

Ready Steady Go: Enhancing Transition for Adolescents with Congenital Heart Disease to adult congenital heart disease service.

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Introduction

Transition from pediatric to adult healthcare is often disjointed, leading to gaps in care, loss of follow-up, and inadequate preparation for managing adult healthcare responsibilities. This frequently results in increased emergency room visits and hospitalizations.

The main goal of this project is to create and implement a smooth transition protocol to improve continuity of care, enhance patient outcomes, and increase satisfaction among patients and their families.

Most specialties have a "ready, steady, go" system to prepare for transition as early as age 12. "Ready" involves introducing the idea and empowering them as early as 12 years old, "steady" involves continuing to build on this, and "go" involves finally transitioning them to adult services. This project aims to follow a similar model.

Material and Methods

Step 1 Survey

Initial feedback was collected through a survey targeting adolescent patients, which revealed a significant lack of awareness about their medical conditions and a desire for more communication with healthcare professionals

Objectives

1. Develop a Structured Transition Protocol: This includes educational and supportive resources for adolescents with CHD and their families.
2. Improve Transition Success Rates:
3. Enhance Self-Management Skills: Boost self-management skills among adolescents with CHD.

Challenges

1. Resource Allocation: Securing adequate funding and staffing to support the transition coordinator and associated activities.
2. Time Allocation: Overcoming scheduling