 37.5% female with a mean age of 17 years.
- The majority of the patients (62.5%) have a high school degree and have been receiving dialysis treatment between 1-3 years (37.5%) and 4-5 years (37.5%).
- Half of the patients (50%) have experienced anxiety over the transition process.
- Three quarters of the patients (75%) reported not feeling ready for the transition process.
- Half of the participants (50%) have not participated in a transition plan, while the other 50% reported that they don't want to transition.
- Most of the participants (50%) don't know if their health care will be affected after transition.

Figure 1. Academic Level

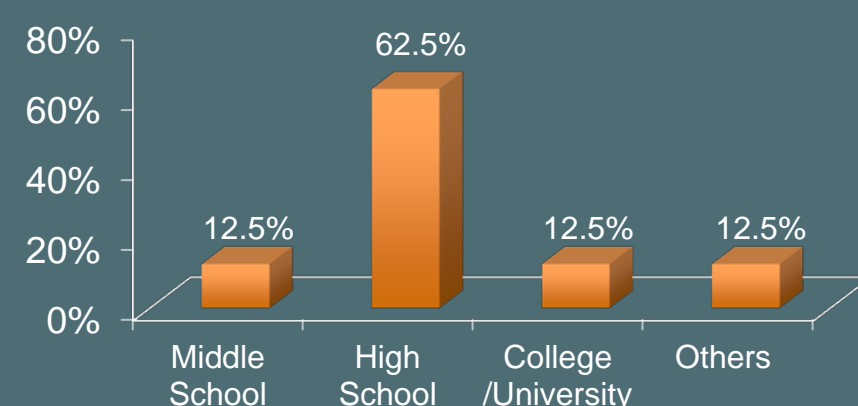


Figure 2. Years in Dialysis Treatment

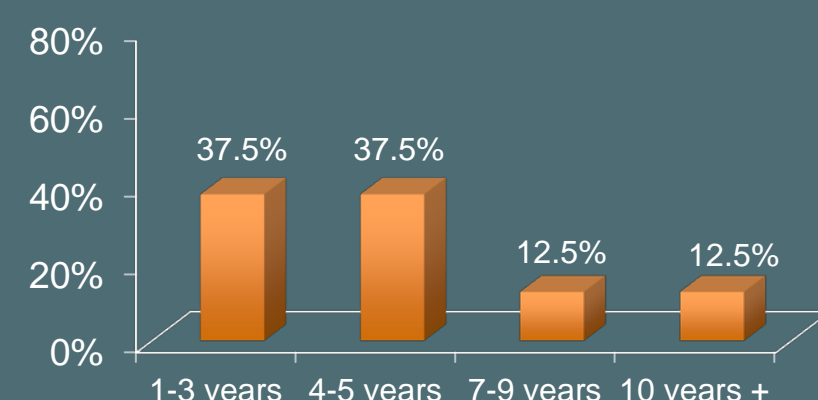


Figure 3. Anxiety Over Transition

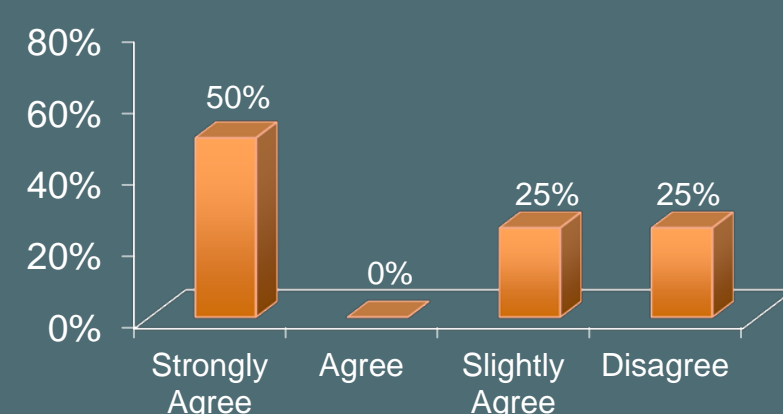


Figure 4. Young Adults Transition

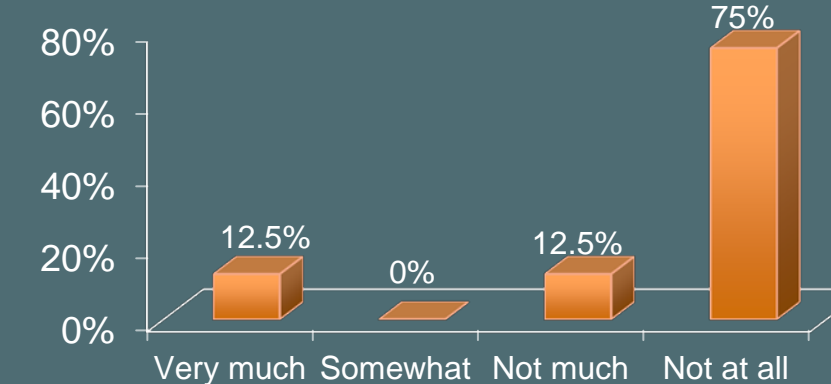


Figure 5. Participation in the Transition

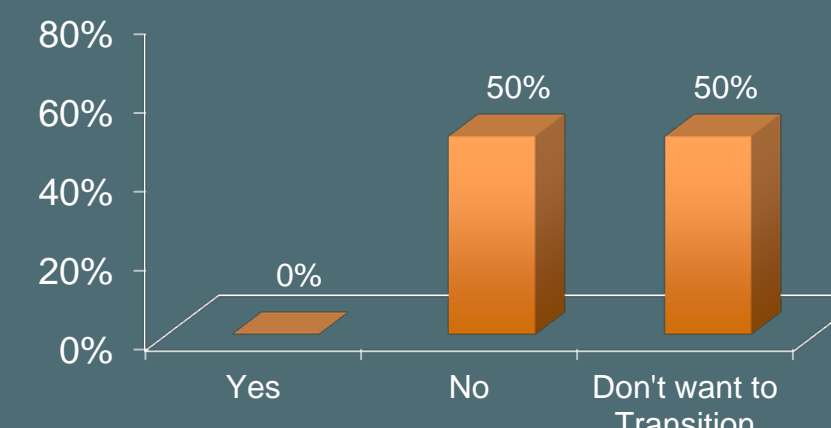


Figure 6. Concern of Care After Transition

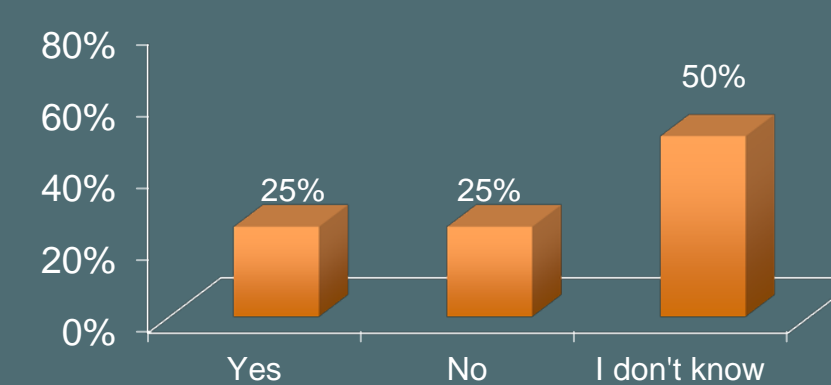


Table 1. Young Adults' and Parents' Perceptions on Patient Readiness for Transition

| Item | Not at all involved | | Sometimes involved | | Often involved | | Almost always involved | |
