

Abstract

Background and Purpose: There has been a steady growth of the cystic fibrosis (CF) population entering adulthood over the past several years, requiring transition from pediatric to adult care teams to become a priority. Lack of a structured transition program does not allow for self-management of a patient's chronic illness, ultimately leading to a possible increase in readmission rates and disconnect when transitioned to the adult CF care team. The purpose of this performance improvement project was to construct a structured educational transition program for cystic fibrosis (CF) patients using evidence-based practice that was evaluated by local experts.

Methods: This project designed an education bundle for pediatric patients to utilize during the transition process. After the education bundle was created, the Patient Education Materials Assessment Tool (PEMAT) both printable (PEMAT-P) and audiovisual (PEMAT-AV) were utilized for local experts to assess the education for transition. The surveys were validated assessment tools used to evaluate and compare the understandability and actionability of patient education materials for both printable and audiovisual materials in the education.

Results: The education bundle was successfully created using current evidence-based practice. 8 participants along with 7 learning data set individuals were included to complete the surveys. The local experts determined that the education bundle was both actionable and understandable (>75%) per the PEMAT guidelines.

Conclusion: This performance improvement study found that the education bundle created for transitioning cystic fibrosis patients was understandable and actionable when used. Positive participant survey reports of possible distribution of education to patients indicate consideration for long term implementation.

Keywords: cystic fibrosis, transition, transition program, educational bundle, transitioning adolescent