

TITLE: Transition Readiness Assessment in Pediatric Kidney Transplant Recipients

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STUDENT SUBMISSION: No

TOPIC/TARGET AUDIENCE: Adolescents and young adults with a chronic disease such as (Chronic Kidney Disease), parents of adolescent and young adults with a chronic disease, pediatric providers treating adolescents and young adults who have a chronic disease, and adult providers treating adolescents and young adults with a chronic disease that have recently transitioned to adult care

ABSTRACT: Many adolescents and young adults lack self-management skills to follow strict medical regimens post-kidney transplantation. This results in medication non-adherence and kidney allograft loss, which is associated with poorer quality of life and substantial medical costs. Transition from pediatric to adult transplant care may be partly responsible for these outcomes. Barriers to transition include inadequate planning, poor service coordination, lack of resources, and gaps in education. From 2017-2019, Doernbecher Children's Hospital administered the pediatric transition readiness survey to 16 middle adolescent (age 14-16) and 28 late adolescent (age 17+) kidney transplant recipients. This survey revealed adolescents understand disease self-management components, but have difficulty applying this knowledge. When asked if they personally called to check labs, ask about medications, or make appointments, 68% of middle and 43% of late adolescents reported 'I never do this'. When asked if they talk to their medical provider without a parent/guardian in the room, 47% of middle and 25% of late adolescents reported 'I never do this'. Interacting and asking questions privately with providers are crucial steps to transition. Target areas identified through this survey will help create preventative strategies to build patient empowerment and disease self-management ability in order to improve transition readiness.

OBJECTIVE(S): Identify differences in pediatric transition readiness survey responses between middle and late adolescent populations.

Describe specific areas where certain adolescents show strengths and weaknesses in post-kidney transplant disease self-management knowledge and application of this knowledge.

Discuss reasons why this population lacks certain post-kidney transplant disease self-management knowledge and/or why this population lacks the ability to apply this knowledge to their own disease self-management.

Discuss how we can implement population-targeted strategies early on to improve patient autonomy and empowerment in their care post-kidney transplant, with the overall goal of improving health care outcomes during the transition from pediatric to adult care.