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Project: Readiness assessment for youth with chronic health conditions transitioning from pediatric to adult care



Background

The transition from pediatric to adult health care for youth with chronic conditions is a vulnerable and complex time, associated with gaps in care and poor overall health outcomes. In North America, 15% of youth have a chronic health condition and 90% of these youth will require transfer from pediatric to adult services. It is imperative to assess who is most at risk during the transition period to provide appropriate interventions to mitigate risk. Various tools are available to assess youth readiness (knowledge of illness and self-management skills), such as the Transition Readiness Assessment

Questionnaire (TRAQ), for transitioning to adult care that are intended to help identify who is most at risk for poor health outcomes. However, the ability of these readiness scores to predict risk of poor health outcomes, during and post transition, is unclear. The readiness scales do not capture the differential challenges in accessing adequate care related to sociocultural, social determinants, sex, and gender identity factors.

Recognizing youth at risk for inadequate transition is crucial to provide targeted interventions. The overarching objective of my proposed PhD research project is to assess the ability of the TRAQ to predict health outcomes for youth with chronic conditions and identify social determinant factors associated with transition readiness.

An integrated knowledge translation approach will be employed for this research study. Healthcare stakeholders, policymakers and patient partners are already engaged with the trial team, and they will participate in the co-design and development of my PhD proposal.

Results from this study will provide information regarding whether available readiness tools are helpful to predict health outcomes during transition. We will obtain information to assess differential risk factors in diverse populations and can be used to target interventions. Active and meaningful engagement of patient-partners will allow us to better understand and address patient priorities, and systematically implement the findings of this study. Overall, the collective results from this work will help inform and develop strategies to improve transition to adult care for vulnerable youth in Alberta and beyond.