Abstract

Background and Purpose

Adolescents aging out of foster care face challenges such as limited care coordination and complex trauma histories, which affect their ability to successfully transition to adult healthcare. Thus, the purpose of this project was to adapt a toolkit for facilitating the healthcare transition for youths aging out of the foster care system.

Methods

A post-test only design was implemented. The setting was a non-profit organization in an urban area of the mid-Atlantic U.S. that provides services for youth who live in long-term foster care. The target sample size was six participants based on the number of staff leaders who met the inclusion criteria. Informal announcements at monthly staff meetings, flyers posted at the organization, and an email blast were used to inform targeted participants about the project.

The project team developed an adapted healthcare transition (HCT) toolkit to serve as a resource for guiding the healthcare transition. An educational in-service was held to train staff leaders regarding the purpose and use of the toolkit. The primary outcome was to measure staff leadership satisfaction with the HCT toolkit, which was assessed through a post-intervention Qualtrics survey. Descriptive statistics were used to report the project's outcomes.

Results

A total of six staff leaders participated in the project. Most of the participants were satisfied with the intended use, purpose, organization, and clarity of the toolkit; however, these results were not statistically significant.

Conclusion

       Findings suggest that staff was satisfied with the training, it met their expectations, and

are they are likely to recommend the HCT toolkit to their colleagues. The clinical significance of

this project is denoted by the organization providing funding to create a position for a healthcare

professional facilitate the healthcare transition of youth utilizing the adapted HCT toolkit.

Future Research

       A recommendation for future research would be to embed the HCT toolkit in an

electronic medical record (EMR) and evaluating its use in the pediatric healthcare transition

process.

Keywords: Adolescents, foster care, healthcare transition, staff satisfaction, transition planning,

staff training, electronic medical record (EMR)