



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

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**Team Project Abstract  
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Background: Improved medical knowledge and management of pediatric patients with chronic kidney disease (CKD) has resulted in patient survival rates of 85%-90% (Watson et al., 2011). 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.

Objective(s): The purpose of this investigation is to evaluate the perception of transition readiness of young adults who receive services in the Pediatric Renal Unit at the Pediatric Hospital of Puerto Rico, in order to make proper recommendations as to those aspects and services of the transition process that could be addressed for a successful transition and continuity of care.

Methods: A convenience sample of patients (<19 years of age) being treated at the Pediatric Renal Unit at the Pediatric Hospital of Puerto Rico in September-December 2014 served as the sample population for this study. First, investigators summarized socio-demographic data. Then, frequencies of responses to other survey questions, including the scale from the Readiness for transition Questionnaire-RTQ where patients rated their readiness level in activities related to personal care, were calculated. Lastly, responses regarding transition readiness were compared between young patients and parents.

Community Partner(s): The team has met with the clinical staff of the Pediatric Renal Unit at the Pediatric Hospital of Puerto Rico: Zaiska Pacheco Cruz, MSW and Marta P. Suarez, MD, Pediatric Nephrologist.

Results or Progress-to-Date: The results revealed that 75% of young adults receiving services at the Pediatric Renal Unit of the University of Puerto Rico Children Hospital, did not feel prepared to transfer to adult renal services; while 50% said to have felt anxiety when talking about the transitioning process. Daily live information revealed that 62.5% of the young adults are not involved in self-care behaviors such as scheduling appointments and ordering prescriptions refills. When compared to results from a previous study of parents' perception of the young adults' readiness to transition, both investigations identified that the young adults are less involved in behaviors related to their health care.

Conclusions or Next Steps: This study confirms the need for a transition protocol. This will provide appropriate strategies in preparing and empowering these young adults before the actual transfer to adult health services takes place.