

# Pediatric to Adult Healthcare: A Successful Healthcare Transition for Adolescents Aging Out of Foster Care

Jasmine Blunt, MSN, RN; Nancy Russell, DNP, MSN, APRN, FNP-BC, CNE; Catherine Ling, PhD, FNP-BC, FAAP, FAAN



JOHNS HOPKINS  
SCHOOL of NURSING

## Background

- The healthcare transition (HCT) from pediatric to adult health services is challenging for adolescents aging out of foster care.
- They often have unmet health needs due to incomplete medical records and discontinuous medical treatment.
- Adequate support is needed to facilitate a successful HCT to adult health services.

## Purpose & Aim

Purpose: To educate staff on facilitating a successful healthcare transition for adolescents aging out of foster care using an adapted HCT toolkit from the Six Core Elements of Healthcare Transition 2.0.

- Aim:** To evaluate staff satisfaction with the HCT toolkit using a critique survey to measure feasibility and usefulness over a 12-week period.

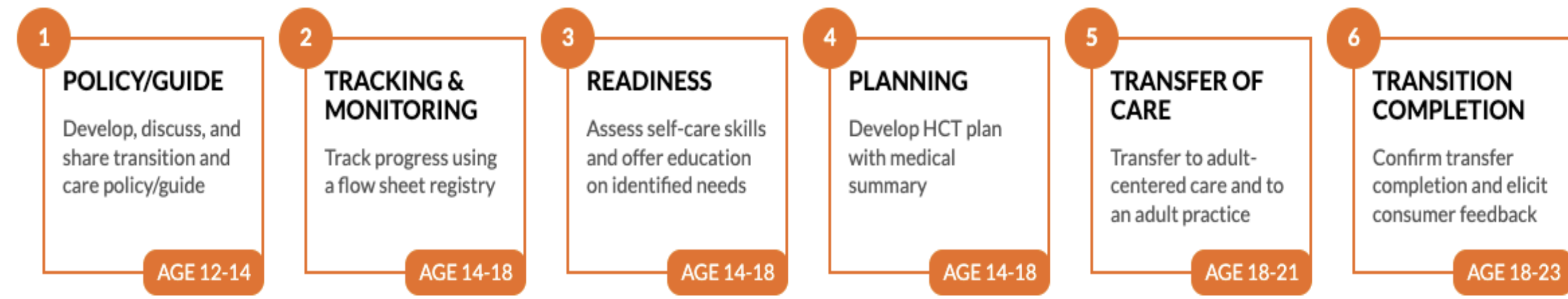


Figure I: Infographic of the Six Core Elements of Healthcare Transition 2.0

## Methods

**Design:** Post-test only  
**Setting:** Non-profit organization that provides services to adolescents aging out of foster care  
**Participants:** 6 Staff Leaders (i.e., Managers and Supervisors)  
**Exclusion Criteria:** Staff not in leadership positions, staff no longer affiliated with the organization, and staff not involved in the HCT process

## Intervention

- One 60-minute staff training session was delivered via Zoom utilizing the adapted HCT toolkit
- Components of the HCT toolkit include a transfer letter of care, transition readiness assessment, plan of care, medical summary, and emergency care plan
- A critique survey was distributed via Qualtrics at the end of the training to evaluate staff satisfaction with the toolkit.

	Minimum	Maximum	Mean	Std. Deviation
Benefit	3.00	5.00	4.3333	.81650
Expectations	4.00	5.00	4.6667	.51640
Purpose	5.00	5.00	5.0000	.00000
Organization	5.00	5.00	5.0000	.00000
Practice	3.00	5.00	3.6667	.81650
Implementation	3.00	5.00	3.6667	.81650
Clarity	4.00	5.00	4.8333	.40825
Recommendation	3.00	5.00	4.0000	.89443
Sum	32.00	40.00	35.1667	2.71416

Table I: Responses to critique survey post staff training

## Statistical Analysis

- SPSS was used to evaluate the project data.
- The aim was analyzed using descriptive statistics.
- Staff satisfaction was defined “strongly agree.”
- Highest obtainable score for each question is 5.00 and for the entire survey is 40.00.

## Results

- Mean scores for total satisfaction is 35.71 ( $SD = 2.71$ ), intended use and purpose 5.00 ( $SD = .000$ ), and recommending the toolkit 4.00 ( $SD = .894$ ).

	1	2	3	4	5
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. The instructor explained the purpose and intended use of Healthcare Transition (HCT) Toolkit.					
2. The HCT Toolkit is clear and well-organized.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. The HCT Toolkit contains valuable information that I will be able to use in my practice.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I plan to use implement the HCT Toolkit in my practice.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I plan to recommend the HCT Toolkit to my colleagues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Open-Ended Questions: What could be done to improve this training? Please provide any further constrictive comments in the space below.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Figure II: Critique survey for the HCT toolkit

## Conclusion & Dissemination

- Elements of the HCT toolkit can be used in practice
- Emphasize that sections of the toolkit like the medical summary can be used to complete the HCT
- A longitudinal study is needed

**Dissemination:**

- Present project findings at the organization’s stakeholder meeting.
- Partner with additional organizations that support adolescents aging out of foster care
- Disseminate results to additional adolescent organizations

## Sustainability

**Clinical Significance**

- Organization created an employment opportunity for a healthcare professional to complete and track the HCT of adolescents aging out of foster care using the HCT toolkit.