|---|---------------------|--------------|--------------------|--------------|----------------|--------------|------------------------|--------------|
| | *Parents | Young Adults | *Parents | Young Adults | *Parents | Young Adults | *Parents | Young Adults |
| Behaviors related to health care | | | | | | | | |
| Taking medication daily as prescribed | 18% | 12.5% | 18% | 37.5% | 63% | 12.5% | - | 37.5% |
| Scheduling primary care appointments | 55% | 62.5% | 9% | 12.5% | 18% | 25% | 18% | - |
| Calling in or ordering refills | 36% | 62.5% | 18% | - | 27% | 12.5% | 18% | 25% |
| Explaining your medical condition to others | 9% | 12.5% | 55% | 37.5% | - | 25% | 36% | 25% |
| Attending medical appointments | 46% | - | 18% | 12.5% | - | - | 36% | 87.5% |

* Data from Parents Perception, (2014)

Conclusions & Recommendations

- The majority of the young patients do not feel confident when it comes to decision-making about the transition process.
- Both investigations revealed that the young adults are not involved in behaviors related to health care. This might be a consequence of not having a formal transition plan.
- Systems of care should develop a protocol that will benefit the young adults and their families by empowering autonomy and self-care.
- Create consciousness over the importance of an adequate transition protocol for the adherence of treatment and therefore, quality of life.